Tofu Goujons with Wedges and Coleslaw

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hello chef

932 calories 41 protein 105 carbs 44 fat

cook: 30 min

R4652-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3905 / 932
Fats (g)	43.7
of which saturated (g)	5.7
Carbohydrates (g)	105
of which sugars (g)	25.9
Fibers (g)	16.8
Proteins (g)	40.8
Salt (g)	2.3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Tofu	
Firm tofu 9*	600 Grams
Plain flour 10*,11*	40 Grams
Panko bread crumbs 10*,11*,12*	180 Grams
Vegetable seasoning 2*,10*,11*,13*	10 Grams
Black pepper	0.25 Tsp

Chips	
Potatoes	1200 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Black pepper	0.5 Tsp
Smoked paprika powder	4 Grams

Coleslaw	
Carrot	2 Piece
Red cabbage	200 Grams
White cabbage	200 Grams
Vegan mayonnaise	150 Grams
Apple cider vinegar	30 ML
Dijon mustard 13*	12 Grams

Sauce	
Ketchup	80 Grams
Barbecue sauce 11*,13*	120 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *12 Lupin, *2 Tree Nuts, *13 Mustard

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1. Bake Chips

Preheat the oven to 180C fan. Cut the **potatoes** (skin on) into chips. Place onto a baking tray, drizzle with **oil**, and sprinkle with **salt**, **pepper**, and **smoked paprika**. Bake for 25-30 min.

> **Tip!** If cooking for kids, leave some of the chips seasoned with just salt.



2. Prep

Boil a kettle. Finely chop the chives. Peel and chop the **carrots** into batons. In a small bowl, combine the **panko bread crumbs**, chives and **vegetable seasoning** with a drizzle of **oil**. Mix to form a wet crumb.

> **Tip!** If cooking for kids, prepare some of the crumb without the chives.



3. Bread fish

Drain and pat dry the cod. Cut into portions. Place the cod on a separate lined baking tray. Top the **fish** evenly with the crumb and press it into the **fish** using the back of a spoon



4. Bake fish

Bake the fish for the last 10-12 min of the chip's cooking time.



5. Cook carrots and peas

Heat a pan over a medium-high heat with the pre-boiled water. Add the **carrots** and cook for 3 min. After 3 min, add the peas and cook for a further 2 min until tender. Once cooked, drain and return the veg to the pan with the butter. Cover until serving.

Tropical Prawns, Peppers and Pineapple
with Coconut Rice

Sweet, spicy, sour and refreshing flavours of the tropics!

hellochef

713 calories | 35 protein | 108 carbs | 20 fat

Tips for Kids

cook: 30 min

R3963-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2987 / 713
Fats (g)	20
of which saturated (g)	10.9
Carbohydrates (g)	108
of which sugars (g)	26.2
Fibers (g)	8.2
Proteins (g)	35
Salt (g)	2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Prawns	
Prawns 7*	700 Grams
Red pepper	2 Piece
Large red chilli	2 Piece
Spring onion	80 Grams
Pineapple chunks	280 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Garlic paste	20 Grams
Cumin powder	4 Grams
Soy sauce 9*,10*,11*	20 ML
Allspice powder	2 Grams
Mango chutney	100 Grams
Lime	2 Piece

Coconut rice	
Basmati rice	300 Grams
Salt	1 Tsp
Water	200 ML
Coconut milk	400 ML

Allergens: *7 Crustaceans, *9 Soya, *10 Wheat, *11 Gluten

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1. Boil rice

- Rinse the **rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** and **coconut milk** to a pot with a lid and bring to a boil over a high heat.
- Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from the heat and keep covered until serving.



2. Prep

- Meanwhile, deseed and roughly chop the **pepper**.
- Finely chop the **red chilli**.
- Trim and finely chop the **spring onion**.
- Drain the **pineapple chunks**.

Tip! Sensitive to spice? Deseed the red chilli for a milder sauce.



3. Fry prawns

- Drain the **prawns** on kitchen paper.
- Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Fry the **prawns** with a pinch of **salt** for 2-3 min until pink and cooked through.
- Transfer to a plate and reserve the pan.



4. Make sauce

- Return the pan to a medium-high heat with a drizzle of **oil**.
- Once hot, add the **pepper** and half of the **spring onion** with a pinch of **salt** and fry for 3 min.
- Add the **garlic paste**, **cumin powder**, **soy sauce** and a pinch of **allspice**. Fry for 1 min.
- Add the **mango chutney**, **pineapple chunks**, **red chilli (spicy!)** and a splash of water.
- Cook for 2 min or until the **sauce** thickens up slightly. Set aside.

Tip! If cooking for kids, reserve a portion of the peppers, pineapple and sauce before adding the red chilli - keeping their sauce mild.



5. Toss prawns

- Meanwhile, slice the **lime** into wedges.
- Return the **prawns** to the **sauce** with a squeeze of **lime** juice and toss.

Tip! If cooking for kids, add a portion of the prawns to the reserved peppers, pineapple and milder sauce.



6. Serve

- Divide the **coconut rice** among plates and serve the **Tropical prawns** alongside.
- Top with the remaining **spring onions**.

Tip! If cooking for kids, serve the milder prawns, peppers, pineapple and coconut rice separately.

Italian Squash and Sage Risotto

Squash and sage are a traditional Italian flavour combination. They're most commonly paired in risotto and pasta dishes.

hellochef

837 calories | 27 protein | 128 carbs | 33 fat

Family Friendly

cook: 30 min

R2610-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3483 / 837
Fats (g)	32.9
of which saturated (g)	13.2
Carbohydrates (g)	128
of which sugars (g)	14.7
Fibers (g)	12
Proteins (g)	26.6
Salt (g)	0.9

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What You'll Need

Oven

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Roasted squash	
Butternut squash	1200 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Risotto	
Saffron Splash	20 ML
Brown onion	2 Piece
Garlic cloves	4 Piece
Fresh sage	15 Grams
Water	1400 ML
Vegetable stock cube 15*	2 Piece
Butter 4*	100 Grams
Olive oil	2 Tbsp
Arborio rice	320 Grams
Grated Parmesan 4*	120 Grams
Black pepper	1 Tsp
Lemon	2 Piece

To serve	
Rocket	80 Grams

Allergens: *15 Celery, *4 Milk

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1. Roast squash

Preheat the oven to 200°C/180°C fan. Peel the **butternut squash**, chop it in half and, using a spoon, remove the seeds. Chop the **squash** into bite-size pieces. Place the **squash** onto a large baking tray with a drizzle of **oil** and season with **salt**. Roast for 30 min or until golden and crisp.



2. Prep

Boil the **measured water** and dissolve the **vegetable stock cube** and **saffron** in it. Peel and finely chop the **brown onion**. Peel and mince the **garlic**. Chop the **sage** leaves finely.



3. Fry sage butter

Heat a large non-stick pan over a medium-low heat with the **butter**. Once the **butter** has melted, add the **sage** and fry for 2 min or until crispy. Pour the **sage butter** into a mug and return the pan to a medium heat.



4. Start risotto

Add a drizzle of **olive oil** and the **onion** to the pan with a pinch of **salt** and cook for 5-6 min or until softened. Once softened, add the **Arborio rice** and **garlic** and cook for 1 min further, stirring to coat the grains in the **oil**.



5. Cook risotto

Add 1/3 of the **stock** and stir continuously until it has absorbed. Continue to add the **stock**, a little at a time for 20 min or until all the **stock** is absorbed and the **rice** is cooked 'al dente'.

Tip! The amount of stock you will require, depends on the size of your pan and the heat over which you simmer the risotto. Make sure to adjust the amount accordingly.



6. Serve

Add the **grated Parmesan** to the **risotto** along with the **sage butter**. Season generously with **black pepper**. Slice the **lemon** into wedges and squeeze half of it into the **risotto**. Finally, fold in the roasted **squash cubes**. Garnish with any remaining **lemon** wedges and a handful of washed **rocket**.

Tofu Pad Thai

with Roasted Peanuts

This vegan version of the Thai classic uses tofu instead of eggs!

hello chef

615 calories | 39 protein | 56 carbs | 31 fat

Global Eats

cook: 35 min

R2717-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2574 / 615
Fats (g)	31
of which saturated (g)	4.2
Carbohydrates (g)	56
of which sugars (g)	18.5
Fibers (g)	12
Proteins (g)	39.4
Salt (g)	8.9

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What You'll Need

- Box grater

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pad Thai	
Snow peas	200 Grams
Garlic cloves	6 Piece
Carrot	2 Piece
Rice noodles	200 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Bean sprouts	100 Grams
Salted peanuts 1*	80 Grams
Fresh coriander	30 Grams

Sauce	
Chilli flakes	4 Grams
Soy sauce 9*,10*,11*	60 ML
Sweet soy sauce 9*,10*,11*,14*	30 ML
Tamarind paste	30 Grams
Sesame oil 3*,9*	30 ML
Brown sugar	20 Grams
Lime	2 Piece

Eggs	
Firm tofu 9*	600 Grams
Nutritional yeast	8 Grams
Black salt	4 Grams
Garlic powder	4 Grams
Turmeric powder	4 Grams
Vegetable oil	2 Tbsp

Allergens: *1 Peanuts, *9 Soya, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *3 Sesame Seeds

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1. Prep vegetables

- Trim and slice the **snow peas**.
- Peel and mince the **garlic**.
- Peel and grate the **carrot**.
- Boil a kettle.



2. Prep sauce

- In a bowl, combine a pinch of **chilli flakes (spicy!)**, the **soy sauce**, **sweet soy sauce**, **tamarind paste**, **sesame oil** and **brown sugar** with the juice of half of the **limes**.
- Slice the remaining **limes** into wedges.
- Add the **rice noodles** to a second, larger bowl and cover them with boiling water.
- Leave to soak for 5 min.



3. Blitz 'eggs'

- Meanwhile, in a second bowl, mash the **tofu** with a fork, leaving some bits chunky.
- Add the **nutritional yeast**, **black salt**, **garlic powder** and a pinch of **turmeric**.
- Mix well.

Tip! To speed things up, you can use a food processor to do this.



4. Fry tofu

- Heat a large pan over a medium heat with a drizzle of **vegetable oil**.
- Once hot, add the **tofu** mix and cook for 5 min, stirring, until starting to crisp.
- Transfer the **tofu** to a bowl and keep warm.
- Reserve the pan.



5. Fry vegetables

- Return the pan to a high heat with another drizzle of **vegetable oil**.
- Once hot, add the **carrots**, **garlic** and **snow peas**.
- Stir-fry with a pinch of **salt** for 2 min.
- Drain the **noodles** and add them to the stir-fry along with the **bean sprouts**.
- Stir-fry for a final 2 min.



6. Serve

- Finally, remove the pan from the heat and add the **sauce**.
- Give everything a good mix up.
- Divide among plates and top with the **tofu scramble**.
- Garnish with the **peanuts**, **coriander** and remaining **lime** wedges.

Tip! Got too much tofu? Serve leftovers as a scrambled egg substitute with breakfast!

Spaghetti and Meatballs

The whole family will enjoy this Italian-American classic.

hello chef

1245 calories | 56 protein | 122 carbs | 59 fat

Family Friendly | Weekly classic

cook: 30 min

R3384-4



Nutritional information

	per serving*
Energy (kJ/kcal)	5218 / 1245
Fats (g)	59.3
of which saturated (g)	22.3
Carbohydrates (g)	122
of which sugars (g)	23
Fibers (g)	10.8
Proteins (g)	55.9
Salt (g)	4.7

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What You'll Need

- Box grater

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meatballs	
Beef mince	700 Grams
Small zucchini	2 Piece
Garlic onion powder	8 Grams
Worcestershire sauce 6*,11*	30 ML
Salt	1 Tsp
Black pepper	1 Tsp
Olive oil	2 Tbsp

Spaghetti	
Red onion	2 Piece
Garlic cloves	2 Piece
Carrot	2 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Spaghetti 5*,10*,11*	500 Grams
Tomato paste	70 Grams
Dried oregano	2 Grams
Peeled plum tomatoes	800 Grams
Brown sugar	10 Grams
Water	100 ML
Beef stock cube 4*,5*,9*,11*,15*	2 Piece
Balsamic vinegar 14*	30 ML
Black pepper	1 Tsp
Fresh basil	15 Grams
Parmesan 4*	60 Grams

Allergens: *6 Fish, *11 Gluten, *5 Eggs, *10 Wheat, *4 Milk, *9 Soya, *15 Celery, *14 Sulphur Dioxide

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1. Prep

- Grate the **zucchini** into a bowl.
- Add the **beef mince**, **garlic onion powder**, **Worcestershire sauce**, **salt** and **pepper**.
- Mix with clean hands.
- Shape into 24 **meatballs**.
- Refrigerate.
- Peel and finely chop or grate the **onion**, **garlic** and **carrot**.

Tip! Refrigerating the meatballs helps them to keep their shape.



2. Brown meatballs

- Heat a pan over a high heat with a drizzle of **oil**.
- Once hot, add the **meatballs** and fry for 3-4 min or until starting to brown.
- Once browned, carefully transfer to a plate and set aside.
- Reserve the pan.



3. Fry base

- Return the reserved pan to a medium-low heat with another drizzle of **oil**.
- Add the **onion** and **carrot** with a pinch of **salt** and fry for 5 min until softened.



4. Boil pasta

- Meanwhile, bring a large pot of salted water to the boil.
- Once boiling, add the **spaghetti** and cook for 8-10 min until 'al dente' or cooked to your liking.
- Drain.



5. Finish sauce

- Once softened, add the **tomato paste**, **garlic** and **oregano** to the **onion**.
- Cook for 1 min further.
- Add the **peeled plum tomatoes** (breaking them up), **sugar**, **water**, **stock cube**, **balsamic vinegar** and **meatballs** and simmer, covered, for 6 min or until the **meatballs** are cooked through.
- Season with **salt** and **pepper**.



6. Serve

- Meanwhile, pick a few **basil** leaves for garnish and finely chop the rest.
- Grate the **Parmesan**.
- Toss the **pasta** and chopped **basil** in the **sauce**.
- Serve the **Spaghetti and Meatballs** in deep bowls and top with the **Parmesan** and **basil** leaves.

Tofu Tinga Tacos

with Pico de Gallo and Guacamole

Traditionally, tinga is a Mexican stew made from chicken, cooked in tomatoes. Try this vegan version!!

helló chef

794 calories | 39 protein | 79 carbs | 41 fat

Speedy

cook: 25 min

R3761-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3324 / 794
Fats (g)	40.7
of which saturated (g)	6.3
Carbohydrates (g)	79
of which sugars (g)	12.6
Fibers (g)	18.2
Proteins (g)	39.2
Salt (g)	3.7

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What You'll Need

Oven | Box grater

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Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Tofu tinga	
Firm tofu 9*	600 Grams
Salt	1 Tsp
Garlic cloves	2 Piece
Vegetable oil	2 Tbsp
Taco seasoning	20 Grams
Smoked paprika powder	4 Grams
Chipotle powder	4 Grams
Tomato passata	500 Grams
Vegetable stock cube 15*	1 Piece
Water	100 ML
Black pepper	1 Tsp

Pico de Gallo	
Red onion	2 Piece
Tomatoes	2 Piece
Fresh coriander	15 Grams
Lime	2 Piece
Salt	1 Tsp

To serve	
Avocado	2 Piece
Salt	1 Tsp
6" tortilla wraps 10*,11*	12 Piece

Allergens: *9 Soya, *15 Celery, *10 Wheat, *11 Gluten

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1. Bake tofu

Preheat the oven to 200°C/180°C fan. Drain and using a box grater, grate the **tofu**. Place the **grated tofu** onto a lined baking tray with a generous pinch of **salt**. Bake for 15 min until the **tofu** is browned.



2. Make Pico de Gallo

Meanwhile, peel and finely chop the **red onion**. Finely chop the **tomatoes**. Finely chop the **coriander leaves**. Slice the **lime** into wedges. Combine the **tomatoes**, **coriander** and half of the **red onion** in a bowl with a squeeze of **lime** juice to taste and a generous pinch of **salt**. Mix well and set aside.



3. Start tinga

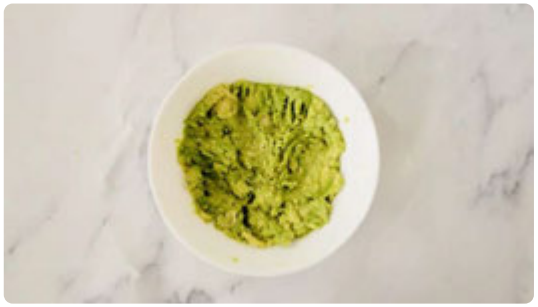
Peel and mince the **garlic**. Heat a large pan over a medium heat with a drizzle of **oil**. Once hot, add the remaining **onion** with a pinch of **salt** and cook for 5-6 min until softened. Add the **garlic**, **taco seasoning**, **smoked paprika powder** and the **chipotle powder (spicy!)** and cook for 1 min further.

Tip! Sensitive to spicy? Go easy on the chipotle.



4. Simmer

Add the **tomato passata**, 1 **vegetable stock cube** and the **measured water**. Simmer for 2 min until thickened. Remove from the heat, add the **tofu** and season with **salt** and **black pepper**. Mix well.



5. Make guacamole

Meanwhile, slice the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon. Add it to a bowl with another squeeze of **lime juice** to taste. Mash the **avocado** with a fork, leaving some bits chunky. Season with a pinch of **salt**. Mix well and set aside.

Tip! Become an avocado ripening pro! If your avocado's still hard but you plan to use it the next day, put it in a brown paper bag with an apple or a banana.



6. Serve

Warm the **tortillas** in a pre-heated oven or microwave. Assemble the **tacos** by topping the **tortillas** with the **tofu tinga**, **guacamole** and the **pico de gallo**.

Greek Beef Koftas

with Sweet Potato Fries and Tzatziki

Koftas are a family of meatball dishes found in the Middle East, traditionally made with minced meat and spices.

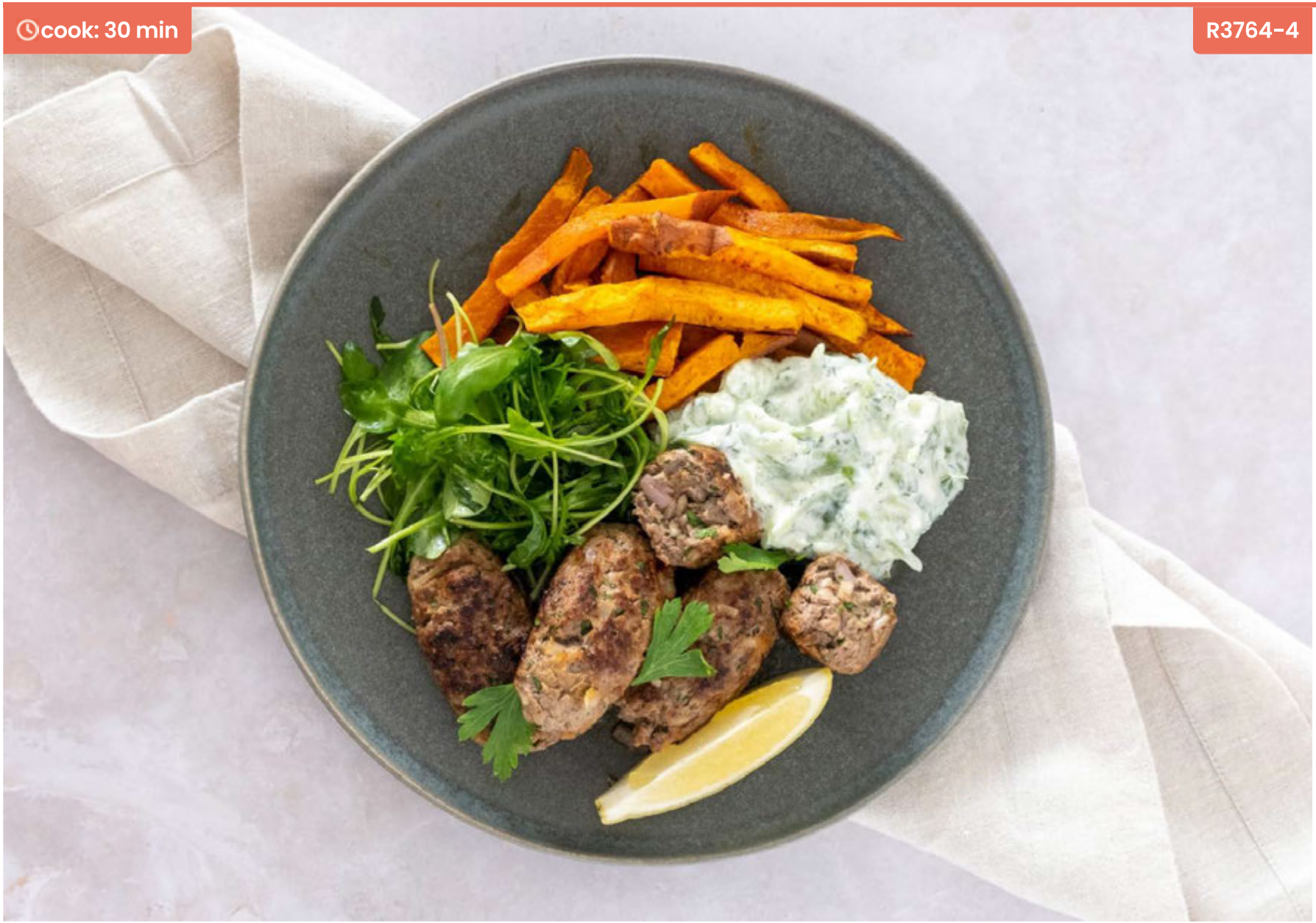
hello chef

684 calories | 48 protein | 67 carbs | 26 fat

Tips for Kids

cook: 30 min

R3764-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2863 / 684
Fats (g)	26
of which saturated (g)	11.6
Carbohydrates (g)	67
of which sugars (g)	22.1
Fibers (g)	11.4
Proteins (g)	48.4
Salt (g)	3.3

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What You'll Need

Oven | Box grater

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef kofta	
Lean beef mince	700 Grams
Red onion	2 Piece
Fresh parsley	15 Grams
Feta cheese 4*	100 Grams
Garlic onion powder	8 Grams
Worcestershire sauce 6*,11*	30 ML
Garam masala	8 Grams
Coriander cumin powder	8 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Vegetable oil	2 Tbsp

Sweet potato fries	
Sweet potatoes	800 Grams
Vegetable oil	2 Tbsp
Smoked paprika powder	4 Grams
Salt	1 Tsp

Tzatziki	
Garlic cloves	2 Piece
Fresh mint	10 Grams
Cucumber	2 Piece
Natural yogurt 4*	340 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Salad	
Rocket	80 Grams
Lemon	2 Piece
Olive oil	4 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *4 Milk, *6 Fish, *11 Gluten

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1. Bake fries

- Preheat the oven to 200°C/180°C fan.
- Slice the **sweet potatoes** (skins on) into **fries**.
- Add the **fries** onto a large baking tray with a drizzle of **oil**, **smoked paprika** and a generous pinch of **salt**.
- Toss.
- Bake in the oven for 25 min or until golden and crisp.

Tip! Turn the fries half way through cooking for even roasting.



2. Prep

- Meanwhile, peel and finely chop the **red onion**.
- Pick and finely chop the **parsley leaves**.

Tip! If cooking for kids, keep a portion of parsley aside for sprinkles.



3. Make koftas

- In a large bowl, combine the **beef mince**, **red onion**, **parsley**, **feta cheese**, **garlic onion powder**, **Worcestershire sauce**, **garam masala**, **coriander cumin powder**, **salt** and **pepper**.
- With clean hands, knead the mix until fully combined.
- Divide into 16 pieces.
- Shape each piece into **koftas**.
- Set aside.

Tip! Give the Worcestershire sauce a good shake before use. If cooking for kids, go easy on the spices or set aside a portion of the mince and keep them plain.



4. Make tzatziki

- Peel and mince the **garlic**.
- Pick and finely chop the **mint leaves**.
- Grate the **cucumber**, then carefully squeeze out any excess water.
- Add the **garlic** and **grated cucumber** to a bowl with the **yogurt**, **mint** and a pinch of **salt** and **pepper**.
- Mix well.
- Set **tzatziki** aside.

Tip! If cooking for kids, keep a portion of grated or sliced cucumber and yogurt separate for your child's plate.



5. Fry koftas

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **koftas**.
- Fry for 5-7 min, turning occasionally, until cooked through and nicely browned.

Tip! If the pan is looking crowded, fry the koftas in batches. This will stop them from stewing, rather than frying!



6. Serve

- Meanwhile, juice the **lemon**.
- Add 4 Tbsp of **lemon** juice and a drizzle of **olive oil**.
- Mix well.
- Add the **rocket**.
- Season with **salt** and **black pepper**.
- Toss.
- Serve the **Greek Beef Koftas** with **Sweet Potato Fries** and **Tzatziki**.

Tip! Serve the koftas. Then add the sweet potato fries, yogurt and cucumber separately. Serve the parsley on the side as sprinkles.

Festive Mushroom Stuffed Meatloaf

with Gravy and Roasted Root Vegetables

In this recipe you'll make mushroom stuffed meatloaves along with roasted root vegetables tossed in honey and balsamic vinegar!

hellochef

1200 calories | 45 protein | 86 carbs | 76 fat

Low Carb

cook: 55 min

R3539-4



Nutritional information

	per serving*
Energy (kJ/kcal)	5012 / 1200
Fats (g)	75.7
of which saturated (g)	33.3
Carbohydrates (g)	86
of which sugars (g)	36.8
Fibers (g)	15.9
Proteins (g)	44.7
Salt (g)	3.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meatloaves	
Beef mince	700 Grams
Chestnut mushrooms	500 Grams
Organic Eggs 5*	2 Piece
Garlic onion powder	8 Grams
Worcestershire sauce 6*,11*	30 ML
Dried thyme	4 Grams
Salt	2 Tsp
Black pepper	1 Tsp

Gravy	
Butter 4*	50 Grams
Corn starch	40 Grams
Whole milk 4*	800 ML
Dark soy sauce 9*,10*,11*	40 ML
Salt	1 Tsp
Black pepper	1 Tsp

Vegetables	
Carrot	6 Piece
Parsnip	2 Piece
Olive oil	2 Tbsp
Balsamic vinegar 14*	30 ML
Honey	30 Grams

Allergens: *5 Eggs, *6 Fish, *11 Gluten, *4 Milk, *9 Soya, *10 Wheat, *14 Sulphur Dioxide

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1. Roast vegetables

Preheat the oven to 200°C/ 180°C fan. Peel the **carrots** and **parsnips** and chop them into batons. Add them to a large baking tray. Drizzle with **oil** and sprinkle with a pinch of **salt**. Toss until coated and roast for 35 min. After 35 min, add the **balsamic vinegar** and **honey**. Toss and bake for 5 min further.

Tip! Not keen on parsnips? Add more carrots!



2. Fry mushrooms

Meanwhile, chop the **mushrooms**. Heat a pan over a medium-high heat with a drizzle of **oil**. Add the **mushrooms** and fry for 5 min. Transfer the **mushrooms** to a plate. Reserve the pan.



3. Beef mixture

Meanwhile, in a large bowl, combine the **beef mince**, **eggs**, **garlic onion powder**, **Worcestershire sauce** and **dried thyme** with a very generous pinch of **salt** and **pepper**. Once cooked, add half of the **mushrooms** (save the rest for the gravy). Mix well.



4. Bake meatloaf

Shape the **meat mixture** into 4 **meatloaves** and place them on a lined baking tray. Bake for 25-30 min or until cooked through. Once baked, allow the **meatloaves** to cool for 5 min, then slice them.

Tip! The liquid which escapes the baked meatloaf is completely normal. That's what makes it moist! Be sure to remove it before serving.



5. Gravy

Meanwhile, return the reserved pan to a medium heat. Add the **butter** and **corn starch**. Whisk for 1 min or until a smooth paste forms. Gradually add the **milk** and cook for 3 min or until thickened. Once thickened, add the **dark soy sauce** and the remaining **mushrooms**. Season with **salt** and **pepper** to taste. This is your **gravy**.



6. Serve

Serve the **meatloaf** slices with the **roasted vegetables** and **gravy** alongside.

Lamb Rogan Josh Meatballs
with Rice

In this recipe, you'll make a Rogan Josh curry paste from scratch, using whole and ground spices. Be sure to have a food processor to hand!

hello chef

1120 calories | 65 protein | 108 carbs | 58 fat

Global Eats

cook: 40 min

R2575-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4688 / 1120
Fats (g)	58.2
of which saturated (g)	29.3
Carbohydrates (g)	108
of which sugars (g)	12.8
Fibers (g)	7.5
Proteins (g)	64.6
Salt (g)	5.5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Food processor

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meatballs	
Lamb mince	700 Grams
Panko bread crumbs **10*,11*,12***	40 Grams
Soy sauce **9*,10*,11***	40 ML

Paste	
Shallots	4 Piece
Fresh coriander	15 Grams
Small green chilli	2 Piece
Cardamom pods	8 Piece
Ginger garlic paste	40 Grams
Tomato paste	70 Grams
Coriander seeds	4 Grams
Cumin seeds	4 Grams
Garam masala	8 Grams
Chipotle powder	4 Grams
Smoked paprika powder	4 Grams
Turmeric powder	4 Grams
Cinnamon powder	4 Grams
Ghee **4***	60 Grams

Curry and rice	
Basmati rice	300 Grams
Water	600 ML
Chicken stock cube **4*,5*,9*,15***	2 Piece
Greek yogurt **4***	300 Grams
Honey	30 Grams

Allergens: *10 Wheat, *11 Gluten, *12 Lupin, *9 Soya, *4 Milk, *5 Eggs, *15 Celery

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1. Make meatballs

- Add the **lamb mince**, **panko bread crumbs** and **soy sauce** to a large mixing bowl.
- With clean hands, knead the mixture until all the ingredients are fully combined.
- Divide the mixture into 24 pieces and shape each into a **meatball**.
- Refrigerate until step 5..

Tip! The longer you knead the mince meat mixture for, the more tender the meatballs will become. They'll also stick together better!



2. Prep

- Meanwhile, peel and roughly chop the **shallots**.
- Separate the **coriander** leaves from their stems.
- Roughly chop the **green chilli**.
- Split the **cardamom pods** open with the back of a knife.
- Discard the **cardamom pods** and keep the **seeds**.



3. Make paste

- Add the **fresh coriander** stems (reserve the leaves for garnish!), **shallots**, **green chilli (spicy!)**, **ginger garlic paste**, **tomato paste**, **coriander seeds**, **cumin seeds**, **garam masala**, **chipotle powder (spicy!)**, **smoked paprika**, **turmeric**, **cinnamon**, **cardamom seeds**, and **ghee** to a food processor.
- Blitz until smooth.
- Add a splash of **water** if needed!



4. Boil rice

- Add the **basmati rice**, a pinch of salt and the **measured water** to a pan with a lid.
- Bring to a boil.
- Reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Remove the pan from the heat and keep covered until serving.
- Before serving, fluff with a fork.



5. Fry meatballs

- Meanwhile, heat a non-stick pan over medium heat with drizzle of vegetable oil.
- Once hot, add **meatballs**.
- Fry for 5 min or until starting to brown all over.



6. Simmer

- Add the **Rogan Josh paste** to the pan.
- Fry for 4 min.
- Add 400 ml of **water** and the **stock cube**.
- Reduce the heat to low.
- Simmer for 10 min until thickened.
- Remove the pan from the heat.
- Add the **Greek yogurt** and **honey**.
- Serve the **Lamb Rogan Josh Meatballs** with **Rice**.
- Garnish with the reserved **coriander** leaves.

Salmon in Sesame Sauce

with Warm Japanese Mushroom and Spinach Salad

Like all oily fish, salmon is rich in omega-3 fatty acids, making it an excellent promoter of heart and brain health.

548 calories | 52 protein | 22 carbs | 30 fat

Low Carb | Calorie Smart

cook: 30 min

R3070-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1958 / 548
Fats (g)	30.1
of which saturated (g)	4.6
Carbohydrates (g)	22
of which sugars (g)	7
Fibers (g)	5.7
Proteins (g)	52
Salt (g)	2.8

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What You'll Need

Whisk

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salmon	
Skinless salmon fillet 6*	700 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Salad	
Spinach	600 Grams
Garlic cloves	4 Piece
Shimeji mushroom	300 Grams
Soy sauce 9*,10*,11*	40 ML
Sesame oil 3*,9*	30 ML
Sesame seeds 3*	20 Grams

Sauce	
Tahini 3*	60 Grams
Miso paste 9*	40 Grams
Honey	30 Grams
Rice vinegar	30 ML
Water	40 ML

Extra	
Sushi ginger	80 Grams

Allergens: *6 Fish, *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Prep

- Boil a kettle.
- Trim the **spinach** stalks.
- Place the leaves in a colander and pour the freshly boiled water from the kettle over it.
- Once the **spinach** is cool enough to handle, give it a good squeeze.
- Chop it roughly.
- Peel and mince the **garlic**.



2. Prep sauce

- Add the **tahini**, **miso**, **honey** and **vinegar** to a bowl and whisk.
- Gradually add the **measured water**.
- Continue to whisk until smooth.
- Set aside.

Tip! Not got a precise measuring jug to hand? Use a spoon measurement instead. 1 tbsp consists of 15 ml.



3. Fry mushrooms

- Heat a pan over a high heat with a drizzle of **vegetable oil**.
- Trim the base of the **shimeji mushrooms**.
- Break them into the hot pan.
- Fry for 4 min until starting to brown.



4. Toss salad

- Once browned, add the **garlic** and fry for 30 sec further.
- Remove the pan from the heat and add the **soy sauce**, **sesame oil**, **sesame seeds** and chopped **spinach**.
- Toss.
- Transfer to a serving bowl.



5. Fry salmon

- Portion the **salmon**.
- Return the pan to a high heat (no need to wash it) with another drizzle of **oil**.
- Once hot, add the **salmon fillets**.
- Cook for 3-4 min on either side until cooked through.
- Season with **salt** and **pepper**.



6. Serve

- Serve the **Salmon in Sesame Sauce** with **Warm Japanese Mushroom and Spinach Salad** and **sushi ginger** to the side.
- Drizzle the **salmon** with the **sesame sauce**.

Tip! If you're craving carbs, serve the salmon and salad with white rice.

Soy Glazed Eggplant

with Asian Slaw and Sushi Rice

This Japanese inspired dish has the perfect mix of sweet and savoury and an umami-rich Japanese style glaze.

hellofresh

704 calories | 15 protein | 107 carbs | 26 fat

Family Friendly

cook: 40 min

R3775-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2718 / 704
Fats (g)	25.8
of which saturated (g)	3.3
Carbohydrates (g)	107
of which sugars (g)	27.2
Fibers (g)	11.5
Proteins (g)	14.9
Salt (g)	2.7

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven | Box grater

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Soy eggplant	
Eggplant	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Corn starch	10 Grams
Water	100 ML
Soy sauce 9*,10*,11*	40 ML
Sweet soy sauce 9*,10*,11*,14*	30 ML

Slaw	
Mayonnaise 5*,9*,13*	100 Grams
Rice vinegar	30 ML
Tahini 3*	40 Grams
Chilli jam	56 Grams
Salt	1 Tsp
Large red chilli	2 Piece
Carrot	2 Piece
Sugar snap peas	300 Grams

Rice	
Sushi rice	300 Grams
Water	600 ML
Salt	1 Tsp

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *5 Eggs, *13 Mustard, *3 Sesame Seeds

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1. Prep

- Preheat the oven to 220°C/200°C fan.
- Slice the **eggplant** in half, lengthwise.
- Cut the flesh in a cross-hatch pattern, taking care not to slice through the skin.
- Place a large pan over a high heat with a drizzle of **oil**.
- Once hot, add the **eggplant** to the pan, skin-side down.
- Cook for 2-3 min or until the skin begins to brown.
- Flip the **eggplant**.
- Cook, covered, for 3-4 min or until tender and the inside flesh has browned.



2. Roast eggplant

- Transfer the **eggplants** onto a lined baking tray, flesh side up.
- Drizzle with **oil** and sprinkle with **salt**.
- Roast for 25-30 min or until the **eggplant** is tender.
- Wipe and reserve the pan.



3. Boil rice

- Rinse the **sushi rice** in a sieve under cold water until the water runs clear.
- Add the **sushi rice**, a pinch of **salt** and the **measured water** to a pot with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 15 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from the heat,
- Let the **sushi rice** cool slightly.

Tip! The trick to perfect sushi rice is allowing it to steam dry in the pot after cooking.



4. Prep slaw

- Meanwhile, in a large bowl, combine the **mayonnaise**, **rice vinegar**, **tahini** and **chilli jam** with a generous pinch of **salt**.
- Set the **slaw dressing** aside.
- Finely chop the **red chilli**.
- Peel and grate the **carrot**.
- Trim and finely slice the **sugar snap peas** lengthwise.
- Add the **carrot**, **red chilli** (spicy!) and the **sugar snap peas** to the **slaw dressing**.
- Mix well. Set aside.

Tip! Sensitive to spice? Go easy on the red chilli.



5. Make glaze

- Add 2 tsp **corn starch** to a small bowl with the **measured water**, **soy sauce** and **sweet soy sauce**.
- Set the **soy glaze** aside.
- Return the pan to a medium heat.
- Once hot, add the **soy glaze**.
- Cook for 1 min or until thickened.
- Remove the pan from the heat.
- Set it aside.
- Add a splash of **water** if the glaze is too thick.



6. Serve

- Serve the **Soy Glazed Eggplant** with **Asian Slaw** and **Sushi Rice**.
- Drizzle the **soy glaze** over the **eggplant**.

Lebanese Lentil Soup

with Cheesy Zaatar Flatbreads

Enjoy this rich, hearty soup that's packed with red lentils and warming Middle Eastern spices!

845 calories | 38 protein | 136 carbs | 21 fat

cook: 30 min

R3297-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2737 / 845
Fats (g)	20.5
of which saturated (g)	8
Carbohydrates (g)	136
of which sugars (g)	13.1
Fibers (g)	21.4
Proteins (g)	37.6
Salt (g)	1.2

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What You'll Need

Oven

hello@hellochef.com
04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Soup	
Red onion	4 Piece
Garlic cloves	4 Piece
Red lentils	400 Grams
Vegetable oil	2 Tbsp
Salted vegan butter	40 Grams
Turmeric powder	4 Grams
Ras el hanout	10 Grams
Cumin powder	4 Grams
Water	1600 ML
Vegetable stock cube [15*]	2 Piece
Spinach	450 Grams
Lemon	2 Piece
Crispy onions	40 Grams

Flatbread	
Zaatar	40 Grams
Vegetable oil	1 Tbsp
Salt	1 Tsp
Arabic flatbread packet [10*,11*]	2 Piece
Vegan mozzarella	100 Grams
Black pepper	1 Tsp

Allergens: *15 Celery, *10 Wheat, *11 Gluten

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1. Prep

Preheat the oven to 200°C/180°C fan. Peel and finely chop the **onion** and **garlic**. Rinse the **red lentils** thoroughly.



2. Cook

Heat a pot with a lid over a medium-high heat with a drizzle of **oil** and **butter**. Once hot, add the **onions** and fry for 5 min. Add the **garlic**, **turmeric**, **ras el hanout** and **cumin powder**. Fry for 1 min. Add the **red lentils**, **measured water** and **stock cube**. Cover and simmer for 15 min or until the **lentils** are soft. Add a splash of **water** if the **soup** is too thick.



3. Flatbread

Combine the **zaatar**, **oil** and **salt** in a small bowl. Spread the **zaatar** mixture over 8 **Arabic breads**. Sprinkle with the **mozzarella**. Slice into triangles. Bake for 10 min or until crisp.



4. Spinach

Meanwhile, wash and roughly chop the **spinach**. Once the **lentils** are soft, add the **spinach** to the **soup** and allow to wilt for 1 min.



5. Serve

Serve the **soup** in bowls. Finish with a squeeze of **lemon** juice and a grind of **black pepper**. Top with the **crispy onions**. Serve the flat breads on the side.

One-pot Chicken 'Pastalaya':

Cajun Chicken with Farfalle Pasta

Inspired by Jambalaya which is a one-pot dish consisting of meat, vegetables and rice.

hello chef

789 calories | 66 protein | 117 carbs | 7 fat

Tips for Kids | Global Eats

cook: 35 min

R3938-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3302 / 789
Fats (g)	6.7
of which saturated (g)	1.5
Carbohydrates (g)	117
of which sugars (g)	13
Fibers (g)	12.5
Proteins (g)	65.8
Salt (g)	3.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken pastalaya	
Chicken breast	600 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Yellow pepper	2 Piece
Celery	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Cajun spice	16 Grams
Dried oregano	4 Grams
Dried thyme	4 Grams
Dried bay leaves	2 Piece
Chicken stock cube 4*,5*,9*,15*	1 Piece
Tomato passata	500 Grams
Water	1100 ML
Brown sugar	10 Grams
Farfalle pasta 10*,11*	500 Grams
Black pepper	1 Tsp
To serve	
Fresh parsley	15 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *10 Wheat, *11 Gluten

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1. Prep

- Peel and finely chop the **red onion**.
- Peel and mince the **garlic**.
- Deseed and finely chop the **yellow pepper**.
- Finely chop the **celery**.



2. Chop chicken

- Chop the **chicken** into bite-sized pieces.



3. Fry

- Heat a large pot over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken**, **onion**, **peppers** and **celery** with a pinch of **salt**.
- Fry for 5 min.

Tip! If cooking for kids, fry a portion of the chicken and peppers first and set aside.



4. Add spices

- After 5 min, add the **garlic**, **cajun spice (spicy!)**, **dried oregano**, **dried thyme** and **dried bay leaves**.
- Fry for 1 min further.



5. Add pasta

- Add the 1 **chicken stock cube**, **tomato passata**, **measured water** and **brown sugar**.
- Bring to a simmer.
- Once simmering, add the **farfalle pasta**.
- Simmer, stirring occasionally, for 13-15 min or until the **pasta** is 'al dente' or cooked to your liking.

Tip! If cooking for kids, separately boil a plain portion of pasta for 12 min or until cooked to their liking.



6. Serve

- Meanwhile, pick and finely chop the **parsley** leaves.
- Once the **pasta** is cooked, stir through half the **parsley**.
- Serve the **One-pot Chicken 'Pastalaya': Cajun Chicken** with **Farfalle Pasta**.
- Season with a generous grind of **pepper** to taste.
- Garnish with the remaining **parsley**.

Tip! If cooking for kids, serve the cooked chicken, peppers and pasta separately. Serve the parsley as 'sprinkles' to the side.

Meat Lovers Pizza

with Rocket Salad

This pizza is loaded with beef chorizo, beef salami and turkey bacon!

hello chef

1385 calories | 66 protein | 156 carbs | 54 fat

Family Friendly

cook: 35 min

R3347-4



Nutritional information

	per serving*
Energy (kJ/kcal)	5259 / 1385
Fats (g)	53.8
of which saturated (g)	19.3
Carbohydrates (g)	156
of which sugars (g)	17.8
Fibers (g)	3.5
Proteins (g)	66
Salt (g)	6.5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven | Rolling pin

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Toppings	
Smoked turkey bacon	120 Grams
Red onion	2 Piece
Grated mozzarella 4*	200 Grams
Beef salami slices 9*,13*	200 Grams
Beef chorizo 4*	80 Grams

Pizza base	
Semolina 10*,11*	60 Grams
Plain flour 10*,11*	20 Grams
Pizza dough ball 10*,11*	4 Piece

Tomato sauce	
Tomato passata	400 Grams
Olive oil	2 Tbsp
Garlic powder	4 Grams
Dried oregano	4 Grams
Brown sugar	10 Grams
Salt	1 Tsp

Rocket salad	
Parmesan 4*	60 Grams
Dijon mustard 13*	12 Grams
Balsamic vinegar 14*	30 ML
Salt	1 Tsp
Honey	30 Grams
Olive oil	4 Tbsp
Rocket	80 Grams

Allergens: *4 Milk, *9 Soya, *13 Mustard, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide

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1. Prep

Preheat the oven to 220°C/200°C fan. Preheat your baking trays. Chop the **turkey bacon** into bite-sized pieces. Peel and finely slice the **onion**.



2. Make sauce

In a bowl, combine the **tomato passata**, **olive oil**, **garlic powder**, **dried oregano** and **brown sugar** with the **salt**. This is your **tomato sauce**.



3. Roll pizza

Sprinkle half of the **semolina** onto a clean surface. Sprinkle the **flour** onto a rolling pin and roll out the **dough balls**, then allow them to rest for 3 min. After 3 min, continue to roll out the **dough** until roughly the size of a large dinner plate. Sprinkle the remaining **semolina** onto the pre-heated baking trays. Carefully transfer the rolled out **dough** onto the trays.



4. Bake pizza

Spoon over the **tomato sauce**. Top the **pizza base** with the **mozzarella** followed by the **onion**, **bacon**, **salami** and **chorizo**. Brush the crust with **olive oil**. Bake for 20 min or until the crust begins to crisp and brown.



5. Prep salad

Meanwhile, shave the **Parmesan** into shards. In a large bowl, whisk together the **Dijon mustard**, **vinegar**, **salt**, **honey** and **olive oil**.



6. Serve

Toss the **rocket** and **Parmesan** in the **dressing** and serve alongside the **pizza**.

Tip! Don't dress the salad too far in advance.

Greek Salmon with Sweet Potato Fries

Salad and Tzatziki

Tzatziki is a dip found in Southern European and Middle Eastern cuisines. It is commonly served as part of a mezze or alongside grilled meat.

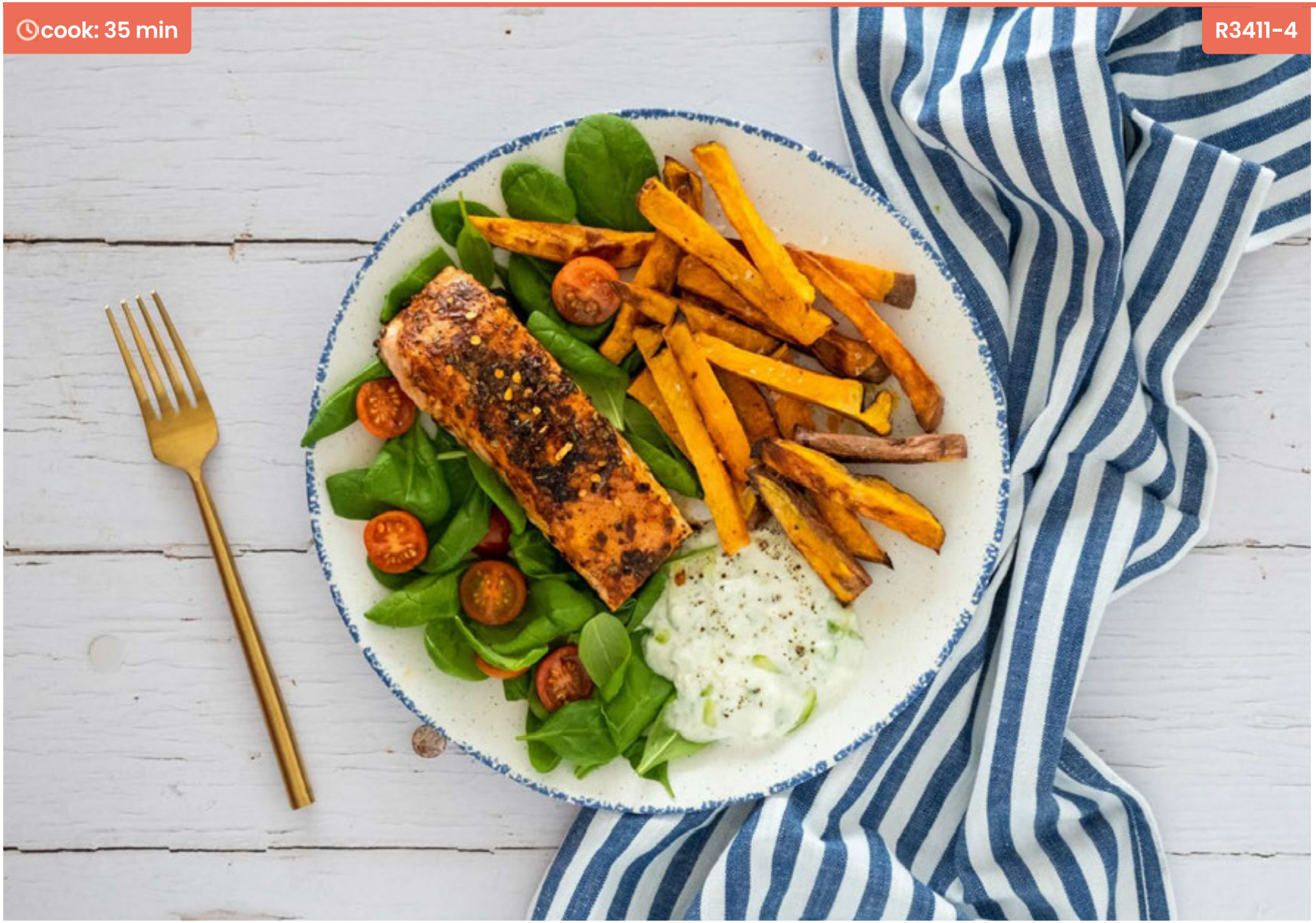
hello chef

678 calories | 44 protein | 67 carbs | 28 fat

Low Carb

cook: 35 min

R3411-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2837 / 678
Fats (g)	28.3
of which saturated (g)	6.5
Carbohydrates (g)	67
of which sugars (g)	25.1
Fibers (g)	11.2
Proteins (g)	43.7
Salt (g)	1.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salmon	
Skin-on salmon fillet 6*	700 Grams
Garlic cloves	2 Piece
Balsamic vinegar 14*	30 ML
Olive oil	4 Tbsp
Smoked paprika powder	4 Grams
Dried oregano	4 Grams
Chilli flakes	4 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Sweet potato fries	
Sweet potatoes	800 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Tzatziki	
Cucumber	2 Piece
Natural yogurt 4*	340 Grams
Salt	1 Tsp

Salad	
Lemon	2 Piece
Honey	30 Grams
Olive oil	4 Tbsp
Salt	1 Tsp
Black pepper	0.5 Tsp
Cherry tomatoes	300 Grams
Baby spinach	125 Grams

Allergens: *6 Fish, *14 Sulphur Dioxide, *4 Milk

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1. Bake fries

- Preheat the oven to 200°C/180°C fan.
- Slice the **sweet potatoes** (skins on) into **fries**.
- Add the **fries** to a large baking tray with a generous drizzle of **vegetable oil**.
- Toss.
- Sprinkle with a generous pinch of **salt**.
- Bake for 30 min or until golden and crisp.



2. Marinate salmon

- Meanwhile, portion the **salmon** and place on a plate, skin side down.
- Peel and mince the **garlic**.
- In a small bowl, combine the **garlic**, **balsamic vinegar**, **olive oil**, **smoked paprika**, **oregano**, **chilli flakes (spicy!)** and a pinch of **salt** and **pepper**.
- Spoon the mix onto the **salmon** and set aside.

Tip! Save some of the garlic and add it to the tzatziki! Make sure to season the salmon skin with salt.



3. Prep salad

- Meanwhile, in a large bowl, whisk together the **honey**, **olive oil** and half the **lemon** juice (reserve the rest for the tzatziki!).
- Season with **salt** and **pepper**.
- Set the **dressing** aside.
- Chop the **tomatoes** in half and add to the bowl.

Tip! We add the spinach leaves to the salad at the very end, so that they don't wilt!



4. Make tzatziki

- Grate the **cucumber**, then squeeze out any excess water.
- Add the grated **cucumber** to a bowl.
- Add the **yogurt** and a squeeze of any remaining **lemon** juice.
- Mix well.
- Season to taste with **salt**.
- Set the **tzatziki** aside.



5. Fry salmon

- Heat a pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the marinated **salmon**, skin side down, to the pan.
- Fry for 5-6 min until the skin is slightly charred.
- Flip and fry for a final 2 min or until cooked through but juicy.



6. Serve

- Add the **spinach** to the **tomatoes** and **dressing** and toss.
- Serve the **Greek Salmon** with **Sweet Potato Fries**, **Salad** and **Tzatziki**.

Chilli sin Carne

with Butternut Squash and Avocado

Chilli 'sin' Carne simply means chilli without meat!

hello chef

1030 calories | 29 protein | 130 carbs | 49 fat

Low Carb

cook: 60 min

R3571-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4312 / 1030
Fats (g)	49.4
of which saturated (g)	13.2
Carbohydrates (g)	130
of which sugars (g)	31.4
Fibers (g)	32.5
Proteins (g)	28.9
Salt (g)	2.2

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What You'll Need

- Blender

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chilli	
Red onion	2 Piece
Garlic cloves	6 Piece
Carrot	2 Piece
Butternut squash	1200 Grams
Black beans	480 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Fajita seasoning	10 Grams
Smoked paprika powder	4 Grams
Cumin powder	4 Grams
Chipotle powder	4 Grams
Chopped tomatoes	800 Grams
Vegetable stock cube 15*	2 Piece
Water	600 ML
Dried oregano	4 Grams
Brown sugar	20 Grams
Red pepper	2 Piece

To serve	
Fresh coriander	15 Grams
Avocado	2 Piece
Lime	2 Piece
Tortilla chips	160 Grams
Sour cream 4*	120 Grams
Grated cheddar 4*	120 Grams

Allergens: *15 Celery, *4 Milk

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1. Prep

- Peel and finely chop the **onion** and **garlic**.
- De-seed and roughly chop the **pepper**.
- Peel and chop the **carrots** into small pieces.
- Peel the **butternut squash**, slice it in half.
- Using a spoon, remove the seeds.
- Chop the **squash** into bite size pieces.
- Drain and rinse the **black beans**.

Tip! Hate waste? Roast the butternut squash seeds with a little olive oil and salt - they make a delicious snack!



2. Fry

- Heat a large pot over a medium-high heat with a drizzle of **oil**.
- Add the **onions**, **peppers** and **carrot** with a pinch of **salt**.
- Fry for 5 min.
- Once the **onions** have softened, add the **garlic**, **fajita seasoning (spicy!)**, **smoked paprika**, **cumin** and **chipotle (spicy!)**.
- Fry for 1 min further.

Tip! Sensitive to spice? Adjust the amount of chipotle to your liking.



3. Simmer

- Add the **butternut squash**, **chopped tomatoes**, **vegetable stock cube**, **measured water**, **dried oregano**, **sugar** and **black beans**.
- Bring to a boil.
- Once boiling, cover with a lid.
- Reduce the heat to medium-low.
- Simmer, stirring occasionally, for 25-30 min or until the **butternut squash** is tender.

Tip! Cooking time can vary depending on the size of your squash pieces! The butternut squash is done when you can easily pierce it with a fork, but it doesn't fall apart.



4. Prep garnish

- Meanwhile, roughly chop the **coriander** leaves.
- Cut the **avocado** in half and remove the stone.
- Scoop the **avocado** out of its skin using a spoon, then slice it.



5. Blend

- After 25 min, remove a small portion of the **chilli** (roughly 2 cups) and transfer it to a blender.
- Blitz until smooth.
- Return it to the **chilli** (see pro tip!).
- Alternatively, use a hand-held blender to blend a small amount of the **chilli**.

Tip! Blending a small portion of the chilli and returning it to the pot makes it look and taste like a chilli that has been cooking all morning!



6. Serve

- Once ready, stir half of the **coriander** through the chilli along with a generous squeeze of **lime** juice.
- Season with **salt** to taste.
- Serve the **Chilli sin Carne** with **Butternut Squash** and **Avocado** with the **tortilla chips** on the side.
- Top with **sour cream**, **grated cheddar** and remaining **coriander**.

Thai Fish Cakes with Rainbow Salad

and Sriracha Mayo

Make the best Thai fish cakes at home without running to the nearest Asian market.

hello chef

534 calories | 46 protein | 42 carbs | 23 fat

Low Carb

cook: 40 min

R3495-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2228 / 534
Fats (g)	23.2
of which saturated (g)	3.6
Carbohydrates (g)	42
of which sugars (g)	18.1
Fibers (g)	12.3
Proteins (g)	45.5
Salt (g)	4.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Thai fish cakes	
Cod fillet 6*	700 Grams
Fresh coriander	15 Grams
Red curry paste 7*	40 Grams
Lemongrass paste	20 Grams
Fish sauce 6*,10*	20 ML
Brown sugar	10 Grams
Organic Eggs 5*	2 Piece
Green beans	250 Grams
Vegetable oil	4 Tbsp

Rainbow salad	
Lime	2 Piece
Sesame oil 3*,9*	30 ML
Soy sauce 9*,10*,11*	20 ML
Carrot	2 Piece
Snow peas	200 Grams
Red cabbage	600 Grams
Spring onion	80 Grams
Sesame seeds 3*	20 Grams

Chili mayo	
Mayonnaise 5*,9*,13*	60 Grams
Sriracha sauce	14 Grams
Salt	1 Tsp

Allergens: *6 Fish, *7 Crustaceans, *10 Wheat, *5 Eggs, *3 Sesame Seeds, *9 Soya, *11 Gluten, *13 Mustard

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1. Blitz

Chop the **cod** into rough chunks. Add the **cod**, **red curry paste**, **lemongrass paste**, **fish sauce**, **sugar** and **eggs** to a food processor. Blitz until a smooth and sticky **batter** forms.



2. Cook green beans

Trim and very finely slice the **green beans**. Heat a large pan over a medium heat with a drizzle of **oil** and a pinch of **salt**. Fry the **green beans** for 2 min. Finely chop the **coriander**. Fold the **coriander** and **green beans** into the **batter**. Refrigerate. Reserve the pan.



3. Mix mayo

In a small bowl, combine the **mayonnaise** and the **sriracha** with a pinch of **salt**.



4. Prep

Juice the **lime** into a large bowl. Combine with the **sesame oil** and **soy sauce**. Peel and grate the **carrots**. Slice the **snow peas**, lengthways. Slice the **red cabbage** (discard the core) and **spring onion** as finely as possible. Add the **carrots**, **snow peas**, **spring onion**, **red cabbage** to the bowl. Massage for 30 sec or until soft.



5. Fry

Return the reserved pan to a medium heat with a generous drizzle of **oil**. Once hot, scoop 1 heaped tbsp of the **batter** into the pan. Gently spread the mixture into a circular, flat shape. Repeat until the mixture runs out. Fry the **fish cakes** for 3 min on each side or until golden brown and crispy on both sides.



6. Serve

Divide the **fish cakes** and **rainbow salad** among plates. Drizzle with the **sriracha mayonnaise** and garnish with the **sesame seeds**.

Roasted Butternut and Italian Sausage Pancakes

with Whipped Feta Dressing

Elevate Pancake Day with crepe style savoury pancakes!

hellofresh

1091 calories | 61 protein | 85 carbs | 56 fat

Family Friendly

cook: 50 min

R4281-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4562 / 1091
Fats (g)	55.5
of which saturated (g)	7.4
Carbohydrates (g)	85
of which sugars (g)	17.8
Fibers (g)	7.3
Proteins (g)	61
Salt (g)	7.6

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What You'll Need

Oven | Whisk

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pancake Batter	
Fresh chives	15 Grams
Plain flour 10*,11*	200 Grams
Organic Eggs 5*	2 Piece
Whole milk 4*	400 ML
Water	200 ML
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Olive oil	0.5 Tbsp

Filling	
Italian sausage 10*	800 Grams
Butternut squash	1200 Grams
Olive oil	1 Tbsp
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Cumin powder	4 Grams

Whipped feta dressing	
Feta cheese 4*	100 Grams
Natural yogurt 4*	340 Grams
Garlic powder	2 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp

To serve	
Rocket	40 Grams

Allergens: *10 Wheat, *11 Gluten, *5 Eggs, *4 Milk

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1. Make batter

- Finely chop a handful of **chives**.
- Add the **flour** to medium sized bowl.
- Whisk in the **egg**, **milk** and **measured water**.
- Season with **salt** and **pepper** and add the **chives**.
- Allow to stand at room temperature while preparing the **filling**.

Tip! Adding water to the batter delivers a lighter pancake.



2. Roast butternut

- Preheat oven to 220°C/200°C fan.
- Peel, deseed and cut the **butternut squash** into small cubes.
- Tumble onto a lined baking sheet and coat with a drizzle of **olive oil**, **salt**, **pepper** and **cumin powder**.
- Roast for 20 min.



3. Cook sausage

- Meanwhile, slice the **sausages** lengthwise and peel away the casing.
- Discard the casing.
- Chop the **sausage meat** into bite-sized pieces.
- Add the **sausage** to the tray of **butternut** after the 20min.
- Roast together for 5-10 min further.



4. Make pancakes

- Heat a non-stick frying pan over medium-high heat and swirl around a small drizzle of **oil**.
- Cover the bottom of the pan thinly with the **pancake batter**.
- Allow it to cook for 2-3 minutes before flipping over with a spatula.
- Cook for 2-3 more minutes until golden.
- Transfer to a plate. Cover to keep warm.
- Continue, until the **pancake batter** is used.



5. Prepare dressing

- Using a whisk, whip together the **feta** and **yogurt**.
- Add a pinch each of **garlic powder**, **salt** and **pepper** to taste.



6. Serve

- Serve each **Pancake** with a dollop of **Whipped Feta Dressing** and a helping of **Roasted butternut** and **Italian Sausage** meat.
- Top with a handful of washed **rocket**
- Enjoy!

Creamy Sesame and Enoki Mushroom Ramen

Miso is a Japanese paste made from fermented soya beans. It's packed with umami and most commonly used in soups.

hellochef

522 calories | 18 protein | 78 carbs | 18 fat

Calorie Smart

cook: 30 min

R3055-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1960 / 522
Fats (g)	18.2
of which saturated (g)	1.5
Carbohydrates (g)	78
of which sugars (g)	14.4
Fibers (g)	7.7
Proteins (g)	17.5
Salt (g)	3.2

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hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Broth	
Garlic cloves	6 Piece
White enoki	200 Grams
Vegetable oil	2 Tbsp
Chipotle powder	2 Grams
Garlic powder	8 Grams
Water	1000 ML
Vegetable stock cube 15*	1 Piece
Soy sauce 9*,10*,11*	40 ML
Sweet chilli sauce	80 ML
Miso paste 9*	40 Grams
Tahini 3*	40 Grams

Spinach	
Spinach	400 Grams
Sesame oil 3*,9*	30 ML
Sesame seeds 3*	20 Grams

Toppings	
Sweet corn kernels	244 Grams
Spring onion	80 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Soba noodles 10*,11*	200 Grams

Allergens: *15 Celery, *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Prep

- Drain the **sweet corn**.
- Finely slice the **spring onion**.
- Peel and grate the **garlic**.
- Trim and discard the base of the **enoki mushrooms**.
- Gently break the bunch apart.



2. Char sweetcorn

- Heat a pan over a high heat with a drizzle of **oil**.
- Add the **sweet corn**.
- Cook for 4 min until starting to char.
- Set aside.



3. Prep spinach

- Boil a kettle.
- Trim the **spinach** stalks.
- Place the **spinach** in a colander and pour the freshly boiled water from the kettle over it.
- Once it is cool enough to handle, give it a good squeeze.
- Chop it roughly.
- In a bowl, mix it with the **sesame oil** and **sesame seeds**.
- Season with **salt**.
- Set aside.



4. Boil noodles

- Bring a pot of salted water to the boil.
- Once boiling, add the **noodles**.
- Cook for 4 min until tender.
- Once tender, drain and divide among bowls.

Tip! Drizzle the cooked noodles with oil once drained to stop them from sticking together.



5. Make broth

- Return the pot to a medium heat with a drizzle of **oil**.
- Add the **garlic** and a pinch of **chipotle (spicy!)**.
- Fry for 30 sec.
- Add the **garlic powder**, **measured water**, 1 **stock cube**, **soy sauce**, **sweet chilli sauce**, **miso** and **tahini**.
- Simmer, whisking, for 3 min.
- Place the **enoki mushrooms** into the **broth**.
- Cook for 1 min further.



6. Serve

- Serve the **Creamy Sesame** and **Enoki Mushroom Ramen**.
- Garnish with the sliced **spring onion**.

Sweet Potato and Black Bean Quesadillas

with Guacamole and Mozzarella

Guacamole is perfect for dipping these quesadillas in!

hello chef

1020 calories | 40 protein | 143 carbs | 29 fat

cook: 35 min

R3778-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4265 / 1020
Fats (g)	28.9
of which saturated (g)	10.6
Carbohydrates (g)	143
of which sugars (g)	19.1
Fibers (g)	26.3
Proteins (g)	39.8
Salt (g)	3.2

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What You'll Need

- Potato masher

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Quesadillas	
Sweet potatoes	800 Grams
Red onion	2 Piece
Garlic cloves	2 Piece
Black beans	480 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp
Vegetable oil	2 Tbsp
Taco seasoning	20 Grams
Smoked paprika powder	4 Grams
Tomato paste	140 Grams
Water	100 ML
8" tortilla wraps 10*,11*	8 Piece
Grated mozzarella 4*	180 Grams

Guacamole	
Fresh coriander	15 Grams
Avocado	2 Piece
Lime	4 Piece
Salt	1 Tsp

Allergens: *10 Wheat, *11 Gluten, *4 Milk

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1. Make mash

- Bring a pot of salted water to the boil.
- Peel and chop the **sweet potatoes** into bite-sized pieces.
- Add the **sweet potatoes** to the pot of boiling water.
- Cook over a medium-high heat for 12-14 min or until soft.
- Drain the **sweet potatoes**.
- Return them to the pot with a generous drizzle of **olive oil**.
- Mash until smooth.
- Season with **salt** and **black pepper**.



2. Prep

- Meanwhile, peel and finely slice the **red onion**.
- Peel and mince the **garlic**.
- Drain and rinse the **black beans**.
- Finely chop the **coriander** leaves.



3. Make chilli

- Meanwhile, heat a large pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **onion** with a pinch of **salt**.
- Fry 5 min until softened.
- Add the **garlic**, **taco seasoning** (spicy!), **smoked paprika**.
- Fry for 1 min further.
- Add the **tomato paste**, **measured water** and the **drained beans**.
- Cook for 2 min further.
- Season with **salt** and **black pepper**.

Tip! Sensitive to spice? Go easy on the taco seasoning.



4. Make guacamole

- Slice the **avocado** in half and remove the stone.
- Scoop the **avocado** out of the skin using a spoon.
- Add it to a bowl with a generous squeeze of **lime** juice to taste.
- Mash with a fork until smooth.
- Season with plenty of **salt**.
- Garnish with the **coriander**.



5. Assemble quesadillas

- Spread the **sweet potato** mash over one half of the **tortilla**.
- Top with the **black bean chilli** and the **grated mozzarella**.
- Fold the **tortilla** over into a half moon shape.
- Repeat until all **quesadillas** are assembled.



6. Serve

- Heat a second large pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **quesadillas**.
- Cook for 3-4 min, pressing down with a spatula.
- Flip.
- Cook for a further 3-4 min or until each side is lightly browned and crisp.
- Repeat this process with the remaining **quesadillas**.
- Serve the **Sweet Potato and Black Bean Quesadillas** with **Mozzarella** with the **Guacamole** on the side.

Tip! When flipping, place your spatula at the open side of the tortilla, so the closed, folded, side remains on the pan when flipping.

Four Cheese and Tomato

Pasta Bake

Because a comforting cheesy pasta bake is always a great idea!

hellofresh

1047 calories | 53 protein | 134 carbs | 36 fat

cook: 35 min

R4577-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4388 / 1047
Fats (g)	35.6
of which saturated (g)	24
Carbohydrates (g)	134
of which sugars (g)	29.4
Fibers (g)	16
Proteins (g)	52.6
Salt (g)	3.2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Oven
- Box grater

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fusilli pasta 10*	500 Grams
Red onion	2 Piece
Cherry tomatoes	300 Grams
Sun dried tomatoes	120 Grams
Water	200 ML
Vegetable stock cube 15*	2 Piece
Tomato paste	70 Grams
Parmesan 4*	90 Grams
Olive oil	2 Tbsp
Garlic powder	4 Grams
Dried oregano	2 Grams
Peeled plum tomatoes	800 Grams
Balsamic vinegar 14*	30 ML
Cream cheese 4*	160 Grams
Grated mozzarella 4*	120 Grams
Grated orange cheddar 4*	120 Grams
Fresh basil	15 Grams

Allergens: *10 Wheat, *15 Celery, *4 Milk, *14 Sulphur Dioxide

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1. Boil pasta

Preheat the oven to 200°C/180°C fan. Add the **fusilli pasta** to a large pot of salted boiling **water**. Boil for 8-10 min until "al dente". Drain.



2. Prep veg

Meanwhile, peel and finely dice the **red onion**. Slice the **cherry tomatoes** in half. Finely chop the **sun dried tomatoes**. Boil the measured **water** and dissolve the **vegetable stock cube** and **tomato paste** in it. Grate the **Parmesan**.



3. Make sauce

Heat a large non-stick pan over a medium-low heat with a drizzle of **olive oil**. Once hot, add the **onion** and cook for 5 min until soft. Add the **garlic paste** and **dried oregano** and cook for 1 min. Add the **cherry tomatoes**, **sun dried tomatoes**, chopped **tomatoes**, **balsamic vinegar**, honey and **tomato** and **vegetable stock** and simmer for 6-7 min until thickened.



4. Add pasta

Add the drained **fusilli** and **cream cheese** to the thickened sauce and give everything a good mix up.



5. Layer bake

Pour half of the **tomato** and **fusilli** mixture into a large baking dish. Top with the **grated mozzarella cheese**. Pour the remaining **tomato** and **fusilli** mixture over the **mozzarella** layer.



6. Bake

Finally, top with the **grated Parmesan** and **grated cheddar**. Bake in the oven for 15-20 min until golden and bubbling on top. Garnish with the **basil** leaves just before serving.

Paneer Makhni:

Creamy Indian Tomato Curry

There's plenty of depth of flavour in this creamy, comforting curry.

hello chef

1061 calories | 45 protein | 106 carbs | 59 fat

Tips for Kids | Global Eats

cook: 40 min

R2383-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4429 / 1061
Fats (g)	58.5
of which saturated (g)	33.4
Carbohydrates (g)	106
of which sugars (g)	12.1
Fibers (g)	7.9
Proteins (g)	45.2
Salt (g)	1.2

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What You'll Need

Box grater | Blender

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

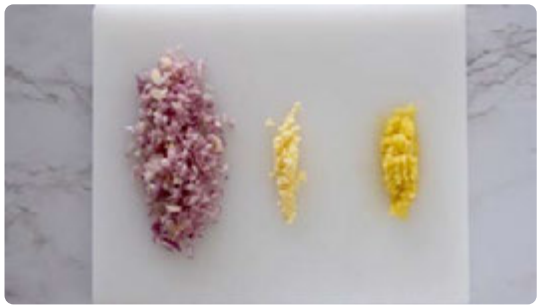
Curry	
Red onion	2 Piece
Garlic cloves	6 Piece
Ginger	60 Grams
Butter 4*	50 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Coriander cumin powder	8 Grams
Garam masala	8 Grams
Turmeric powder	4 Grams
Chilli powder	2 Grams
Tomato paste	70 Grams
Tomato passata	400 Grams
Water	400 ML
Vegetable stock cube 15*	1 Piece
Cooking cream 4*	200 ML
Cashew nuts 1*,2*	80 Grams
Paneer 4*	500 Grams
Black pepper	1 Tsp

Rice	
Basmati rice	300 Grams
Salt	1 Tsp
Water	600 ML

To serve	
Fresh coriander	15 Grams

Allergens: *4 Milk, *15 Celery, *1 Peanuts, *2 Tree Nuts

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Egg, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur dioxide and Celery.**



1. Prep

- Peel and chop the **onion** and **garlic**.
- Peel and grate the **ginger**.



2. Fry

- Heat a pan over a medium-high heat.
- Once hot, add the **butter**, **oil** and **onion**.
- Fry the **onion** with a pinch of **salt** for 5 min.
- Add the **garlic**, **ginger**, **coriander cumin powder**, **garam masala**, **turmeric**, **chilli powder** (spicy!) and **tomato paste**.
- Cook for 3 min.

Tip! If cooking for kids, go easy on the chilli powder or completely omit it.



3. Simmer

- Add the **tomato passata**, **measured water**, 1 **vegetable stock cube**, **cooking cream** and **cashew nuts**.
- Cover, reduce the heat to low.
- Simmer gently for 15-20 min.

Tip! For extra creaminess, soak the cashew nuts in water for 2-4 hours. Why not fry the paneer cubes in a second pan before adding them to the curry?



4. Boil rice

- Meanwhile, add the **basmati rice**, **salt** and the **measured water** to a pan with a lid and bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Remove the pan from the heat.
- Keep covered until serving.
- Before serving, fluff with a fork.



5. Blend

- Blend the **curry** until smooth with a hand-held blender or in a food processor.
- If the sauce looks too thick, add a splash of water.



6. Serve

- Chop the **paneer cheese** into cubes and add them to the pureed **curry**.
- Bring to a simmer and cook for 5 min.
- Season to taste.
- Serve the **Paneer Makhni: Creamy Indian Tomato Curry** .
- Garnish with chopped **coriander**.

Tip! If cooking for kids, remove the paneer pieces without the sauce. Serve the paneer, rice and the curry sauce separately.

Tofu Egg Roll Noodle Bowl

with Cabbage, Carrots, and Bean Sprouts

(something about classic flavours of egg rolls, turning into an easy weeknight stir fry)

hellofresh

562 calories | 41 protein | 44 carbs | 29 fat

Family Friendly

cook: 23 min

R3984-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2346 / 562
Fats (g)	28.6
of which saturated (g)	5.3
Carbohydrates (g)	44
of which sugars (g)	13.8
Fibers (g)	11.5
Proteins (g)	41.4
Salt (g)	4.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stir-fry	
Firm tofu 9*	600 Grams
Rice noodles	200 Grams
Carrot	2 Piece
Spring onion	80 Grams
White cabbage	600 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Organic Eggs 5*	4 Piece
Soy sauce 9*,10*,11*	60 ML
Ginger garlic paste	30 Grams
Brown sugar	10 Grams
Oyster sauce 8*,10*	40 Grams
Rice vinegar	30 ML
Bean sprouts	100 Grams
Sesame oil 3*,9*	30 ML

To serve	
Sesame seeds 3*	20 Grams

Allergens: *9 Soya, *5 Eggs, *10 Wheat, *11 Gluten, *8 Molluscs, *3 Sesame Seeds

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1. Prep

Bring a large pot of salted water to a boil. Once boiling, add the **rice noodles** and cook for 3-4 min. Drain once cooked.

Tip! Drizzle the cooked noodles with a bit of oil to prevent it from sticking.



2. Prep

Peel and grate the **carrot**. Trim and finely slice the **spring onion**. Finely slice the **white cabbage**.



3. Scramble egg

Heat a large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **eggs** and stir-fry for 1-2 min, scrambling with a spatula as you go. Once cooked, transfer to a plate and reserve the pan.



4. Fry mince

Return the reserved pan to a medium-high heat with a drizzle of **oil**. Once hot, add the chicken mince and **carrot** with a pinch of **salt** and stir-fry for 5 min. Add the **cabbage** and **spring onion** (reserve some garnish) and stir-fry for 5 min until softened.



5. Add noodles

After 5 min, add the **soy sauce**, **ginger garlic paste**, **brown sugar**, **oyster sauce**, **rice vinegar**, **scrambled egg** and **rice noodles**. Stir-fry for 5 min further or until the **sauce** is thickened. Remove from the heat and toss through the **bean sprouts** and **sesame oil**.



6. Serve

Divide the **egg noodle** and **vegetable stir-fry** between bowls and garnish with the **sesame seeds**.

Tip! Toast the sesame seeds in a dry, hot pan for 2 min or until golden and fragrant for added flavour.

Meatball Curry

with Rice and Green Beans

A great way to introduce Indian flavours to the little ones!

hellochef

1329 calories | 43 protein | 95 carbs | 91 fat

Family Friendly

cook: 30 min

R2272-4



Nutritional information

	per serving*
Energy (kJ/kcal)	5565 / 1329
Fats (g)	91.1
of which saturated (g)	41.5
Carbohydrates (g)	95
of which sugars (g)	7.5
Fibers (g)	11
Proteins (g)	42.6
Salt (g)	0.5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meatballs	
Beef mince	700 Grams
Red onion	1 Piece
Garlic cloves	4 Piece
Olive oil	2 Tbsp
Panko bread crumbs **10*,11*,12***	40 Grams
Organic Eggs **5***	2 Piece
Salt	1 Tsp
Black pepper	1 Tsp

Sauce	
Olive oil	2 Tbsp
Curry powder	4 Grams
Coconut milk	600 ML
Salt	1 Tsp
Black pepper	0.5 Tsp

Rice	
Jasmine rice	300 Grams
Water	700 ML
Salt	1 Tsp

To serve	
Green beans	500 Grams

Allergens: *10 Wheat, *11 Gluten, *12 Lupin, *5 Eggs

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1. Boil rice

Preheat oven to 200°C/180°C fan. Rinse **Jasmine rice**. Add **Jasmine rice**, pinch of **salt** and measured **water** to a pan with a lid and bring to boil over high heat. Once boiling, reduce heat to low, cover, and cook for 10-12 min or until **water** is absorbed and **rice** is cooked. Once cooked, remove pan from heat and keep covered until serving. Fluff with a fork before serving.



2. Fry onions

Meanwhile, peel and chop **onion** finely (both for meatballs and **curry**). Peel and finely chop or grate **garlic**. Heat large non-stick pan over medium-high heat with **olive oil**. Once hot, add **onion** and cook for 5 min. Add **garlic** and cook for 1 min further.



3. Make meatballs

Transfer half of the **onion** mixture to a bowl and leave the other half in pan. Add **beef mince**, **panko** breadcrumbs, **eggs**, **salt** and **pepper** to the bowl. With clean hands, knead mixture until all ingredients are fully combined. Divide mixture into small pieces and shape each piece into meatball. Transfer meatballs to a lined baking tray and bake for 10 min.



4. Make sauce

Return the pan and remaining **onion** mixture to a medium heat. Add **curry powder** and stir for 1-2 min. Add **coconut milk**, bring to boil and simmer for a 3-5 min. Season with **salt** and **pepper**.



5. Add meatballs

Transfer cooked meatballs to sauce and simmer for 5 min further.



6. Boil green beans

Meanwhile, trim and wash **green beans**. Cook **green beans** in a pot of salted boiling **water** for 3-4 min until tender. Drain once tender. Serve alongside meatball **curry** and **rice**.

Korean Style Veggie Omelette

with Kimchi and Gochujang Mayo

This one ticks all the boxes: it's low-carb, veggie, filling and tasty!

hellochef

572 calories | 28 protein | 16 carbs | 45 fat

Low Carb

cook: 20 min

R2666-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2396 / 572
Fats (g)	45.1
of which saturated (g)	10.5
Carbohydrates (g)	16
of which sugars (g)	6.6
Fibers (g)	4.9
Proteins (g)	28.3
Salt (g)	2.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

For omelette	
Organic Eggs 5*	10 Pieces
Salt	1 Tsp
Black pepper	0.5 Tsp
Red pepper	2 Pieces
Oyster mushrooms	300 Grams
Spring onion	100 Grams
Vegetable oil	4 Tbsp

Gochujang mayonnaise	
Garlic cloves	1 Pieces
Mayonnaise 5*,9*,13*	100 Grams
Gochujang 9*	20 Grams
Salt	0.5 Tsp

Sesame dip	
Rice vinegar	30 ML
Soy sauce 9*,10*,11*	20 ML
Vegetable oil	2 Tbsp
Sesame oil 3*,9*	30 ML
Honey	40 Grams
Lime	2 Pieces
Sesame seeds 3*	20 Grams
Salt	0.5 Tsp

To serve	
Kimchi 6*,7*	300 Grams

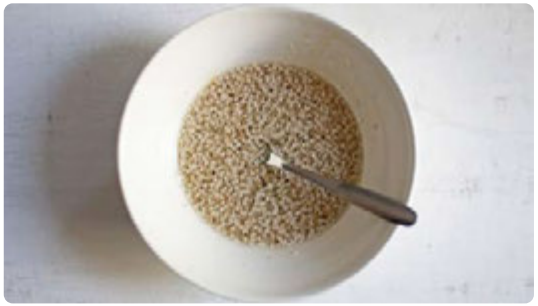
Allergens: *5 Eggs, *9 Soya, *13 Mustard, *10 Wheat, *11 Gluten, *3 Sesame Seeds, *6 Fish, *7 Crustaceans

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1. Make mayo

Peel and crush the **garlic**. In small bowl, combine the **mayonnaise**, **gochujang** paste, crushed **garlic** (not a fan of raw **garlic**? Go easy!) and a pinch of **salt**. Mix well and set aside. This is your **gochujang mayonnaise**.



2. Make dip

In another small bowl, combine the **rice vinegar**, **soy sauce**, **vegetable oil**, **sesame oil**, **honey**, 1.5 Tbsp of **lime** juice, **sesame seeds** and a pinch of **salt**. Mix well and set aside. This is your **sesame** dip.



3. Prep ingredients

Crack the **eggs** into a bowl. Add 4 Tbsp of water and whisk. Season with **salt** and **pepper**. Chop the bell **pepper** into very small cubes. Slice the **oyster mushrooms** and **spring onion** finely.



4. Fry vegetables

Heat a non-stick pan over a medium heat with a drizzle of **vegetable oil**. Once hot, add the **red pepper** and the **oyster mushrooms**. Fry for 7-8 min or until any excess moisture has evaporated. Add the **spring onion** (reserve some for garnish!) and cook for 1 min further.



5. Fry omelettes

Transfer the **vegetable** mixture from the pan to a plate. Return 1/2 or 1/3 or 1/4 (depending on how many you are cooking for) to the pan. Reduce the heat to low. Add 1/2 or 1/3 or 1/4 of the whisked **eggs** to pan. Stir the **eggs** briefly to start, then allow them to set. Once set, fold the omelette in on itself, transfer it to a plate and cover to keep warm. Repeat with the remaining ingredients.



6. Serve

Divide the omelettes among plates. Garnish them with the reserved **spring onion**. Serve the **kimchi**, the **gochujang mayonnaise** and the **sesame** dip to the side.

Squash and Sage Carbonara

with Pine Nuts

This dish is inspired by two Italian classics, carbonara and sage with pumpkin pasta.

hello chef

1279 calories | 43 protein | 135 carbs | 67 fat

Family Friendly

cook: 35 min

R2563-4



Nutritional information

	per serving*
Energy (kJ/kcal)	5322 / 1279
Fats (g)	66.9
of which saturated (g)	37.2
Carbohydrates (g)	135
of which sugars (g)	13.3
Fibers (g)	13.2
Proteins (g)	42.6
Salt (g)	1.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Tagliatelle	
Butternut squash	1200 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Parmesan *4*	120 Grams
Fresh sage	45 Grams
Organic Eggs *5*	4 Piece
Cooking cream *4*	200 ML
Tagliatelle *5*,*10*	500 Grams
Pine nuts *2*	40 Grams
Butter *4*	100 Grams
Salt	1 Tsp
Black pepper	2 Tsp

Allergens: *4 Milk, *5 Eggs, *10 Wheat, *2 Tree Nuts

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1. Roast squash

Preheat the oven to 200°C/180°C fan. Peel the **butternut squash**, slice it in half and remove the seeds. Slice the **squash** into half moons. Place them onto a lined baking tray. Drizzle with **olive oil** and sprinkle with **salt**. Roast for 30 min or until golden and crisp. Turn the pieces half way through roasting so they cook evenly.



2. Prep cheese

Meanwhile, grate the **Parmesan**. Pick the **sage** leaves from their stem, discard the stem. Separate the **egg yolks** from the whites, discard the whites. Whisk the **cooking cream** and **egg yolks** until fully combined.



3. Cook pasta, toast pine nuts

Meanwhile, bring a large pot of salted water to the boil and add the **tagliatelle**. Boil for 8-10 min or until 'al dente'. Drain and reserve a cup of pasta water. Toast the **pine nuts** in a hot, dry pan, stirring, for 2 min until golden brown. Remove from the heat and set aside.



4. Tumble

Heat a pan over a medium heat with the **butter**. Add the **sage** and fry for 2 min. Pick the **sage** out and transfer to kitchen paper. Add the **tagliatelle** and toss it in the **sage**-infused **butter**. Remove the pan from the heat and add the **egg** mix, reserved pasta water and **Parmesan**. Stir for 2 min. Season with **salt** and **pepper**.



5. Serve

Garnish with the toasted **pine nuts**, roasted **squash** and fried **sage** leaves.

Middle Eastern Chickpea Fritters with Roasted Eggplant and Zucchini

and Mint Dressing

Try this Middle Eastern inspired dish which features falafel inspired fritters, roasted vegetables and a fresh yogurt dressing.

hello chef

544 calories | 28 protein | 73 carbs | 19 fat

Low Carb

cook: 40 min

R3500-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2098 / 544
Fats (g)	19
of which saturated (g)	3.8
Carbohydrates (g)	73
of which sugars (g)	29.5
Fibers (g)	16.3
Proteins (g)	28.3
Salt (g)	3

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What You'll Need

- Food processor

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

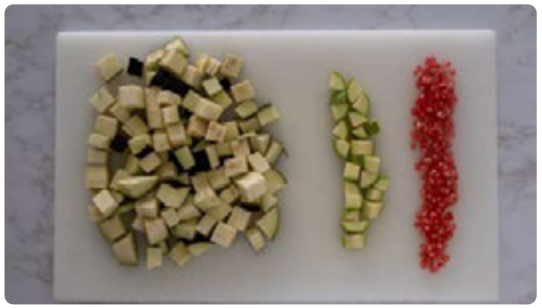
Chickpea fritters	
Chickpeas	480 Grams
Garlic onion powder	8 Grams
Baking powder	10 Grams
Coriander cumin powder	8 Grams
Gram flour	60 Grams
Organic Eggs 5*	4 Piece
Vegetable stock cube 15*	2 Piece
Vegetable oil	2 Tbsp

Toppings	
Small zucchini	4 Piece
Eggplant	2 Piece
Pomegranate	2 Piece
Low fat feta cheese 4*	100 Grams

Mint dressing	
Fresh mint	10 Grams
Natural yogurt 4*	340 Grams
Sumac	4 Grams
Honey	30 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *5 Eggs, *15 Celery, *4 Milk

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1. Prep

Preheat the oven to 220°C/200°C fan. Chop the **zucchinis** and **eggplants** into small chunks. Halve the **pomegranate**, hold each half over a large bowl, seeds facing down. Hit the skin with a wooden spoon, squeezing to release the seeds. Discard the shell and membrane.



2. Bake

Add the **eggplants** and **zucchinis** to a lined **baking** tray with a drizzle of **oil** and a generous pinch of **salt**. Bake for 20 min or until tender.



3. Blitz

Meanwhile, drain the **chickpeas** over a bowl. Save the liquid from the can. This is called **aquafaba**. Add the **chickpeas**, **garlic onion powder**, **baking powder**, **cumin**, **gram flour**, 8 Tbsp of the **aquafaba**, the **eggs** and crumbled **stock cube** to a food processor. Blitz until smooth. Refrigerate.



4. Dressing

Strip and finely chop the **mint** leaves. In a bowl, combine the **natural yogurt**, **sumac**, **honey** with the **mint**. Season with **salt** and **pepper**. This is your **mint yogurt**.

Tip! Save some of the fresh mint for garnish!



5. Fry

Heat a non-stick pan over a medium heat with a generous drizzle of **vegetable oil**. Once hot, scoop 1 heaped tbsp of the **batter** into the pan. Gently spread the mixture into a circular shape. Fry the **fritters** for 3 min on each side or until golden brown and crispy on both sides. Repeat until the mixture runs out.



6. Serve

Top the **fritters** with the roasted **eggplants** and **zucchinis**. Sprinkle with the **pomegranate** seeds. Crumble the **feta** over the top and drizzle with the **mint dressing**. Serve immediately.

Aloo Tikki Chaat

with Tamarind, Coriander Chutney and Spiced Chickpeas

Crisp and spiced potato patties smothered in mouth-watering chutneys!

888 calories | 29 protein | 158 carbs | 21 fat

cook: 45 min

R4197-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3720 / 888
Fats (g)	21.1
of which saturated (g)	10.5
Carbohydrates (g)	158
of which sugars (g)	37.9
Fibers (g)	26
Proteins (g)	28.9
Salt (g)	7.9

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What You'll Need

- Potato masher

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Aloo Tikki	
Potatoes	1000 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp
Black pepper	1 Tsp
Red onion	2 Piece
Small green chilli	2 Piece
Fresh mint	10 Grams
Coriander cumin powder	8 Grams
Corn starch	80 Grams
Plain flour 10*,11*	20 Grams

Chutneys	
Natural yogurt 4*	340 Grams
Fresh coriander	30 Grams
Lemon	2 Piece
Salt	0.5 Tsp
Tamarind paste	60 Grams
Pomegranate molasses	40 Grams
Ginger powder	4 Grams
White sugar	10 Grams
Chilli powder	4 Grams
Water	60 ML

Chickpeas	
Chickpeas	480 Grams
Ghee 4*	40 Grams
Garam masala	8 Grams
Ginger paste	20 Grams
Water	150 ML

To serve	
Cucumber	2 Piece
Candy tomatoes	300 Grams
Pomegranate kernels	250 Grams
Chapati 10*,11*	4 Piece

Allergens: *10 Wheat, *11 Gluten, *4 Milk

Due to production methods, we cannot guarantee our products are completely free from any allergen



1. Mash potatoes

- Peel and chop the **potatoes** into bite-sized pieces.
- Add them to a pan of boiling water with a generous pinch of **salt** and cook over medium heat for 20 min or until soft.
- Once soft, drain the **potatoes** and return them to the pan with a drizzle of **oil**.
- Mash until smooth and season with **salt** and **pepper**.



2. Make patties

- Peel and finely chop the **onion**.
- Finely chop the **green chilli**.
- Pick and finely chop the **mint** (saving some whole leaves for garnish).
- In a large bowl, add the **mashed potato**, **onion**, half the **chilli**, **coriander cumin powder**, half the **mint**, **salt**, **corn starch** and **plain flour**.
- Mix well to incorporate all the ingredients.
- Form the mix into 20 **patties**.
- Place the **patties** on a plate and refrigerate until frying.

Tip! Sensitive to heat? Deseed the chilli before chopping.



3. Cook chickpeas

- Drain and rinse the **chickpeas**.
- Heat a large non-stick frying pan over a medium-high heat.
- Once hot, add the **ghee** and melt.
- When the **ghee** has melted, add the **garam masala** and **ginger paste**.
- Fry for 30 secs, until fragrant.
- Add the **chickpeas** and measured **water**, toss to coat in the **spices** and cook for 3-5 min, until tender.
- Once cooked, remove from the pan and set aside on a separate plate.
- Reserve the pan for frying the patties.



4. Make salad and chutneys

- Meanwhile, add the **yogurt**, **coriander** and a squeeze of **lemon** juice (saving some for the salad) to a blender. Blitz to a smooth texture.
- Season with a pinch of **salt** to taste.
- Transfer to a small bowl and set aside.
- In a separate small bowl, combine the **tamarind**, **pomegranate molasses**, **ginger powder**, **sugar**, a pinch of **chilli powder** (spicy!) and the **measured water**. Set aside.
- Cut the **cucumber** and **tomatoes** into bite-sized pieces.
- Add to a bowl and season with a squeeze of **lemon juice**.



5. Fry patties

- Wipe the reserved pan and return it to medium-high heat with a drizzle of **oil**.
- Once hot, add the **patties** and fry in batches for 2-3 min each side.
- When the **patties** are golden and cooked through, remove from the pan and set aside on a separate plate.



6. Serve

- Warm the **chapatis** in the microwave for 30 secs.
- Assemble the chaat, by placing the **potato patties** on a plate and scatter over the spiced **chickpeas**.
- Serve the **Aloo Tikki Chaat** with a drizzle of **Tamarind Coriander Chutney**.
- Garnish with the remaining **mint leaves** and **pomegranate seeds**.
- Serve with the **salad** on the side.

REDEV: German Style Meatballs

with Braised Red Cabbage, New Potatoes and Gravy

Bringing the warming flavours of winter to your plate with this delicious dish!

1180 calories | 48 protein | 87 carbs | 72 fat

Family Friendly

cook: 40 min

R4780-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4940 / 1180
Fats (g)	72.1
of which saturated (g)	31.4
Carbohydrates (g)	87
of which sugars (g)	32.8
Fibers (g)	13.7
Proteins (g)	47.7
Salt (g)	3.9

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meatballs	
Beef mince	700 Grams
Red onion	1 Piece
Panko bread crumbs 10*,11*,12*	40 Grams
Organic Eggs 5*	2 Piece
Dijon mustard 13*	12 Grams
Garlic powder	4 Grams
Vegetable oil	2 Tbsp

Gravy	
Butter 4*	20 Grams
Plain flour 10*,11*	40 Grams
Whole milk 4*	800 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Worcestershire sauce 6*,11*	30 ML

Potatoes	
Potatoes	1000 Grams
Fresh parsley	15 Grams
Salt	1 Tsp

Cabbage	
Red cabbage	900 Grams
Butter 4*	20 Grams
Cranberry sauce	100 Grams
Balsamic vinegar 14*	30 ML
Salt	1 Tsp
Water	200 ML
Star anise	2 Piece
Cinnamon stick	2 Piece

Allergens: *10 Wheat, *11 Gluten, *12 Lupin, *5 Eggs, *13 Mustard, *4 Milk, *9 Soya, *15 Celery, *6 Fish, *14 Sulphur Dioxide

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1. Red cabbage

Finely slice the **red cabbage**. Discard the stem. Heat a large pot over a medium heat with the **butter**, **cranberry sauce**, **balsamic vinegar** and a pinch of **salt**. Once hot, add the **red cabbage**, **measured water** 2 **star anise** and the **cinnamon stick**. Simmer, covered, for 15 min. After 15 min, remove the lid and cook for 5 min further or until all the liquid has evaporated. Set aside and keep warm.



2. Boil potatoes

Meanwhile, chop the **potatoes** in half. Add them to a pan of salted boiling water. Cook the **potatoes** over a medium heat for 15-20 min until tender. Once tender, drain and add them to a bowl.



3. Make meatballs

Meanwhile, place the **beef mince** in a second large bowl. Peel and grate the **onion** (squeeze out as much **onion** juice). Add the **beef mince**, **fresh** breadcrumbs, shallots, **eggs**, **Dijon mustard**, tamari and **garlic powder** to the bowl. With clean hands, knead the mixture well until soft and fully combined. Shape into small **meatballs**.

> **Tip!** Fry the shallots before adding them to the meatball mixture.



4. Fry meatballs

Heat a large non-stick pan over a medium heat with a drizzle of **vegetable oil**. Once hot, add the **meatballs** and cook for 6 min or until browned. Once browned, transfer the **meatballs** to a plate. Reserve the pan. Meanwhile, finely chop the **parsley**.



5. Make gravy

Return the pan to medium heat. Add the remaining **butter** and the **flour** to the pan juices. Gradually whisk in the **milk**. Cook for 2-3 min until thickened. Once thickened, add the 1 **stock cube** and the **Worcestershire sauce**.



6. Serve

Top the **potatoes** with the **parsley** and a pinch of **salt**. Toss. Serve the **meatballs** with the **red cabbage** and new **potatoes** alongside. Pour the **gravy** over the top.

Prawns in Harissa Butter

with Lemon Mint Zucchini and Labneh

Harissa is a North African chilli paste which predominantly consists of peppers, spices and garlic.

hello chef

575 calories | 38 protein | 37 carbs | 33 fat

Low Carb | Calorie Smart | Speedy

cook: 20 min

R3498-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2397 / 575
Fats (g)	32.8
of which saturated (g)	20
Carbohydrates (g)	37
of which sugars (g)	15.5
Fibers (g)	6.4
Proteins (g)	37.8
Salt (g)	2.8

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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04-383-93-99
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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Prawns	
Prawns 7*	700 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Butter 4*	50 Grams
Smoked paprika powder	4 Grams
Garlic onion powder	8 Grams
Soy sauce 9*,10*,11*	20 ML
Harissa paste	40 Grams

Lemon zucchini	
Small zucchini	8 Piece
Red onion	2 Piece
Fresh mint	10 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Baby spinach	90 Grams
Lemon	1 Piece

To serve	
Pomegranate molasses	40 Grams
Honey	30 Grams
Labneh 4*	400 Grams

Allergens: *7 Crustaceans, *4 Milk, *9 Soya, *10 Wheat, *11 Gluten

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1. Prep

Slice the **zucchini** into rounds. Peel and slice the **onion** into petals. Pick and roughly chop the **mint** leaves. Melt the **butter** in a small bowl in the microwave. Add the **smoked paprika**, **garlic onion powder**, **soy sauce** and **harissa paste** (spicy!) and mix well.



2. Fry zucchini

Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **zucchini** and **onion** with a generous pinch of **salt**. Fry for 4 min or until **zucchini** and **onion** begin to brown and are cooked through.



3. Fry prawns

Meanwhile, heat a second large non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **prawns** with a pinch of **salt** and fry for 2 min.



4. Finish prawns

Add the **harissa butter** and fry for 1 final min or until the **prawns** are cooked through. Set aside.



5. Finish zucchini

Once the **zucchini** is ready, add the **baby spinach**. Fold gently so the **spinach** starts to wilt. Once the **spinach** is wilted, remove the pan from the heat. Add a squeeze of **lemon** juice and the **mint**.

Tip! Firmly roll the lemon on the work surface before slicing it; this will help release more of its juices.



6. Serve

Serve the **harissa prawns** alongside the **zucchini** and **spinach**. Finish with a generous dollop of **labneh** and drizzle with the **pomegranate molasses**, **honey** and any extra **harissa butter** (spicy!).

Hashweh Style Chicken and Eggplant

with Bulgur Wheat and Tahini Dressing

Hashweh translates directly to "stuffing" and is often used as a stuffing for chicken or marrows!

hello chef

967 calories | 70 protein | 106 carbs | 36 fat

Global Eats

cook: 40 min

R4143-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3710 / 967
Fats (g)	35.6
of which saturated (g)	7
Carbohydrates (g)	106
of which sugars (g)	16.6
Fibers (g)	29.7
Proteins (g)	69.5
Salt (g)	1.9

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken mince	800 Grams
Red onion	2 Piece
Garlic cloves	2 Piece
Red pepper	2 Piece
Eggplant	2 Piece
Almond slivers 2*	60 Grams
Olive oil	1 Tbsp
Salt	1 Tsp
Arabic mix masala	8 Grams
Allspice powder	4 Grams
Coriander cumin powder	8 Grams
Tomato paste	60 Grams
Chicken stock cube 4*,5*,9*,15*	1 Piece
Black pepper	1 Tsp
Water	300 ML
Fresh mint	10 Grams

Bulgur	
Bulgur wheat 10*,11*	360 Grams
Water	700 ML
Salt	1 Tsp

Tahini Dressing	
Lemon	2 Piece
Fresh parsley	15 Grams
Tahini 3*	60 Grams
Water	60 ML

Allergens: *2 Tree Nuts, *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Prep

Preheat the oven to 220°C/200°C fan. Peel and finely chop the **onion** and **garlic**. Deseed and finely chop the **pepper**. Cut the **eggplant** into small bite-sized pieces. Heat a large pan over a medium heat. Add the **almond slivers** to the dry pan and toast until slightly browned. Once browned, remove from the heat and set aside. Reserve the pan.



2. Bake eggplant

Add the **eggplant** to a lined baking tray, drizzle with **olive oil** and sprinkle with **salt**. Bake in the oven for 20-25 min, until soft and tender.



3. Make bulgur

Meanwhile, rinse the **bulgur** under cold water and drain. Add the **bulgur** to a pan with a lid with the **measured water** and **salt**. Bring to the boil over a medium high heat. Once boiling, cover and lower the heat. Simmer for 15-20 min until the **bulgur** is tender. Once cooked drain any remaining **water**, cover and set aside.



4. Fry chicken

Return the reserved pan to a medium-high heat with another drizzle of **oil**. Once hot, add the **onion** and fry for 5 min until softened. Add the **garlic** and **red pepper**, fry for a further 5 min. Next, add the **chicken** and cook for 3-5 min, until fully browned. Once browned, stir through the baked **eggplant**, add the **arabic masala**, **allspice**, **coriander cumin**, **tomato paste**, **stock cube**, a sprinkle of **black pepper** and **measured water**. Mix thoroughly. Reduce the heat to medium and simmer for 5 min further.



5. Make tahini dressing

Meanwhile, slice the **lemon** into wedges. Pick and finely chop the **parsley**. In a small bowl, combine the **tahini** and a squeeze of **lemon** juice to taste. Add the **measured water** bit by bit, mixing throughout until the **dressing** has loosened (not too watery). Once the desired consistency has been achieved, add the **parsley** (leaving some for garnish). Mix well and set aside

Tip! Wash and zest the lemon, add the zest to the dressing to make it extra citrusy!



6. Serve

Pick and finely chop the **mint**. Stir through the **mint** in the **chicken** and **eggplant** mixture. Divide the **bulgur** among bowls. Spoon over the **chicken** and **eggplant**. Drizzle with the **tahini dressing** and garnish with the toasted **almonds**, and the remaining **parsley**.

Vegan Spaghetti Alfredo

with Chestnut Mushrooms

What's the secret to this super-creamy, vegan Alfredo? Nutritional yeast!

hellochef

743 calories | 27 protein | 122 carbs | 14 fat

cook: 40 min

R3664-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3074 / 743
Fats (g)	13.9
of which saturated (g)	7.6
Carbohydrates (g)	122
of which sugars (g)	10.4
Fibers (g)	12.1
Proteins (g)	27.4
Salt (g)	1.9

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What You'll Need

- Blender

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04-383-93-99
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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Mushrooms	
Chestnut mushrooms	500 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Marmite 11*,15*	16 Grams
Black pepper	1 Tsp

Pasta	
White onion	2 Piece
Garlic cloves	4 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Water	300 ML
Cashew cream cheeze 2*	110 Grams
Nutritional yeast	8 Grams
Spaghetti 10*	500 Grams
Fresh parsley	15 Grams
Salted vegan butter	40 Grams
Black pepper	1 Tsp
Lemon	1 Piece

Allergens: *11 Gluten, *15 Celery, *2 Tree Nuts, *10 Wheat

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1. Prep

Peel and finely chop the **onion** and **garlic**. Clean the **mushrooms** with a cloth, knife or brush (don't wash them with water). Roughly chop or slice them.



2. Fry mushrooms

Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **mushrooms** with a pinch of **salt** and fry for 5-7 min or until browned. Add the **marmite** and **black pepper** and fry for a final 1 min. Once browned, transfer to a plate. Reserve the pan.

> **Tip!** Give the reserved pan a quick rinse and dry if needed!



3. Simmer sauce

Return the pan to a medium-high heat with a second drizzle of **oil**. Once hot, add the **onions** with a pinch of **salt** and fry for 5-7 min or until softened. Add the **garlic** and fry for 30 sec further. Add the **measured water**, **cream cheeze** and **nutritional yeast**. Simmer, covered, for 5 min.

> **Tip!** If the sauce begins to thicken too quickly, add a splash of water.



4. Boil spaghetti

Meanwhile, bring a large pot of salted water to the boil. Once boiling, add the **spaghetti** and cook for 8-10 min until 'al dente' or cooked to your liking. Drain and reserve a cup of pasta water.



5. Blend sauce

Meanwhile, finely chop the **parsley** leaves. Once the sauce has simmered for 5 min, transfer to a blender with the **vegan butter** and **black pepper**. Blend until smooth. Return the **sauce** to the pan with the **mushrooms** and **spaghetti** and a squeeze of **lemon** juice.

> **Tip!** Adjust the consistency of the sauce to your liking by adding a splash of the reserved pasta water.



6. Serve

Garnish the **Alfredo spaghetti** with the **parsley** and divide amongst bowls.

BBQ Fish Wraps

with Cucumber and Apple Slices

-

774 calories | 53 protein | 84 carbs | 26 fat

Tips for Kids | Family Friendly

cook: 30 min

R4806-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3239 / 774
Fats (g)	26.3
of which saturated (g)	11
Carbohydrates (g)	84
of which sugars (g)	20.9
Fibers (g)	4.2
Proteins (g)	52.7
Salt (g)	4.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef	
Alaskan pollock loin 6*	700 Grams
BBQ spice 15*	8 Grams
Smoked paprika powder	4 Grams
Coriander powder	4 Grams
Plain flour 10*,11*	20 Grams

Veg	
Yellow pepper	2 Piece
Spring onion	80 Grams
Garlic cloves	4 Piece
Barbecue sauce 11*,13*	120 Grams

To serve	
Cucumber	2 Piece
Red apple	2 Piece
Sour cream 4*	120 Grams
Mild tomato salsa	120 Grams
Grated cheddar 4*	120 Grams
6" tortilla wraps 10*,11*	12 Piece

Allergens: *6 Fish, *15 Celery, *10 Wheat, *11 Gluten, *13 Mustard, *4 Milk

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1. -



2. -

Pav Bhaji: Indian-Spiced Vegetable Curry

with Toasted Buns and Onion Salad

An iconic Indian street food! A thick mixed vegetable curry, topped with butter and served in toasted buns.

hellochef

562 calories | 24 protein | 96 carbs | 15 fat

Calorie Smart | Global Eats

cook: 30 min

R4168-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2342 / 562
Fats (g)	14.9
of which saturated (g)	6
Carbohydrates (g)	96
of which sugars (g)	23.2
Fibers (g)	17.4
Proteins (g)	23.7
Salt (g)	3.4

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Bhaji	
Potatoes	300 Grams
Cauliflower	400 Grams
Carrot	2 Piece
Salt	1 Tsp
Black pepper	0.5 Tsp
Tomatoes	2 Piece
Fennel seeds	4 Grams
Turmeric powder	4 Grams
Cardamom powder	4 Grams
Cinnamon powder	2 Grams
Coriander cumin powder	8 Grams
Paprika powder	4 Grams
Black salt	4 Grams
Garlic powder	4 Grams
Sumac	4 Grams
Vegetable oil	2 Tbsp
Tomato paste	70 Grams
Ginger paste	20 Grams
Fenugreek leaves	4 Grams
Chilli powder	4 Grams
Water	500 ML
Vegetable stock cube 15*	1 Piece
Green peas	200 Grams

Salad	
Red onion	2 Piece
Fresh coriander	30 Grams
Lemon	2 Piece
Salt	0.5 Tsp

To serve	
Butter 4*	40 Grams
Slider buns 3*,4*,10*,11*	12 Piece

Allergens: *15 Celery, *4 Milk, *3 Sesame Seeds, *10 Wheat, *11 Gluten

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1. Mash veg

- Bring a large pot of salted water to boil.
- Peel and chop the **potatoes** into bite-sized pieces.
- Trim and roughly chop the **cauliflower**.
- Peel and chop the **carrot** into bite-sized pieces.
- Add the **potatoes**, **cauliflower** and **carrot** to the boiling water.
- Boil the **veg** for 15-18 min until tender.
- Once the **veg** is tender, drain and return to the same pan.
- Mash until smooth and season with **salt** and **pepper**.



2. Prep

- Peel and finely chop the **onion**.
- Finely chop the **tomatoes**.
- Heat a large non-stick frying pan over a medium heat.
- Once hot, dry toast the **fennel seeds**, **turmeric**, **cardamom**, **cinnamon**, **coriander cumin**, **paprika** and **black salt** for 30 secs, or until fragrant.
- Remove the **spices** from the pan (retaining the pan) and transfer to a bowl.
- Add the **garlic powder** and **sumac** to the **spices**.
- Mix well and set aside.
- This is now your **pav bhaji masala**.



3. Make bhaji

- Heat the reserved pan over medium-high heat with a drizzle of **oil**.
- Fry half of the **onion** (saving the rest for the **onion salad**) for 3-5 min until softened.
- Add the **tomatoes**, **tomato paste**, **ginger paste**, **pav bhaji masala**, **fenugreek** and a pinch of **chilli powder (spicy!)**. Cook for a further 1-2 min.
- Add the **measured water** and 1 **stock cube**. Simmer for 2-4 min.
- Add the **mashed veg** and **peas** to the **sauce** and mix well.
- Lower the heat and simmer the **curry** for 5-7 min.



4. Make onion salad

- Pick and finely chop the **coriander**.
- Cut the **lemon** into wedges.
- Add the remaining **onion** and **coriander** to a bowl.
- Squeeze in the **lemon juice** (saving some for garnish) and season with **salt** to taste.



5. Toast buns

- Heat another non-stick frying pan over medium-high heat with half of the **butter**.
- Once melted, add the **buns** cut side down.
- Toast for 30 secs, or until golden.
- Once toasted, remove from the pan and set aside for serving.



6. Serve

- Serve the **Pav Bhaji** topped with the remaining **butter**.
- Enjoy with the **Toasted Buns and Onion Salad** on the side.

Persian Saffron Chicken and Chickpea Stew

with Dill Rice and Shirazi Salad

Dried lemons or limes are an essential ingredient used throughout the Persian Gulf. It has a unique citrusy flavour with a slight smoky and earthy aroma.

hello chef

820 calories | 58 protein | 115 carbs | 13 fat

Tips for Kids | Global Eats

cook: 35 min

R4068-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3432 / 820
Fats (g)	13.1
of which saturated (g)	4.4
Carbohydrates (g)	115
of which sugars (g)	15
Fibers (g)	11.2
Proteins (g)	57.8
Salt (g)	4.3

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Saffron Chicken	
Skinless boneless chicken thighs	800 Grams
Chickpeas	480 Grams
Brown onion	1 Piece
Dried lemon	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Turmeric powder	4 Grams
Water	300 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Saffron Splash	60 ML
Cardamom pods	6 Piece

Dill Rice	
Fresh dill	30 Grams
Long grain rice	300 Grams
Fenugreek leaves	4 Grams
Salt	1 Tsp
Water	600 ML

Shirazi Salad	
Fresh mint	10 Grams
Cucumber	2 Piece
Cherry tomatoes	300 Grams
Spring onion	80 Grams
Olive oil	1 Tbsp
Lime	2 Piece
Salt	1 Tsp
Black pepper	1 Tsp

To serve	
Natural yogurt 4*	340 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Prep

- Drain and rinse the **chickpeas**.
- Peel and finely slice the **onion**.
- Finely chop the **dill** (stems included).



2. Prep dried lemons

- Soak the **dried lemons** in a bowl of hot water for 1-2 min, then drain.
- With one hand, hold tightly and using a fork.
- Gently pierce several holes through the skin and all the way around, 3-4 times.

Tip! Piercing the dried lemons will help them soften and infuse their flavour better while braising in the stew.



3. Make stew

- Heat a large pot over medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion** with a pinch of **salt**. Fry for 5 min until lightly golden.
- Add the **chicken thighs** and **turmeric**. Fry for 5 min further until browned.
- Add the **chickpeas**, **measured water**, 1 **chicken stock cube**, **saffron water**, **dried lemon**, and **cardamom pods**.
- Cover. Cook on medium heat for 20-25 min until the **chicken** is tender and the stew has thickened.

Tip! For more citrus flavour, give the dried lemon a gentle squeeze at the end of cooking.



4. Cook rice

- Meanwhile, rinse the **rice**.
- Add the **rice**, **dill**, **fenugreek leaves**, a good pinch of **salt**, and the **measured water** to a pot with a lid and bring to a boil over high heat.
- Once boiling, reduce the heat to low, cover, and cook for 12-14 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from the heat and keep covered until serving.



5. Make salad

- Pick and finely chop the **mint**.
- Chop the **cucumbers** into small bite-sized pieces.
- Slice the **cherry tomatoes** in quarters.
- Trim and finely chop the **spring onions**.
- In a bowl, combine the **mint**, **cucumber**, **cherry tomatoes**, and **spring onions** with a drizzle of **olive oil** and a generous squeeze of **lime**.
- Season with **salt** and **pepper** to taste.

Tip! If cooking for kids, reserve a portion of cucumbers and tomatoes to the side.



6. Serve

- Serve the **Persian Saffron Chicken and Chickpea Stew** on **Dill Rice** with **Shirazi Salad** and **yogurt** alongside.

Tip! If cooking for kids, shred the chicken, serve with rice, yogurt, and vegetables separately.

Cottage Pie: Beef and Mashed Potato Casserole

Beef and Mashed Potato Casserole

A British Classic!

hellochef

906 calories | 65 protein | 76 carbs | 41 fat

Family Friendly | Weekly classic

cook: 60 min

R3379-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3785 / 906
Fats (g)	40.5
of which saturated (g)	20.4
Carbohydrates (g)	76
of which sugars (g)	25.9
Fibers (g)	14.1
Proteins (g)	65.1
Salt (g)	5.3

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What You'll Need

- Oven
- Box grater
- Potato masher

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meat sauce	
Lean beef mince	700 Grams
Brown onion	2 Piece
Garlic cloves	4 Piece
Carrot	2 Piece
Olive oil	4 Tbsp
Salt	0.5 Tsp
Tomato paste	140 Grams
Water	400 ML
Beef stock cube 4*,5*,9*,11*,15*	1 Piece
Worcestershire sauce 6*,11*	30 ML
Onion marmalade	56 Grams
Black pepper	1 Tsp
Green peas	200 Grams

Mash	
Potatoes	1200 Grams
Butter 4*	50 Grams
Whole milk 4*	200 ML
Organic Eggs 5*	2 Piece
Salt	2 Tsp
Grated cheddar 4*	120 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *11 Gluten, *15 Celery, *6 Fish

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1. Boil potatoes

- Preheat the oven to 200°C/180°C fan.
- Peel and chop the **potatoes**.
- Add the **potatoes** to a pan of salted boiling water.
- Cook the **potatoes** over a medium heat for 20 min or until soft.



2. Prep vegetables

- Meanwhile, peel and finely chop the **onion** and **garlic**.
- Peel and grate the **carrot**.

Tip! Cooking for kids? Why not add more grated veggies, such as zucchini?



3. Make beef sauce

- Heat a pan over a medium-high heat with a drizzle of **oil**.
- Fry the **beef mince** and **onion** with a pinch of **salt** for 5-7 min.
- Add the **garlic** and **tomato paste**.
- Add the **grated carrots**, **measured water**, 1 **stock cube**, **Worcestershire**, **onion marmalade** and **pepper**.
- Reduce the heat to low.
- Cover with a lid and simmer for 15 min.

Tip! Make sure the pan is hot before adding the beef. This will ensure it browns nicely!



4. Make mash

- Once ready, drain the **potatoes** and return them to the pan with the salted **butter**.
- Mash.
- Slowly add enough **milk** (about 100 ml) to reach your desired mash consistency.
- Add the **eggs**, a generous pinch of **salt** and half of the **grated cheddar**.
- Mix well.



5. Bake

- Add the **green peas** to the **beef sauce** and check the seasoning.
- Season with **salt** and **pepper**.
- Pour the **beef sauce** into a baking dish.
- Spoon the mashed **potatoes** over the top.
- Smooth the surface with a spatula.
- Sprinkle with the remaining **cheese**.
- Bake for 15-20 min.



6. Serve

- Once baked, set the **Cottage Pie** aside to rest for 5 min, then serve.

Sweet and Sour Chicken

with Jasmine Rice

Make the sweet and sour sauce from scratch - it's beyond restaurant quality!

878 calories | 62 protein | 143 carbs | 11 fat

Family Friendly | Weekly classic

cook: 35 min

R3378-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3678 / 878
Fats (g)	11
of which saturated (g)	2
Carbohydrates (g)	143
of which sugars (g)	52.7
Fibers (g)	9.4
Proteins (g)	61.7
Salt (g)	3.1

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Whisk

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Corn starch	30 Grams
Salt	1 Tsp
Vegetable oil	4 Tbsp

Sauce	
Orange	2 Piece
Pineapple juice	180 ML
Pineapple chunks	280 Grams
Sweet chilli sauce	80 ML
Ketchup	80 Grams
Rice vinegar	30 ML
Apple cider vinegar	30 ML
Soy sauce 9*,10*,11*	40 ML
Brown sugar	10 Grams
Garlic powder	4 Grams

Stir-fry	
Green pepper	2 Piece
Red pepper	2 Piece
Spring onion	80 Grams
Cashew nuts 1*,2*	60 Grams

Rice	
Water	600 ML
Jasmine rice	300 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *1 Peanuts, *2 Tree Nuts

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1. Prep sauce

- Juice the **orange**.
- Add 120 ml of **orange juice**, 180 ml of **pineapple juice**, the **sweet chilli sauce**, **ketchup**, both **vinegars**, **soy sauce**, **sugar** and **garlic powder** to a small saucepan.
- In a small glass, whisk 2 Tbsp of **water** with 4 tsp of **corn starch** until smooth.
- Add the **starch** mixture to the pot.



2. Cook sauce

- Place the saucepan over a medium heat and cook, stirring continuously, until the mixture starts to bubble.
- Once bubbling, reduce the heat to low and cook, stirring, for 2-3 min further or until glossy and thickened a bit.
- Set aside.



3. Prep stir-fry

- Chop the **peppers** into rough chunks.
- Trim and finely slice the **spring onion**.
- Drain the **pineapple chunks**.
- Chop the **chicken** into bite-size pieces.
- Place the remaining **corn starch** on a plate and season with **salt**.
- Turn the **chicken** in the **starch** and set aside.



4. Boil rice

- Rinse the **jasmine rice**.
- Add the **rice**, **measured water** and a pinch of **salt** to a pan with a lid and bring to a boil.
- Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Remove from the heat and keep covered until serving.



5. Stir-fry

- Meanwhile, heat a large pan over a medium-high heat with a generous drizzle of **vegetable oil**.
- Once hot, add the coated **chicken** and fry for 4-5 min or until nicely browned.
- Transfer the **chicken** to a plate.
- Return the pan to a medium-high heat with another drizzle of **oil**.
- Once hot, add the **peppers** and fry with a pinch of **salt** for 3 min until slightly softened.



6. Serve

- Return the **chicken** to the pan.
- Add the **spring onion** (reserve some for garnish), **pineapple** and **cashew nuts**.
- Add the **sweet and sour sauce**.
- Simmer for a final 2-3 min, making sure to give everything a good mix up.
- Serve **Sweet and Sour Chicken** over warm **Jasmine Rice** and garnish with the remaining **spring onion**.

Overnight Coconut Chia Pudding

with Coconut Flakes, Pistachios and Pomegranate

Deliciously creamy chia pudding for a perfect on-the-go breakfast.

hellochef

309 calories | 7 protein | 29 carbs | 21 fat

Quick Prep

cook: 10 min

R4419-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1371 / 309
Fats (g)	20.5
of which saturated (g)	3
Carbohydrates (g)	29
of which sugars (g)	13.4
Fibers (g)	11.2
Proteins (g)	7
Salt (g)	21.5

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What You'll Need

- Whisk

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

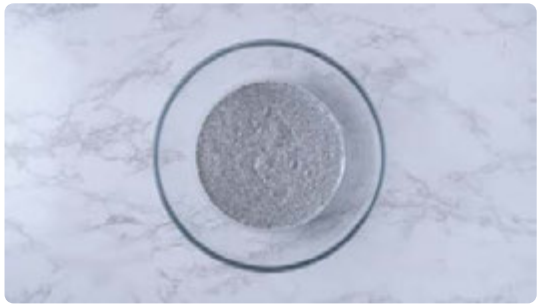
for 4 servings

Chia pudding	
Chia seeds	90 Grams
Agave syrup	10 Grams
Light coconut milk	400 ML

Toppings	
Coconut flakes	20 Grams
Sliced pistachios 2*	20 Grams
Pomegranate kernels	250 Grams

Allergens: *2 Tree Nuts

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1. Make chia pudding

- In a large bowl, whisk together the **chia seeds**, **agave syrup** and **light coconut milk**.
- Divide among small bowls, containers of choice, or leave in the same large bowl.

> **Tip!** If leaving in the large bowl, divide the chia pudding into containers of choice the next day.



2. Refrigerate

- Cover the **chia pudding** with a lid or cling film. Place into the fridge and leave to set overnight.

> **Tip!** Strapped for time? Leave to set for a minimum of 2 hours before consuming.



3. Serve

- Remove the **Chia Pudding** from the fridge and sprinkle with the **coconut flakes**, **sliced pistachios** and **pomegranate kernels**.
- Alternatively serve with dollops of your favourite yogurt or additional toppings of your choice.

> **Tip!** If the consistency of your chia pudding is too thick, thin down slightly with milk.



4. Storage

- The **Chia Pudding** is best consumed the next day.
- Store in an airtight container in the fridge and consume within 2 days.

Spiced Sweet Potato and Coconut Soup

with Crispy Chickpeas

This warming soup is packed with nutrients!

hello chef

787 calories | 18 protein | 116 carbs | 29 fat

cook: 30 min

R3107-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3301 / 787
Fats (g)	29
of which saturated (g)	16.5
Carbohydrates (g)	116
of which sugars (g)	14.5
Fibers (g)	18.2
Proteins (g)	18.3
Salt (g)	2.7

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What You'll Need

Oven | Blender

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Sweet potatoes	800 Grams
Shallots	2 Piece
Chickpeas	480 Grams
Vegetable oil	2 Tbsp
Smoked paprika powder	4 Grams
Salt	1 Tsp
Coconut flakes	20 Grams
Ginger garlic paste	20 Grams
Curry powder	10 Grams
Chilli flakes	4 Grams
Turmeric powder	4 Grams
Vegetable stock cube 15*	2 Piece
Water	800 ML
Coconut milk	400 ML
Ciabatta 10*,11*	2 Piece
Black pepper	1 Tsp
Fresh coriander	15 Grams
Salted vegan butter	40 Grams

Allergens: *15 Celery, *10 Wheat, *11 Gluten

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1. Prep

- Preheat the oven to 220°C/200°C fan.
- Peel and chop the **sweet potatoes** into bite sized pieces.
- Peel and finely chop the **shallots**.
- Drain and rinse the **chickpeas**.



2. Roast chickpeas

- On a baking tray, toss the **chickpeas** in the **vegetable oil**, **smoked paprika** and **salt**.
- Roast for 15 min until crispy.
- After 15 min, add the **coconut flakes**.
- Bake for 2 min further until toasted.

Tip! Keep an eye on the coconut and make sure it doesn't burn.



3. Fry base

- Meanwhile, heat a large pot over a medium heat with a drizzle of **vegetable oil**.
- Add the **sweet potatoes** and **shallots** with a pinch of **salt**.
- Cook for 5 min.
- Add the **ginger garlic paste**, **curry powder**, **chilli flakes (spicy!)** and **turmeric**.
- Cook for 2 min further.



4. Simmer

- Add the **vegetable stock cube**, **measured water** and **coconut milk**.
- Bring to a boil and cover with a lid.
- Reduce the heat to low.
- Simmer for 20 min.



5. Bake ciabatta

- Meanwhile, place the **ciabattas** in the oven for 10 min until golden and warm.



6. Serve

- Once ready, use a hand-held blender to blitz the **soup** until smooth.
- Season with **salt** and **pepper** as needed.
- Serve the **Spiced Sweet Potato and Coconut Soup** topped with **Crispy Chickpeas**.
- Garnish with **coconut flakes** and **fresh coriander** leaves.
- Serve with the warm **ciabattas** and **vegan butter**.

Tip! This soup freezes well, so make an extra batch and cook up the chickpeas and coconut fresh once ready to eat!

Chicken in Creamy Thyme Sauce

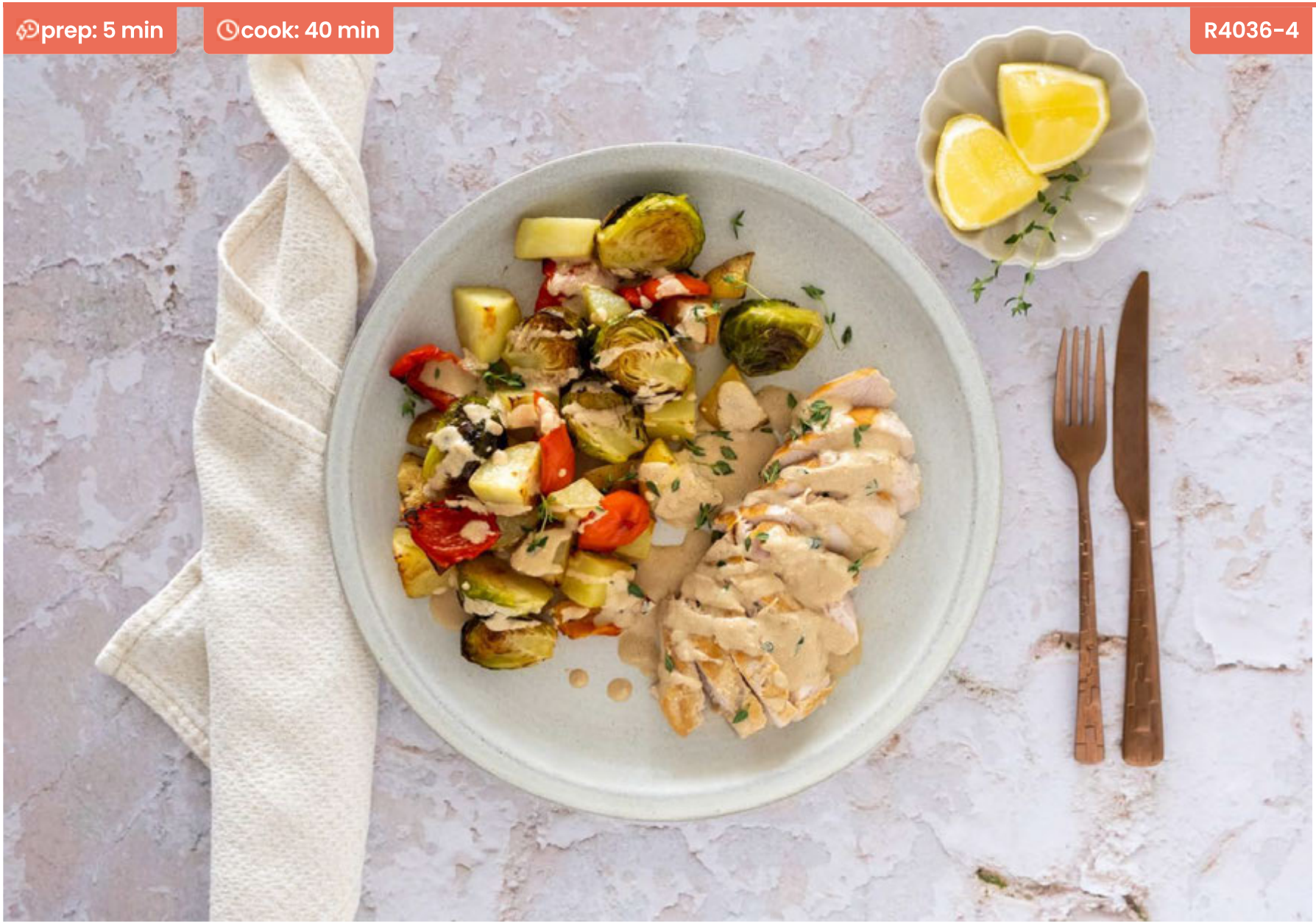
with Roasted Brussels Sprouts

Soon you will be drizzling everything with this creamy thyme sauce! It goes equally well with prawns or roasted broccoli as with chicken.

762 calories | 60 protein | 54 carbs | 35 fat

Tips for Kids | Quick Prep

prep: 5 min | cook: 40 min | R4036-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3169 / 762
Fats (g)	35.3
of which saturated (g)	23.8
Carbohydrates (g)	54
of which sugars (g)	12.9
Fibers (g)	13.9
Proteins (g)	59.9
Salt (g)	3.2

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Sauce	
Cooking cream 4*	400 ML
Water	100 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Garlic onion powder	8 Grams
Fresh thyme	10 Grams
Butter 4*	50 Grams
Lemon	1 Piece

Roast	
Potatoes	900 Grams
Red pepper	2 Piece
Brussels sprouts	300 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Prep and roast

- Preheat the oven to 200°C/180°C fan.
- Chop the **potatoes** (skins on) into bite-sized pieces.
- Deseed and chop the **red pepper** into medium chunks.
- Trim and halve the **brussels sprouts**.
- Add the **potatoes**, **peppers** and **brussels sprouts** (cut side up) onto a lined baking tray with a generous drizzle of **oil** and a generous pinch of **salt**.
- Roast for 30-35 min.

Tip! If cooking for kids, reserve some fresh pepper.



2. Fry chicken

- Meanwhile, heat a large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken** with a pinch of **salt**.
- Fry for 5 min on either side until golden and cooked through.
- Season with **black pepper** to taste.
- Transfer the **chicken** onto a plate and set aside.
- Reserve the pan.

Tip! Slice any thicker chicken breasts in half as if you were cutting a burger bun, so you are left with two thinner chicken escalopes. Thinner chicken will be easier to cook in a pan.



3. Make sauce

- Return the reserved pan over medium heat.
- Add the **cooking cream**, **measured water**, 1 **chicken stock cube**, **garlic onion powder** and the whole **thyme springs** (reserve **3-4 thyme sprigs** for garnish).
- Simmer for 3 min.

Tip! Simmering is more gentle than boiling. If the sauce is bubbling vigorously, reduce the temperature slightly.



4. Add chicken

- Return the **chicken** into the pan.
- Cook in the sauce for a final 5 min or until the **sauce** thickens and the **chicken** has cooked through.
- Remove the whole **thyme sprigs**.
- Take the pan off the heat.
- Add the **butter** and stir it into the **sauce**.
- Slice the **lemon** into wedges.
- Season the **sauce** and the **chicken** with a generous squeeze of **lemon juice**.
- Pick the reserved **thyme**.

Tip! If the sauce thickens before the chicken has cooked through, add a small splash of water or cover the pan with a lid.



5. Serve

- Slice the **chicken**.
- Serve the **Chicken in Creamy Thyme Sauce** with **Roasted Brussels Sprouts**, **potatoes** and **red peppers**.
- Drizzle everything with the creamy and lemony **thyme sauce**.
- Garnish with the reserved **thyme** leaves.

Tip! If cooking for kids, serve the plain chicken and the potatoes separately. Serve with the reserved fresh red pepper bites. Serve some of the sauce on the side.

Chicken Francaise

Chicken in a Creamy Lemon Sauce with Green Beans

Chicken Francaise isn't French at all! It was created in America by Italian immigrants, and popularised in New York.

hellochef

815 calories | 71 protein | 33 carbs | 45 fat

Low Carb

cook: 35 min

R3591-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3389 / 815
Fats (g)	44.8
of which saturated (g)	22
Carbohydrates (g)	33
of which sugars (g)	8.8
Fibers (g)	6.9
Proteins (g)	70.5
Salt (g)	4.1

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Grated Parmesan 4*	120 Grams
Corn starch	60 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Organic Eggs 5*	2 Piece
Vegetable oil	6 Tbsp

Sauce	
Garlic cloves	4 Piece
Fresh parsley	15 Grams
Lemon	2 Piece
Chicken stock cube 4*,5*,9*,15*	1 Piece
Water	200 ML
Cooking cream 4*	400 ML
Salt	1 Tsp
Black pepper	1 Tsp

To serve	
Green beans	375 Grams
Green peas	250 Grams
Butter 4*	20 Grams
Flaky sea salt	4 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Prep

- Peel and mince the **garlic cloves**.
- Finely chop the **parsley**.
- Slice the **lemon** into thin slices.
- Slice each **chicken breast** in half to make two thinner **chicken** escalopes.

Tip! Slice each chicken breast as if you were cutting a burger bun, so you are left with two thinner chicken pieces.



2. Coat chicken

- Add the **grated Parmesan** to a shallow bowl.
- Add the **corn starch** to a separate second shallow bowl and season with **salt** and **pepper**.
- Add the **eggs** to a third shallow bowl with a pinch of **salt** and **pepper** and whisk.
- Turn each **chicken** escalope in the seasoned **corn starch**.
- Dip each in beaten **egg** and finally coat in the **Parmesan**.



3. Fry chicken

- Heat a pan over a medium-high heat with a generous drizzle of **oil**.
- Once hot, add the coated **chicken breast**.
- Cook for 5 min, flipping halfway, or until golden and crispy.
- Once cooked, transfer to a plate lined with kitchen paper.
- Reserve the pan (wipe it clean).

Tip! Make sure to use a non stick pan to prevent the cheese from sticking!



4. Make sauce

- Return the pan to a medium heat and add the **garlic**.
- Cook for 2 min.
- Add 1 **stock cube**, the **measured water**, **cooking cream** and **lemon** slices.
- Simmer for 4 min until thickened.
- Once thickened, add half of the **parsley**.
- Season to taste with **salt** and **pepper**.



5. Boil green beans

- Meanwhile, trim the **green beans**.
- Cook the **green beans** in a pot of salted boiling water for 2 min.
- Add the **peas**.
- Cook for 2 min further.
- Drain once cooked.



6. Serve

- Add the **chicken** to the creamy **sauce** and divide among plates.
- Top the **green beans** and **peas** with the **butter** and **flaky sea salt**.
- Serve the **Chicken Francaise** with a side of **Green Beans**.

Tip! If you want your chicken to stay crisp, divide the sauce between plates first and top it with the chicken.

One Pot Chicken and Red Pepper Casserole

with Arborio Rice

If paella and risotto had children, they would probably look like this.

706 calories | 60 protein | 98 carbs | 13 fat

Family Friendly

cook: 35 min

R2026-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2955 / 706
Fats (g)	13
of which saturated (g)	6.6
Carbohydrates (g)	98
of which sugars (g)	12.7
Fibers (g)	7.2
Proteins (g)	59.6
Salt (g)	4.2

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What You'll Need

- Box grater

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken breast	600 Grams
Garlic cloves	4 Piece
Red onion	2 Piece
Red pepper	2 Piece
Olive oil	4 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp
Arborio rice	320 Grams
Cherry tomatoes	300 Grams
Smoked paprika powder	4 Grams
Chilli powder	2 Grams
Water	850 ML
Chicken stock cube 4*,5*,9*,15*	2 Piece
Saffron Splash	30 ML
Tomato paste	70 Grams
Parmesan 4*	120 Grams
Fresh basil	15 Grams
Brown sugar	10 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Prep vegetables

- Peel and mince the **garlic**.
- Peel and finely chop the **onion**.
- De-seed and roughly chop the **peppers**.
- Chop the **chicken** into bite-sized pieces.



2. Fry chicken

- Heat a large pan with a drizzle of **olive oil** over a medium-high heat.
- Add the **chicken**.
- Cook for 5-7 min until browned and cooked through.
- Transfer to a plate and season with **salt** and **pepper**.
- Reserve the pan.



3. Add vegetables

- Return the pan to a medium heat with another drizzle of **oil**.
- Add the **onion** and **pepper** with a pinch of **salt**.
- Cook for 5 min.
- Add the **Arborio rice**, whole **cherry tomatoes**, **garlic**, **smoked paprika** and **chilli powder** (spicy!).
- Cook for 1 min further.



4. Add water

- Meanwhile, boil the **measured water** and dissolve the **chicken stock cube**, **sugar**, **saffron** and **tomato paste** in it.
- Once ready, add 1/3 of the **stock** to the pan and stir continuously until it has absorbed.

Tip! Stir the rice continuously so it releases as much starch as possible.



5. Simmer

- Continue to add the **stock**, a little at a time for 20 min or until all the **stock** is absorbed and the **rice** is cooked 'al dente' or to your liking.
- Meanwhile, grate the **Parmesan**.



6. Serve

- Add the **chicken** and half of the **Parmesan** to the cooked **rice**.
- Serve the **One Pot Chicken and Red Pepper Casserole** with **Arborio Rice**.
- Garnish with the remaining **Parmesan**, **fresh basil** leaves and a generous drizzle of good quality **olive oil**.

Smoky Prawns with Fiery Roasted Tomato Salsa

Quinoa, Avocado and Corn

This tomato salsa adds the perfect dose of tang!

hellochef

627 calories | 37 protein | 73 carbs | 22 fat

Low Carb

cook: 40 min

R3318-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2620 / 627
Fats (g)	22.3
of which saturated (g)	3
Carbohydrates (g)	73
of which sugars (g)	11.2
Fibers (g)	15.4
Proteins (g)	36.6
Salt (g)	1.9

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven | Blender

hello@hellochef.com
04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Prawns	
Prawns 7*	700 Grams
Smoked paprika powder	4 Grams
Cajun spice	8 Grams
Smoked sea salt	4 Grams
Vegetable oil	2 Tbsp

Tomato salsa	
Tomatoes	4 Piece
Red onion	2 Piece
Garlic cloves	4 Piece
Jalapeno slices	60 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Vegetable stock cube 15*	1 Piece
Red vinegar	30 ML
Fresh coriander	15 Grams

Toppings	
Sweet corn kernels	244 Grams
Avocado	2 Piece

Quinoa	
White quinoa	200 Grams
Water	400 ML
Salt	1 Tsp

Allergens: *7 Crustaceans, *15 Celery

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1. Tomato salsa

Preheat the oven to 220°C/200°C fan. Halve the **tomatoes**. Peel and quarter the **onions**. Peel the **garlic**. Place the **tomatoes** onto an oiled baking tray, flat-side down. Add the **onion**, **jalapeno (spicy!)** and **garlic** with a generous drizzle of **oil** and **salt**. Bake for 20 min or until the **tomatoes** begin to char slightly. After 20 min transfer to a blender along with any extra juices from the tray. Add the 1 **stock cube** and **red vinegar**. Blend until smooth.

Tip! For a milder salsa, deseed or omit the jalapeno altogether.



2. Cook quinoa

Meanwhile, add the **quinoa** to a bowl, cover with warm water and rinse. Drain in a fine sieve. Add the **measured water** to a pot and bring it to a boil. Add the **quinoa** and a pinch of **salt**. Cover with a lid, reduce the heat to low and simmer for 15 min or until the liquid is absorbed and the **quinoa** is tender.

Tip! Rinsing quinoa with warm water before cooking increases its flavour by removing the bitter taste.



3. Marinate

Meanwhile, add the **prawns**, **smoked paprika**, **cajun spice (spicy!)**, a generous pinch of **smoked sea salt** and a drizzle of **oil** to a large bowl. Toss until coated. Refrigerate to use in step 5.

Tip! Sensitive to spice? Go easy on the cajun spice.



4. Prep

Drain the **corn**. Cut the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon and chop it into chunks. Finely chop the **coriander** leaves.



5. Fry prawns

Once the **salsa** is ready, heat a large non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **prawns** and fry for 2-3 min until pink and cooked through.



6. Serve

Add the **coriander** to the **salsa** and stir through. Divide the **quinoa** and top with the **salsa**, **prawns**, **corn** and **avocado**.

Matilda Chocolate Cake

with Fudgy Ganache

Indulge in this decadent cake, inspired by the classic movie! This moist cake with velvety chocolate ganache is perfect for chocoholics and birthday parties!

hellochef

589 calories | 8 protein | 62 carbs | 34 fat

Family Friendly

cook: 60 min

R4778-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2453 / 589
Fats (g)	33.9
of which saturated (g)	15.5
Carbohydrates (g)	62
of which sugars (g)	41.9
Fibers (g)	1.1
Proteins (g)	8.3
Salt (g)	0.9

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven | Whisk

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chocolate cake	
Plain flour 10*,11*	100 Grams
Cocoa powder	15 Grams
Salt	0.25 Tsp
Baking powder	5 Grams
Baking soda	5 Grams
White sugar	100 Grams
Water	125 ML
Instant coffee	5 Grams
Butter 4*	50 Grams
Vegetable oil	1 Tbsp
Sour cream 4*	90 Grams
Organic Eggs 5*	1 Piece
Vanilla essence	5 ML

Chocolate ganache	
Butter 4*	10 Grams
Whipping cream 4*	100 ML
Milk chocolate 4*,9*	50 Grams
Belgian dark chocolate 9*	20 Grams
Icing sugar	25 Grams
Cocoa powder	15 Grams
Salt	0.25 Tsp

Allergens: *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs, *9 Soya

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1. Make ganache

- Preheat the oven to 170°C (no fan).
- In a small saucepan over low heat, add the **10g butter**, **whipping cream**, **milk chocolate**, and **belgian dark chocolate**.
- Sift in the **icing sugar**, **cocoa powder**, and a small pinch of **salt**.
- Cook, whisking often until hot and smooth, but do not let it boil.
- Pour the **ganache** into a container, and cover with a lid.
- Chill in the fridge until the **cake** is ready.



2. Prep dry ingredients

- Meanwhile, to a large bowl, sift in the **flour**, **cocoa powder**, **salt**, **baking powder** and **baking soda**.
- Add the **sugar** and whisk well until combined. Set aside.
- Boil the **measured water**, and pour into a cup or jug with a spout.
- Add the **instant coffee**, and mix until dissolved.



3. Prep wet ingredients

- In another bowl, add the **50g butter** and melt in the microwave.
- Cool slightly, then whisk in the **vegetable oil**, **sour cream**, **egg** and **vanilla** until creamy.



4. Combine batter

- Add the **dry ingredients** into the **wet ingredients**.
- Whisk until mostly combined, then pour in the **hot coffee** and mix really well.
- The **batter** will be smooth with a runny consistency.

Tip! The hot coffee won't impart much flavour, but will only enhance the rich chocolate in the cake, and dissolve the sugar.



5. Bake

- Grease and line a 12 cm small round baking cake pan with parchment paper, and wrap a sheet of foil around the outside of the pan.
- Pour the **batter** into the pan and bake in the center rack of the oven for 30-35 minutes, or until a toothpick comes out clean in the center.
- Cool the **cake** completely in the pan for 1 hour, or chill in the fridge for 30 min.

Tip! The foil will help the cake bake more evenly.



6. Serve

- When ready to serve, turn the **cake** out onto a plate. (You can leave it as is, or slice across the center to create two layers).
- Whisk the ganache until smooth.
- Add on top of the **cake** and spread towards the edges.
- Cut the **Matilda Triple Chocolate Cake** with **Fudgy Ganache** in slices and enjoy!

Tip! Make sure to cool the cake completely before attempting to frost with ganache. Otherwise it will slide right off!

Seabream with Garlic Mash Potato

and Greek Tomato Salsa

This recipe is inspired by Skordalia, a tasty Greek garlic mash potato.

hello chef

661 calories | 52 protein | 65 carbs | 26 fat

Global Eats

cook: 40 min

R3446-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2757 / 661
Fats (g)	25.6
of which saturated (g)	10.2
Carbohydrates (g)	65
of which sugars (g)	16.4
Fibers (g)	13.3
Proteins (g)	51.5
Salt (g)	3.2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Potato masher

hello@hellochef.com
04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Garlic mash	
Potatoes	1200 Grams
Butter [4*]	50 Grams
Garlic cloves	4 Piece
Salt	1 Tsp
Black pepper	1 Tsp

Seabream	
Seabream [6*]	660 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp

Tomato salsa	
Fresh parsley	15 Grams
Golden raisins [14*]	60 Grams
Cherry tomatoes	300 Grams
Capers	40 Grams
Walnuts [1*,2*]	60 Grams
Lemon	1 Piece
Olive oil	4 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *4 Milk, *6 Fish, *14 Sulphur Dioxide, *1 Peanuts, *2 Tree Nuts

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1. Boil potatoes

Peel and chop the **potatoes** into bite-size pieces. Add them to a pan of salted boiling water. Cook the **potatoes** over a medium heat for 20 min or until soft. Drain and allow to steam dry for 5 min in a colander.



2. Make salsa

Meanwhile, chop the **parsley**, **raisins**, **tomatoes**, **capers** and **walnuts** as finely as possible. Add the lot to a bowl with a squeeze of **lemon** juice and a drizzle of **olive oil**. Season with **salt** and **pepper** and set aside. Chop the rest of the **lemon** into wedges.



3. Make garlic butter

Peel and mince the **garlic**. Heat a large pot over a medium-low heat with the **butter** and **garlic**. Once melted, cook for 1-2 min. Make sure not to burn the **butter** or **garlic**! Set aside and keep warm.

Tip! Use the pot you boiled the potatoes in to save on washing up.



4. Make mash

Once the **potatoes** have steam dried, add them to the pan with the **garlic butter**. Mash until smooth and season with **salt** and **pepper**. Keep warm.



5. Fry seabream

Pat the **seabream** fillets dry with kitchen paper and season the skin with **salt**. Heat a large non-stick pan with a drizzle of **vegetable oil** over a medium-high heat. Once hot, add the **seabream**, skin-side down and fry for 4 min or until crispy. Once crispy, flip and cook for 1-2 min further.



6. Serve

Serve the **Seabream** on a bed of **Garlic Mash** with **Tomato Salsa** and **lemon** wedges to the side.

Swedish Meatballs with Mashed Potatoes
and Salad

A family dinner doesn't get cozier than this!

hellochef

1333 calories | 50 protein | 76 carbs | 94 fat

Family Friendly

cook: 30 min

R2045-4



Nutritional information

	per serving*
Energy (kJ/kcal)	5557 / 1333
Fats (g)	93.9
of which saturated (g)	46.6
Carbohydrates (g)	76
of which sugars (g)	24.2
Fibers (g)	13.2
Proteins (g)	50
Salt (g)	1.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meatballs	
Beef mince	700 Grams
Panko bread crumbs 10*,11*,12*	60 Grams
Cooking cream 4*	200 ML
Organic Eggs 5*	2 Piece
Red onion	2 Piece
Garlic cloves	4 Piece
Olive oil	2 Tbsp
Salt	2 Tsp
Black pepper	1 Tsp

Potato mash	
Potatoes	1200 Grams
Whole milk 4*	200 ML
Butter 4*	50 Grams

Salad	
Baby gem lettuce	2 Piece
Cucumber	2 Piece
Tomatoes	3 Piece

Dill yogurt	
Natural yogurt 4*	340 Grams
Fresh dill	15 Grams
Lemon	1 Piece
Dijon mustard 13*	12 Grams

Allergens: *10 Wheat, *11 Gluten, *12 Lupin, *4 Milk, *5 Eggs, *13 Mustard

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1. Make dill yogurt

Make the **dill yogurt** first so that it has time to develop deep flavours. Transfer the yoghurt to a bowl. Chop **dill**. Add to yoghurt with 1 Tbsp of **lemon** juice, the **Dijon mustard**, sugar and a pinch of **salt**. Mix well and check the seasoning. Transfer to the fridge until ready to serve.



2. Prep meatball mix

Combine breadcrumbs, **cream** and **eggs** in a bowl. Let sit for 5 minutes. Peel and chop **onion** and **garlic**. Heat **oil** in a pan and fry **onion** for 5 minutes. Add **garlic** and fry for 2 minutes. Transfer to a plate to cool. Once cooled, combine with the breadcrumb mixture. Add **beef mince**, **salt** and **pepper**. Massage well with your hands until the mixture becomes sticky.



3. Make potato mash

Peel and cut **potatoes** to cubes. Cook in boiling water for about 15 minutes until fully softened. Drain. Mash with potato masher. Heat up the **milk** and add to **potatoes**. Add the **butter**. Mix well. Season with **salt** to taste and keep warm under lid.



4. Bake meatballs

While the **potatoes** are boiling, preheat the oven to 200°C. Line an oven tray with baking paper. With oiled hands, form the meat mixture to meatballs. Bake in the oven for 15 minutes.



5. Make salad

Rinse and dry **lettuce**, **cucumbers** and **tomatoes**. Chop to pieces. (Season for example with **olive oil**, **lemon** juice, **salt** and **black pepper**.) Serve with the meatballs, the **dill yogurt** and the mashed **potatoes**.

Cajun Salmon with Herby Cauliflower Rice
and Creamy Cucumber Salad

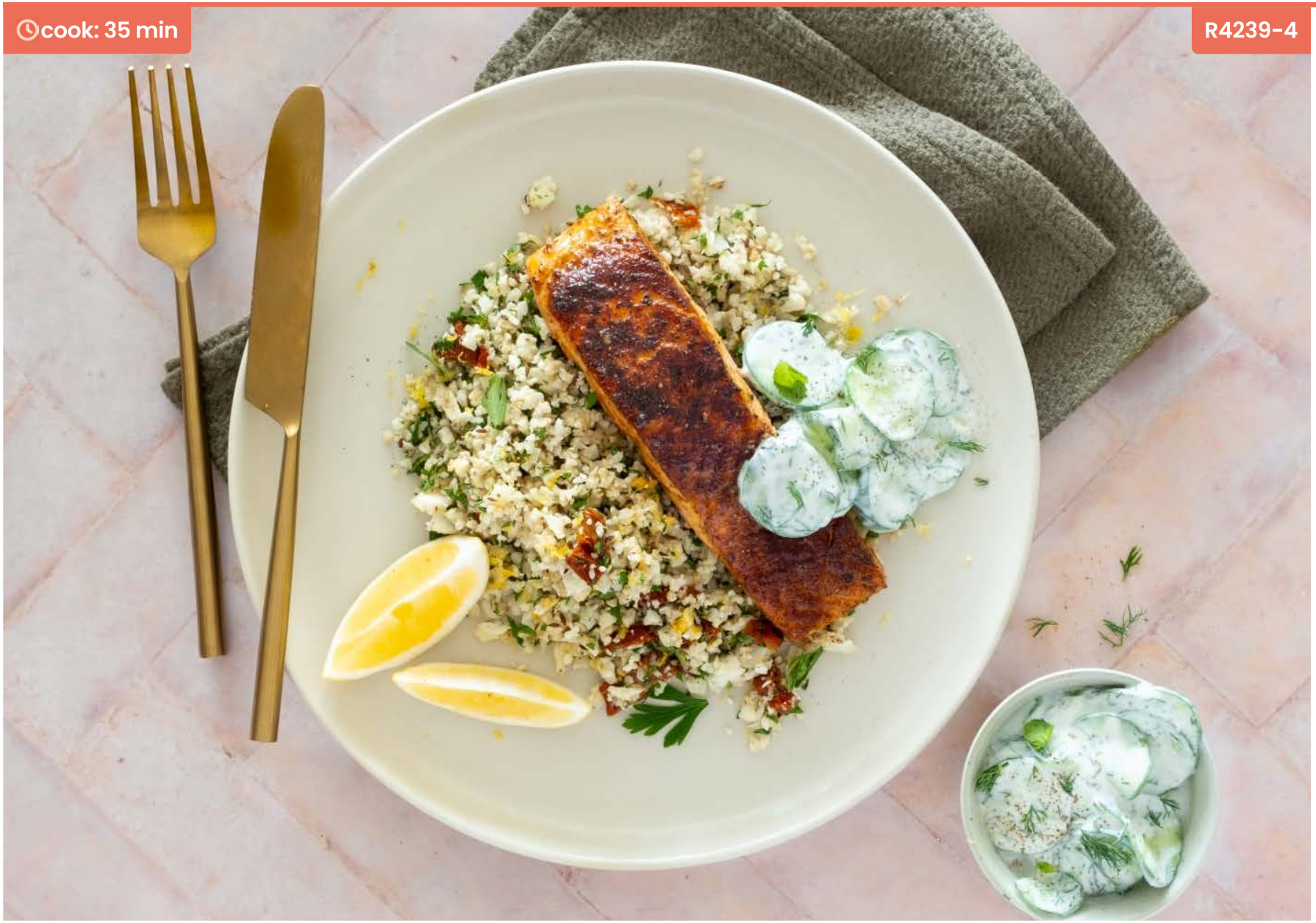
A simple salmon supper that is packed with flavour and is nutrient dense.

533 calories | 44 protein | 32 carbs | 29 fat

Low Carb | Calorie Smart

cook: 35 min

R4239-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2229 / 533
Fats (g)	28.9
of which saturated (g)	6.7
Carbohydrates (g)	32
of which sugars (g)	16.9
Fibers (g)	8.3
Proteins (g)	43.8
Salt (g)	0.8

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What You'll Need

- Box grater

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salmon

Skin-on salmon fillet **6***	700 Grams
Cajun spice	8 Grams
Salt	0.5 Tsp
Olive oil	1 Tbsp

Cauli rice

Olive oil	1 Tbsp
Cumin seeds	4 Grams
Cauliflower	600 Grams
Fresh parsley	15 Grams
Fresh mint	10 Grams
Lemon	1 Piece
Salt	1 Tsp
Sun dried tomatoes	60 Grams

Cucumber salad

Cucumber	2 Piece
Fresh dill	15 Grams
Natural yogurt **4***	340 Grams
Salt	0.25 Tsp
Black pepper	0.5 Tsp

Allergens: *6 Fish, *4 Milk

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1. Prep

- Thinly slice the **cucumber**.
- Roughly chop the **sun dried tomatoes**, **dill**, **parsley** and **mint**.
- Zest the **lemon**.



2. Make cauli rice

- Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains.
- Heat a large non-stick pan over a medium high heat with a drizzle of **oil**.
- Once hot, add the **cumin seeds** and fry for 1 min.
- Add the blitzed **cauliflower**, **salt** and **pepper**.
- Fry for a further 5-7 min, until tender.
- Remove from heat and cover to keep warm.



3. Cook salmon

- Cut the **salmon** into equal portions.
- Sprinkle with **cajun spice (spicy!)** and a pinch of **salt**, evenly coating top and bottom of each portion.
- Heat a pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **salmon** skin-side down and cook for 3-4 min.
- Flip and cook for 3-4 min further or until cooked through.

Tip! Salmon can also be baked in a preheated oven at 200°C/180°C fan for 10-12 min until the salmon is cooked through.



4. Finish cauli rice

- Once the **cauli rice** is cooked, stir through the **sun dried tomatoes**, **parsley**, half the **mint** and half the **lemon** zest.
- Cover to keep warm.

Tip! Mint might darken due to the heat. Add to cauli rice just before serving.



5. Prepare salad

- Combine the **cucumber**, **dill**, **yogurt**, reserved **mint** and **lemon** zest in a bowl and add a pinch of **salt** and **pepper**.



6. Serve

- Divide the **herby cauli rice** between the plates, top with a portion of **salmon** and add a spoonful of **cucumber salad**.
- Cut the **lemon** into wedges and finish with a squeeze of **lemon** over each plate.
- Serve immediately.

Chicken Teriyaki and Pineapple Skewers

over Jasmine Rice

In this recipe you'll whip up light and slightly sweet chicken skewers before serving them over jasmine rice.

hello chef

780 calories | 58 protein | 130 carbs | 7 fat

Tips for Kids

cook: 40 min

R3792-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3250 / 780
Fats (g)	6.7
of which saturated (g)	1.2
Carbohydrates (g)	130
of which sugars (g)	39.1
Fibers (g)	6.1
Proteins (g)	58.4
Salt (g)	3.9

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken skewers	
Chicken breast	600 Grams
Bamboo skewers	12 Piece
Pineapple chunks	280 Grams
Green pepper	2 Piece
Red onion	2 Piece
Small red chilli	2 Piece
Black sesame seeds 3*	20 Grams

Teriyaki sauce	
Corn starch	20 Grams
Barbecue sauce 11*,13*	80 Grams
Soy sauce 9*,10*,11*	40 ML
Sweet soy sauce 9*,10*,11*,14*	30 ML
Honey	30 Grams
Rice vinegar	30 ML
Corn starch	10 Grams
Water	100 ML
Teriyaki sauce 8*,9*,10*	80 ML
Rice vinegar	30 ML

Rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML

Allergens: *3 Sesame Seeds, *11 Gluten, *13 Mustard, *9 Soya, *10 Wheat, *14 Sulphur Dioxide, *8 Molluscs

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1. Marinate chicken

- Pre-heat the grill to high.
- Soak the **bamboo skewers** in water.
- Chop the **chicken** into bite-sized pieces.
- In a large bowl, combine the **corn starch**, **barbecue sauce**, **soy sauces**, **sweet soy sauce**, **honey** and one of the **rice vinegars** (reserving the other for the **Teriyaki Sauce**).
- Add the **chicken** and mix well. Set aside.

Tip! If cooking for kids, set aside a portion of chicken and keep them plain.



2. Boil rice

- Meanwhile, rinse and drain the **rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat.
- Lower heat, cover and cook for 12-14 min, until **rice** is tender.
- Remove from the heat and keep covered until serving.



3. Prep

- Meanwhile, drain the **pineapple** juice into a bowl (you will use it in Step 5 for the **Teriyaki Sauce**).
- Deseed and chop the **green pepper** into rough chunks.
- Peel and chop the **red onion** into wedges.
- Finely slice the **red chilli**.

Tip! Carefully remove the seeds of the red chilli, if you prefer a milder flavour.



4. Make skewers

- Thread the **chicken**, **pineapple chunks**, **red onion** and **peppers** onto the **skewers**.
- Place them on an oiled baking tray.
- Grill for 12 min or until the **chicken** is cooked through.
- If desired, turn your broiler on high for 2-3 min to char slightly.

Tip! If cooking for kids, thread the plain pieces of chicken, pineapple chunks, red onion and peppers. Don't brush the marinade on them if not preferred.



5. Make teriyaki sauce

- In a pot or saucepan, combine the reserved **pineapple juice**, **teriyaki sauce**, **rice vinegar**, 0.5 tsp of **corn starch**, **measured water**, and any leftover **chicken marinade**.
- Bring to a boil and cook for 2 min until thickened.
- Remove from the heat.



6. Serve

- Serve the **Chicken Teriyaki and Pineapple Skewers** over **Jasmine Rice**.
- Drizzle with **Teriyaki Sauce**.
- Garnish with the **sesame seeds** and the **red chilli (spicy!)**.

Tip! If cooking for kids, serve the rice, vegetables and chicken separately. Serve the sesame seeds on the side as 'sprinkles'. Leave the red chilli out.

Yellow Seabream Curry

with Green Beans and Basmati Rice

Enjoy this light curry, packed with flavour!

642 calories | 52 protein | 106 carbs | 7 fat

Family Friendly

cook: 30 min

R3176-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2687 / 642
Fats (g)	7.1
of which saturated (g)	2.4
Carbohydrates (g)	106
of which sugars (g)	21.1
Fibers (g)	6.8
Proteins (g)	52.3
Salt (g)	1.9

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Seabream 6*	660 Grams
Shallots	2 Piece
Garlic cloves	4 Piece
Green beans	375 Grams
Fresh coriander	15 Grams
Vegetable oil	2 Tbsp
Curry powder	8 Grams
Turmeric powder	4 Grams
Water	400 ML
Lime leaves	6 Piece
Vegetable stock cube 15*	1 Piece
Salt	1 Tsp
Fish sauce 6*,10*	20 ML
Sweet chilli sauce	80 ML
Natural yogurt 4*	340 Grams
Lime	2 Piece

Rice	
Basmati rice	300 Grams
Water	600 ML

Allergens: *6 Fish, *15 Celery, *10 Wheat, *4 Milk

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1. Prep

- Rinse the **basmati rice** thoroughly.
- Soak.
- Peel and finely slice the **shallots**.
- Peel and mince the **garlic**.
- Trim the **green beans** and cut them in half.
- Chop the **coriander leaves**.

Tip! The trick to perfectly fluffy rice is to rinse it thoroughly first, thereby removing as much starch as possible. Rinse it once, twice or even thrice, and, time permitting, soak it for 30 min before rinsing it a final time.



2. Boil rice

- Drain the **basmati rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pan with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pan from heat.
- Keep covered until serving.



3. Start curry

- Meanwhile, heat a large saucepan over a medium heat with a drizzle of **oil**.
- Once hot, add the **shallots** with a pinch of **salt**.
- Fry for 3 min.
- Add the **garlic**, **curry powder** and **turmeric**.
- Fry for 1 min further.
- Add the **measured water**, **green beans**, **lime leaves** and 1 **stock cube**.
- Cover and simmer for 4 min.



4. Fry fish

- Meanwhile, pat the **seabream** fillets dry with kitchen paper.
- Season the skin with **salt**.
- Heat a large non-stick pan with a drizzle of **vegetable oil** over a medium-high heat.
- Once hot, add the **seabream**, skin-side down.
- Fry for 4 min or until crispy.
- Once crispy, flip.
- Cook for 1-2 min further.



5. Finish curry

- Once the **green beans** are tender, remove the pan from the heat.
- Add the **fish sauce**, **sweet chilli sauce** and **natural yogurt**.
- Whisk well.
- Season **curry** to taste.



6. Serve

- Stir half of the **coriander** and a squeeze of **lime** juice through the **curry**.
- Serve the **Yellow Seabream** on top of the **Curry with Green Beans** and **Basmati Rice**.

Nasi Goreng

Egg Fried Rice with Pulled Chicken and Sugar Snap Peas

A South East Asian inspired dish, nasi goreng literally translates to 'fried rice' and consists of a spicy rice paired with sweet soy sauce AKA kecap manis!

hello chef

773 calories | 59 protein | 107 carbs | 19 fat

Tips for Kids

cook: 30 min

R3865-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3233 / 773
Fats (g)	18.5
of which saturated (g)	5.4
Carbohydrates (g)	107
of which sugars (g)	18.4
Fibers (g)	7.7
Proteins (g)	58.5
Salt (g)	4.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Rice	
Jasmine rice	300 Grams
Water	600 ML
Salt	1 Tsp

Stir-fry	
Red onion	2 Piece
Garlic cloves	4 Piece
Carrot	2 Piece
Spring onion	80 Grams
Pulled chicken	600 Grams
Sugar snap peas	200 Grams
Vegetable oil	4 Tbsp
Organic Eggs 5*	6 Piece
Salt	1 Tsp
Chilli flakes	4 Grams
Soy sauce 9*,10*,11*	30 ML
Sriracha sauce	28 Grams

To serve	
Sesame seeds 3*	20 Grams
Sweet soy sauce 9*,10*,11*,14*	40 ML

Allergens: *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds, *14 Sulphur Dioxide

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1. Boil rice

Rinse the **jasmine rice**. Add the **rice**, **measured water** and a pinch of **salt** to a pot with a lid and bring to a boil. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Remove from the heat and keep covered until serving.

Tip! This recipe works best with cold rice that's been cooked the day before. Simply cook the rice, store in the fridge and then add it to the stir-fry the next day.



2. Prep veg

Meanwhile, peel and finely chop the **red onion**. Peel and mince the **garlic**. Peel and grate the **carrot**. Trim and finely slice the **spring onion**. Trim and chop the **sugar snap peas** into bite-sized pieces.



3. Scramble egg

Heat a large pan over a medium-high heat with a drizzle of **oil**. Once hot, add 2 **eggs** (reserve the rest for step 5) and stir-fry for 1-2 min, scrambling with a spatula as you go.



4. Stir-fry

Add the **red onion** to the **eggs** with a pinch of **salt** and fry for 5 min until softened. Add the **chilli flakes (spicy!)**, **carrots**, **sugar snap peas**, **pulled chicken**, **garlic** and **spring onion** (reserve some for garnish). Fry for 3 min further. Add the **rice**, **soy sauce**, **sriracha** and **sesame seeds** (reserve some for garnish) and toss to coat. Remove from heat and keep covered until serving.

Tip! Sensitive to spice? Go easy on the chilli flakes and sriracha.



5. Fry eggs

Meanwhile, heat a second pan over a medium-high heat with a drizzle of **oil**. Once hot, crack the remaining **eggs** into the pan and fry for 2-4 min or until done to your liking. Set **fried eggs** to the side.

Tip! For a well-done egg yolk, cover the pan with a lid.



6. Serve

Divide the **spicy egg fried rice** among bowls and top with the **fried eggs**. Drizzle the **sweet soy sauce** over the **eggs** and garnish with the remaining **spring onion** and **sesame seeds**.

Pan Seared Rump Steak

with Parmentier Potatoes, Peppers and Tomatoes

Parmentier potatoes are classically prepared potatoes flavoured with rosemary and garlic!

hello chef

486 calories | 52 protein | 47 carbs | 12 fat

Calorie Smart

cook: 40 min

R4688-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2036 / 486
Fats (g)	12.4
of which saturated (g)	3.8
Carbohydrates (g)	47
of which sugars (g)	10.6
Fibers (g)	11.4
Proteins (g)	51.9
Salt (g)	0.7

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steak	
Rump steak	800 Grams
Salt	1 Tsp
Black pepper	0.5 Tsp
Olive oil	2 Tbsp

Potatoes	
Potatoes	900 Grams
Garlic cloves	6 Piece
Dried rosemary	4 Grams

Veg	
Red pepper	2 Piece
Red onion	2 Piece
Tomatoes	2 Piece
Fresh parsley	15 Grams
Black olive slices	80 Grams
Tomato paste	70 Grams
Red vinegar	22 ML

Allergens:

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Egg, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur dioxide and Celery.**



1. Bake potaotes

- Preheat the oven to 220°C/200°C fan.
- Cut the **potatoes** into small bite-sized cubes.
- Crush 3 **garlic cloves** (skin on) with the flat side of a knife (saving the rest for the **veg**).
- Add the **potatoes** to a baking tray and drizzle with **olive oil**, **rosemary**, **salt** and **pepper**.
- Add the crushed **garlic** and toss to coat with the **seasoning**.
- Bake for 30-35 min until golden and crispy.



2. Prep

- Deseed and thinly slice the **peppers**.
- Peel and finely slice the **red onion**.
- Cut the **tomatoes** into bite-sized pieces.
- Peel and finely chop the remaining **garlic**.
- Pick and finely chop the **parsley**.



3. Cook veg

- Heat a large frying pan over a medium-high heat with a drizzle of **oil**. Fry the **onion** for 5-6 min until softened.
- Add the **pepper**, **tomatoes**, **garlic**, **olives** and **tomato paste**.
- Fry for 8-10 min, until softened.
- Add a splash of **water** and cook for a further 8-10 min.
- Season with **salt**, **pepper** and the **red vinegar** to taste.
- Stir in the **parsley**.
- Cover and set aside.



4. Fry steak

- Pat dry the **steak** and season both sides generously with **salt** and **pepper**.
- Heat a separate frying pan over a medium-high heat with a drizzle of **oil**.
- Once the pan is hot, add the **steak** and fry for 2-4 min each side until cooked to your liking.
- Remove from the pan and leave to rest for 5 min.



5. Serve

- Serve the **Pan Seared Steak** with **Parmentier Potatoes, Peppers and Tomatoes** .

Leafy Salad with a Balsamic Honey Mustard Dressing

A super simple side salad with a dressing to die for!

hellochef

49 calories | 2 protein | 9 carbs | 1 fat

cook: 5 min

R4619-4



Nutritional information

	per serving*
Energy (kJ/kcal)	203 / 49
Fats (g)	0.5
of which saturated (g)	0
Carbohydrates (g)	9
of which sugars (g)	6.2
Fibers (g)	1.3
Proteins (g)	1.7
Salt (g)	0.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 3 servings

Salad	
Cherry tomatoes	150 Grams
Cucumber	1 Piece
Lollo salad mix	100 Grams

Dressing	
Wholegrain mustard 13*	15 Grams
Balsamic vinegar 14*	15 ML
Honey	15 Grams
Olive oil	1 Tbsp
Salt	0.25 Tsp
Black pepper	0.25 Tsp

Allergens: *13 Mustard, *14 Sulphur Dioxide

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1. Prep

- Cut the **cherry tomatoes** in half.
- Chop the **cucumber** in half moons.



2. Make dressing

- In a small bowl, combine the **wholegrain mustard**, **balsamic vinegar** and **honey** with a drizzle of **oil**.
- Season with a pinch of **salt** and **black pepper** to taste.



3. Mix

- To a large bowl, add the **lollo salad mix**, **cucumber** and **tomatoes**.
- Pour over the **dressing** and toss to coat.

Tip! Dress your salad just before serving to keep it crisp and fresh. This way, it stays perfect for lunch the next day!



4. Serve

- Serve the **Leafy Salad** with **Balsamic Honey Mustard Dressing**.

One-Pan Italian Sausage Orzo
with Baby Spinach

A super simple dish for the whole family to enjoy.

hello chef

1061 calories | 61 protein | 86 carbs | 49 fat

Quick Prep | Family Friendly

prep: 5 min | cook: 30 min | R4308-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4436 / 1061
Fats (g)	49.3
of which saturated (g)	3
Carbohydrates (g)	86
of which sugars (g)	14.2
Fibers (g)	9.1
Proteins (g)	60.8
Salt (g)	9.8

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Orzo	
Italian sausage 10*	800 Grams
Water	1000 ML
Celery	2 Piece
Vegetable oil	1 Tbsp
Salt	0.5 Tsp
Orzo 9*,10*,11*	375 Grams
Dried onion flakes	20 Grams
Dried oregano	4 Grams
Tomato paste	70 Grams
Tomato passata	400 Grams
Beef stock cube 4*,5*,9*,11*,15*	2 Piece
Garlic powder	4 Grams
Baby spinach	80 Grams
Red pepper	2 Piece

To serve	
Parmesan 4*	60 Grams

Allergens: *10 Wheat, *9 Soya, *11 Gluten, *4 Milk, *5 Eggs, *15 Celery

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1. Crumble sausages

- Slice the **sausages** lengthwise and peel away the casing.
- Discard the casing.
- Chop the **sausage meat** into bite-sized pieces.



2. Prep

- Boil the measured **water**.
- Deseed and finely chop the **pepper**.
- Trim and finely chop the **celery**.



3. Fry

- Heat a pan over a medium-high heat with a small drizzle of **oil**.
- Once hot, add the **sausage**, **pepper**, **celery** and a pinch of **salt**.
- Fry for 4-5 min until the **sausages** have browned.



4. Cook orzo

- Add the **orzo** and **dried onion flakes**.
- Mix and fry for 1 min.
- Add the **tomato paste**, **passata**, **measured water**, **stock cube**, **oregano** and **garlic powder**.
- Reduce the heat.
- Simmer for 12-15 min, stirring regularly, or until the **orzo** is tender and the liquid has been absorbed.



5. Finish orzo

- Meanwhile grate the **parmesan**.
- When the **orzo** is tender and the liquid has been absorbed add the **baby spinach** and half the **parmesan** (saving the rest for sprinkling over).
- Mix in. Cook for a further 2 mins until the **spinach** has wilted.



6. Serve

- Serve the **One-Pan Italian Sausage Orzo with Baby Spinach**.
- Sprinkle over any remaining **parmesan**.

Thyme Chicken Breast and Parmesan Cauliflower

with Honey Mustard Carrots and Savoy Cabbage

A light and low carb chicken dinner to satisfy your tastebuds.

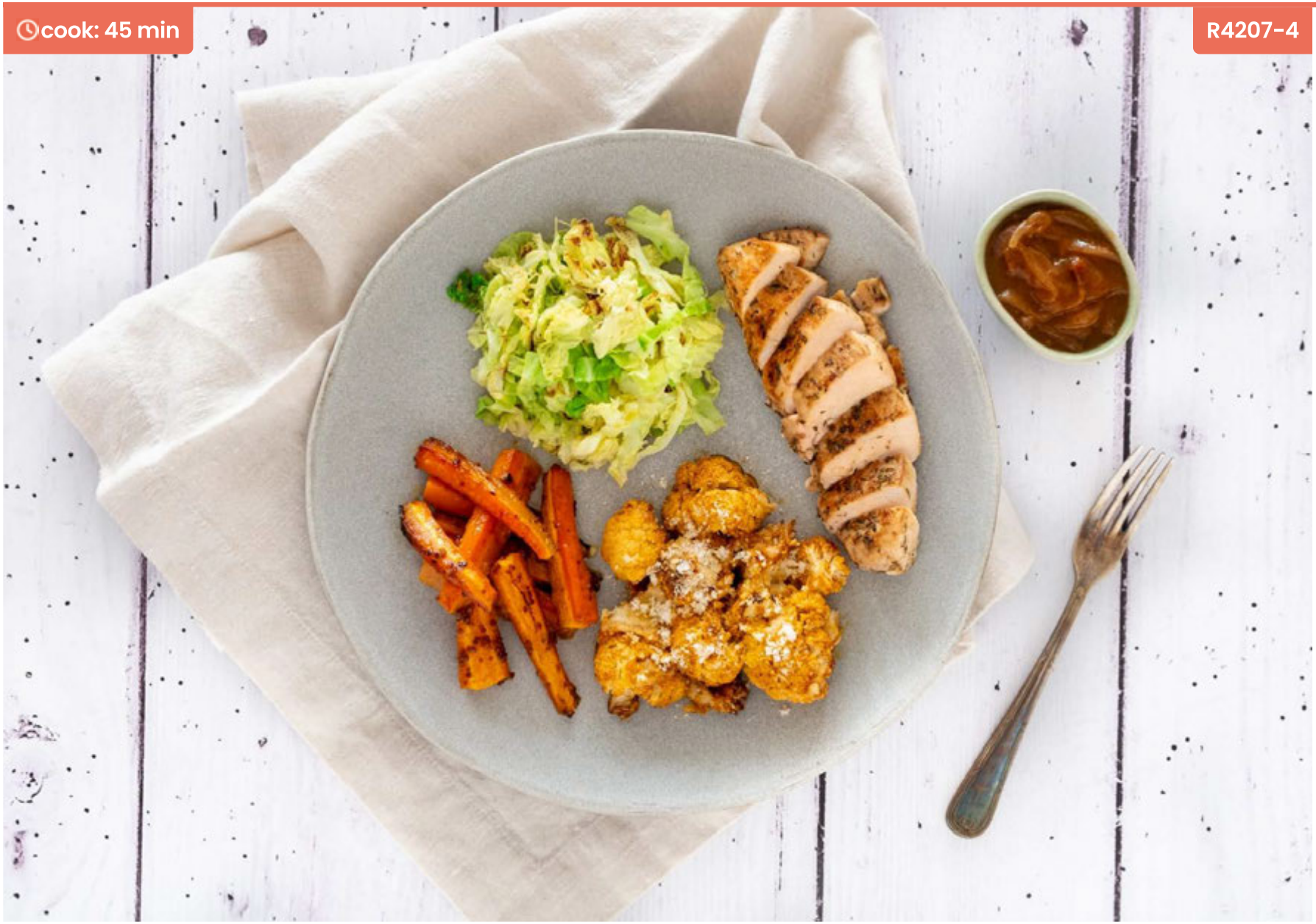
hello chef

552 calories | 61 protein | 48 carbs | 14 fat

Low Carb | Calorie Smart

cook: 45 min

R4207-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2301 / 552
Fats (g)	14
of which saturated (g)	3.8
Carbohydrates (g)	48
of which sugars (g)	27.1
Fibers (g)	10.3
Proteins (g)	60.9
Salt (g)	1.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Chicken seasoning	4 Grams
Dried thyme	4 Grams
Black pepper	1 Tsp
Vegetable oil	2 Tbsp

Carrots	
Carrot	2 Piece
Honey	30 Grams
Wholegrain mustard 13*	30 Grams
Vegetable oil	2 Tbsp
Olive oil	1 Tbsp
Salt	0.5 Tsp
Black pepper	0.5 Tsp

Cauliflower	
Cauliflower	600 Grams
Paprika powder	4 Grams
Grated Parmesan 4*	60 Grams
Salt	0.5 Tsp

Cabbage	
Savoy cabbage	400 Grams
Olive oil	2 Tbsp
Salt	0.5 Tsp
Black pepper	0.5 Tsp

Sauce	
Red onion	2 Piece
Butter 4*	20 Grams
Plain flour 10*,11*	20 Grams
Onion marmalade	56 Grams
Balsamic vinegar 14*	30 ML
Water	500 ML

Allergens: *13 Mustard, *4 Milk, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk**



1. Roast carrots

Preheat the oven to 200°C/180°C fan. Peel and chop the **carrot** into batons. In a bowl, combine the **honey**, **mustard**, a drizzle of **oil** and a pinch of **salt** and **pepper**. Add the **carrots** and toss to coat in the **dressing**. Add the dressed **carrots** to a lined baking tray. Roast for 30-35 min, until tender and caramelised.



2. Roast cauli

Chop the **cauliflower** into bite-sized pieces. Add the **cauliflower** to a large bowl with the **paprika**, **salt**, **pepper** and a drizzle of **oil**. Mix well and add to an oven-proof baking dish. Roast for 20-25 min. Sprinkle the **parmesan** over the **cauliflower** in the final 2-3 min, until the cheese is melted.



3. Fry chicken

In a large bowl, combine the **chicken seasoning**, **thyme**, pinch of **pepper** and a drizzle of **oil**. Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken breasts** and fry for 3-4 min each side or until cooked through. Once cooked, remove from the pan, set aside on a plate and cover with foil to keep warm until serving. Reserve the pan for the **sauce**.

Tip! Alternatively, bake the chicken in the oven for 12-15 min at 180°C.



4. Make sauce

Peel and finely slice the **red onion**. Heat the reserved frying pan over a medium-high heat with the **butter**. Once melted, add the **onion**. Fry for 3-4 min until softened. Next, add the **flour**, mix and cook for 1-2 min until a sandy paste forms. Add the **onion marmalade**, **balsamic vinegar** and **measured water**. Mix for 2-3 min until the **sauce** has thickened. Keep warm until serving.



5. Cook cabbage

Meanwhile, chop the **cabbage** into bite-sized pieces. Heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **cabbage**, fry for 3-4 min until wilted and cooked. Season with **salt** and **pepper** to taste.



6. Serve

Slice the **chicken breasts** and place on a plate. Divide the **carrots**, **cauliflower** and **cabbage**. Serve with the sauce alongside.

Herb Crusted Lamb Chops

with Parmesan Smashed Potatoes, Roasted Broccoli and Mint Dressing

Lamb and mint join forces in a dinner that is full of flavour and big on texture.

1169 calories | 71 protein | 76 carbs | 64 fat

Family Friendly | Gourmet

cook: 50 min

R4698-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4888 / 1169
Fats (g)	64.3
of which saturated (g)	29.3
Carbohydrates (g)	76
of which sugars (g)	4.9
Fibers (g)	9.6
Proteins (g)	70.5
Salt (g)	1.9

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What You'll Need

- Oven
- Food processor

hello@hellochef.com

04-825-44-00

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Lamb	
Lamb chops	900 Grams
Panko bread crumbs **10*,11*,12***	120 Grams
Dried thyme	4 Grams
Dried oregano	4 Grams
Smashed potatoes	
New potatoes	1000 Grams
Parmesan **4***	90 Grams
Mint sauce	
Fresh mint	40 Grams
Garlic cloves	2 Piece
Olive oil	6 Tbsp
Red vinegar	30 ML
Water	60 ML
Chilli flakes	2 Grams
Salt	0.5 Tsp
Broccoli	
Tenderstem broccoli	300 Grams
Vegetable seasoning **2*,10*,11*,13***	4 Grams

Allergens: *10 Wheat, *11 Gluten, *12 Lupin, *4 Milk, *2 Tree Nuts, *13 Mustard

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1. Boil potatoes

- Preheat the oven to 220°C/200°C fan.
- Bring a pot of salted water to the boil.
- Halve the **potatoes** (skin on).
- Cook the **potatoes** for 10 min or until tender.
- Drain.



2. Crust

- Meanwhile, combine the **panko crumbs**, **thyme**, **oregano**, a pinch of **salt** and **pepper** on a large plate or in a bowl.
- Season **lamb chops** with **salt** and **pepper** and add a drizzle of **oil**.
- Coat the **lamb chops** in the **herbed crumb**, pressing down to fix the **crust** in place.
- Set aside.



3. Make dressing

- Pick the **mint leaves**.
- Peel the **garlic**.
- In a food processor or blender, add the **mint**, **garlic**, **olive oil**, **red vinegar**, 4 Tbsp **water**, a pinch of **salt** and **chilli flakes (spicy!)**, to taste.
- Blend to form a smooth **dressing**.
- Set aside.

Tip! Can't handle the heat? Go easy on the chilli flakes.



4. Roast potatoes

- Place the drained **potatoes** onto a lined baking tray, cut-side down.
- Press down firmly with the back of a fork to crush the **potatoes**.
- Drizzle with **oil** and season with a pinch of **salt** and **pepper**.
- Roast for 10 min.



5. Roast lamb

- Meanwhile, use a box grater to grate the **Parmesan**.
- Once the **potatoes** have baked for 10 min, top the **potatoes** with the grated **Parmesan**.
- Coat the **tenderstem broccoli** with **vegetable seasoning** and add to the tray with the **potatoes**.
- Add the **crusted lamb chops** onto a separate lined baking tray with a drizzle of **oil**. Position the tray in the oven above the **potatoes** and **broccoli**.
- Roast for 10 min.
- Turn the grill on high and roast for an additional 2-3 min until the **crust** is browned and the **lamb** is cooked to your liking.



6. Serve

- Serve the **Herb Crusted Lamb Chops** with **Parmesan Smashed Potatoes**, **Roasted Broccoli** and a drizzle of **Mint Dressing**.

Hoisin Chicken 'Spring Rolls'

with Sugar Snap Peas, Baby Corn and Sweet Chilli Dipping Sauce

A fantastic option for a leftover lunch! Packed with flavour and veg.

hello chef

853 calories | 58 protein | 87 carbs | 31 fat

Family Friendly

cook: 40 min

R4816-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3598 / 853
Fats (g)	31.1
of which saturated (g)	8.4
Carbohydrates (g)	87
of which sugars (g)	28.5
Fibers (g)	5.5
Proteins (g)	57.9
Salt (g)	6.4

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What You'll Need

Oven | Box grater

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Filling	
Chicken mince	800 Grams
Soy sauce 9*,10*,11*	30 ML
Hoisin sauce 3*,9*,10*	80 Grams
Ginger garlic paste	20 Grams
Carrot	2 Piece
Corn starch	20 Grams
6" tortilla wraps 10*,11*	12 Piece

Sides	
Sugar snap peas	200 Grams
Fresh baby corn	200 Grams

Dipping sauce	
Sweet chilli sauce	120 ML

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Prep

- Preheat the oven to 200°C/ 180°C fan.
- Peel and grate half the **carrot**, cut the remaining half into rounds.
- Cut the **sugar snap peas** in half.
- Chop the **baby corn** in half, lengthways.



2. Make filling

- To a large bowl, add the **chicken mince**, grated **carrot**, **garlic ginger paste**, **hoisin sauce** and **soy sauce**.
- Add the **corn starch**.
- Mix well to combine.



3. Fill

- Add your tortillas to a clean board and spoon the **spring roll filling** evenly between them, in the lower half of the tortillas, leaving space around the edges to fold.
- Fold the sides of each **tortilla** in and wrap the bottom over the filling, tucking it in tightly.
- Roll the **tortilla** to form a tight wrap.

Tip! Go light on the filling on your first one so that you don't overfill the wraps.



4. Bake

- Add the **wraps** to a baking paper-lined baking tray (seam-side down).
- Bake for 20-25 min, until cooked through and the tortillas are golden-brown and crispy.



5. Fry veg

- Meanwhile, heat a large frying pan over a medium-high heat with a drizzle of oil.
- Fry the **carrot**, **baby corn** and **sugar snap peas** with a pinch of salt for 3-4 min until tender.

Tip! Add a splash of water during cooking to help the veg cook faster.



6. Serve

- Serve the **Hoisin Chicken Spring Rolls** with **Sugar Snap Peas** and **Baby Corn** with the **Sweet Chilli sauce** on the side for dipping.

Tip! These spring rolls are perfect for healthy leftover lunches, just pack them in a lunch box with some veggies and dip then you're ready to go!

Smoky Chicken with Crispy Chickpeas
and Roasted Pepper Salad

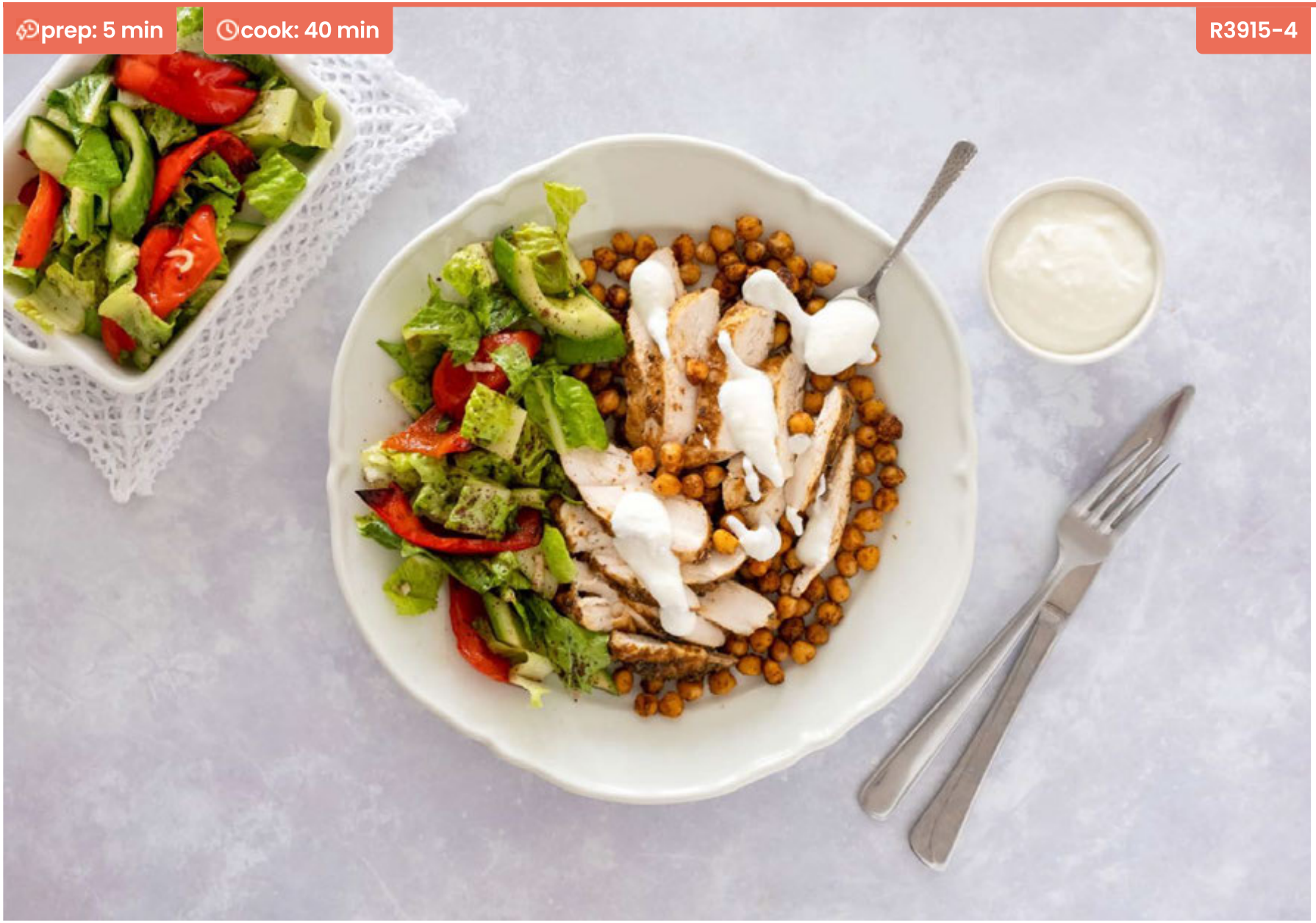
Juicy, crispy, fresh and tangy - this dish has it all! Plus, it might be the easiest recipe of the week, as the oven does the bulk of the work.

hello chef

567 calories | 60 protein | 66 carbs | 8 fat

Quick Prep | Low Carb | Calorie Smart

prep: 5 min | cook: 40 min | R3915-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2371 / 567
Fats (g)	8.2
of which saturated (g)	2.3
Carbohydrates (g)	66
of which sugars (g)	19.2
Fibers (g)	13.4
Proteins (g)	60.2
Salt (g)	1.6

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Smoky chicken	
Chicken breast	800 Grams
Vegetable oil	2 Tbsp
Smoked paprika powder	4 Grams
Cumin powder	4 Grams
Garlic onion powder	8 Grams
Dried oregano	4 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Pepper and chickpeas	
Red pepper	2 Piece
Chickpeas	480 Grams
Coriander cumin powder	8 Grams
Chipotle powder	4 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Salad & Yogurt	
Lemon	2 Piece
Spring onion	80 Grams
Pomegranate molasses	40 Grams
Honey	30 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Cucumber	2 Piece
Romaine lettuce	300 Grams
Sumac	4 Grams
Natural yogurt 4*	340 Grams

Allergens: *4 Milk

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1. Prep

- Preheat the oven to 200°C/180°C fan.
- In a large bowl, combine a generous drizzle of **oil**, the **smoked paprika**, **cumin powder**, **garlic onion powder** and **dried oregano**.
- Season with **salt** and **pepper** to taste.
- Add the **chicken** to the bowl.
- Turn to coat.



2. Roast chickpeas

- Deseed and chop the **red pepper** into chunks.
- Rinse, drain and dry the **chickpeas**.
- In a bowl, combine the **chickpeas** with the **coriander cumin powder**, **chipotle (spicy!)**, a drizzle of **oil** and a pinch of **salt**.
- Mix well.
- Add the seasoned **chickpeas** to one side of a baking tray.
- Add the **peppers** alongside the **chickpeas**.
- Roast for 12-15 min.

Tip! Sensitive to spice? Go easy on the chipotle powder.



3. Make dressing

- Meanwhile, slice the **lemon** in half.
- Finely slice the **spring onion**.
- In a large bowl, whisk together the juice of one **lemon** half (reserve the other half for step 6), the **pomegranate molasses**, **honey** and generous drizzle of **olive oil**.
- Add the **spring onion**.
- Mix well.
- Season with **salt** to taste.



4. Add chicken

- After 12-15 min, add the **smoky chicken** alongside the **chickpeas** and **peppers**.
- Roast for 15 min further or until the **chickpeas** are crispy and **chicken** is cooked through.
- Once cooked, let the **chicken** rest for 5 min before slicing.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready.



5. Toss salad

- Meanwhile, chop the **cucumber** into half moons.
- Roughly chop the **romaine lettuce**.
- Add the **cucumber** and **romaine lettuce** to the **dressing** and toss.
- After the **peppers** have roasted in the oven, let them cool slightly, then add them to the **salad**.
- Sprinkle the **salad** with the **sumac**.

Tip! Dress your salad just before serving, otherwise it will go soggy.



6. Serve

- Juice the remaining **lemon** into a small bowl.
- Add the **yogurt** with a pinch of **salt** and mix well.
- Serve the **Smoky Chicken** with **Crispy Chickpeas and Roasted Pepper Salad** alongside.
- Serve the **lemony yogurt** on the side.

Herb-Crusted Tofu in a Creamy Sundried Tomato Sauce

with Linguine and Broccoli

Inspired by the popular social media recipe known as "Marry Me Chicken", we've veganised this dish with tofu and it's just as delicious!

hellochef

1011 calories | 51 protein | 118 carbs | 44 fat

Family Friendly

cook: 35 min

R4621-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4228 / 1011
Fats (g)	43.9
of which saturated (g)	19
Carbohydrates (g)	118
of which sugars (g)	15.2
Fibers (g)	17.8
Proteins (g)	51.3
Salt (g)	1.1

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Box grater

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Tofu	
Broccoli	600 Grams
Linguine 10*,11*	375 Grams
Firm tofu 9*	600 Grams
Corn starch	30 Grams
Panko bread crumbs 10*,11*,12*	40 Grams
Dried thyme	4 Grams
Vegetable seasoning 2*,10*,11*,13*	10 Grams
Olive oil	2 Tbsp

Sauce	
Shallots	1 Piece
Garlic cloves	3 Piece
Sun dried tomatoes	60 Grams
Fresh basil	15 Grams
Salted vegan butter	30 Grams
Tomato paste	50 Grams
Plain flour 10*,11*	10 Grams
Water	200 ML
Plant based cream	250 ML
Nutritional yeast	8 Grams

Allergens: *10 Wheat, *11 Gluten, *9 Soya, *12 Lupin, *2 Tree Nuts, *13 Mustard

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1. Prep

- Trim the **broccoli** florets and cut into bite-sized pieces.
- Peel and finely chop the **shallots** and **garlic**.
- Roughly chop the **sun dried tomatoes**.
- Pick the **basil** leaves.



2. Boil pasta

- Bring a large pot of salted water to a boil.
- Add the **linguine** and cook for 12-15 min until 'al dente' or cooked to your liking.
- During the last 5 min, add the **broccoli**, and cook until softened.
- Drain and set aside.



3. Prep tofu

- Meanwhile, drain and slice the **tofu** horizontally into thick slices, and pat dry each slice with paper towels.
- Combine the **corn starch**, **panko bread crumbs**, **dried thyme**, and **vegetable seasoning** on a plate.
- Drizzle some **olive oil** on each piece of **tofu**, and press into the mixture to coat both sides.



4. Fry tofu

- Heat a large non-stick pan over a medium-high heat with a good drizzle of **oil**.
- Add the **breaded tofu** (in batches), and fry for 3-4 min on each side or until golden and crispy.
- Transfer to a plate, and reserve the frying pan.



5. Make sauce

- Wipe the reserved frying pan, and heat to medium.
- Fry the **vegan butter**, **shallots**, and **garlic** for 2-3 min until softened.
- Add the **tomato paste**, **sun dried tomato**, and 0.5 tsp of **flour**.
- Fry for 1 min until thick and pasty.
- Turn the heat to low, and whisk in the **measured water**, **plant based cream**, and **nutritional yeast**.
- Cook for 1 min until sauce thickens, and tear in a handful of **basil** leaves.

Tip! Nutritional yeast is the secret to a cheesy umami cream sauce!



6. Serve

- Divide the **Herb-Crusted Tofu, Linguine, and Broccoli** amongst plates and serve with the **Creamy Sundried Tomato Sauce**.

Creamy Chicken Linguine Alfredo

with Broccoli

Probably more American than Italian - but definitely delicious!

hello chef

972 calories | 68 protein | 105 carbs | 32 fat

Family Friendly

cook: 30 min

R3121-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4051 / 972
Fats (g)	31.6
of which saturated (g)	12.5
Carbohydrates (g)	105
of which sugars (g)	5.9
Fibers (g)	9.6
Proteins (g)	68.2
Salt (g)	3.5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Rolling pin

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Linguine Alfredo	
Chicken breast	600 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Linguine 10*,11*	500 Grams
Garlic cloves	4 Piece
Fresh parsley	15 Grams
Butter 4*	20 Grams
Cooking cream 4*	200 ML
Chicken stock cube 4*,5*,9*,15*	2 Piece
Water	400 ML
Black pepper	2 Tsp
Grated Parmesan 4*	120 Grams

To serve	
Broccoli	400 Grams

Allergens: *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Fry chicken

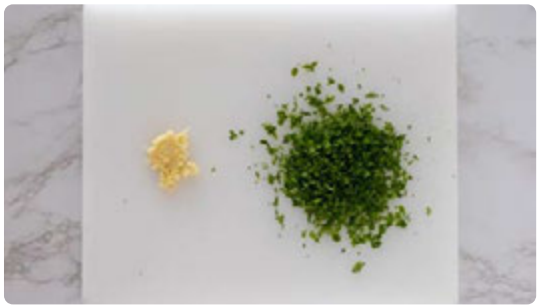
- Heat a large non-stick pan over a medium-high heat with a drizzle of **olive oil**.
- Once hot, add the **chicken breasts** with a pinch of **salt**.
- Cook for 5-7 min on either side until golden and cooked through.
- Transfer the **chicken** to a plate.
- Reserve the pan.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready.



2. Cook pasta

- Meanwhile, bring a large pot of salted water to the boil.
- Once boiling, add the **linguine**.
- Cook for 8-10 min until 'al dente' or cooked to your liking.
- Reserve a cup of **pasta water**.
- Drain.



3. Prep

- Meanwhile, peel and mince (or grate!) the **garlic cloves**.
- Finely chop the **parsley** leaves.



4. Make sauce

- Return the reserved pan to a medium heat with a drizzle of **oil**.
- Once hot, add the **butter** and **garlic**.
- Fry for 1 min.
- Add the **cream**, **chicken stock cube** and **measured water**.
- Simmer for 3-4 min until thickened.
- Season with **salt** and **pepper**.



5. Cook broccoli

- Meanwhile, bring a pot of water to the boil.
- Separate the **broccoli** into small florets.
- Cook it in lightly salted boiling water for 3-4 min or until tender.
- Drain once cooked.



6. Serve

- Add the **grated Parmesan**, **parsley** and the drained **linguine** to the **pasta sauce** with a splash of reserved **pasta water** as needed.
- Toss. Cook for 1 final min.
- Slice the **chicken**.
- Serve the **Creamy Chicken Linguine Alfredo** with **Broccoli**.

Tip! The reserved pasta water helps not only to season the dish as it's salty, but the starch in it helps the creamy sauce to stick to the pasta.

Mediterranean Fish and Rice Bake

with Tomato and Olive Salsa

A low calorie delicious dinner inspired by the bright flavours of the Mediterranean!

hello chef

593 calories | 45 protein | 85 carbs | 8 fat

Family Friendly | Calorie Smart | Global Eats

cook: 50 min

R4709-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2479 / 593
Fats (g)	8.4
of which saturated (g)	1.1
Carbohydrates (g)	85
of which sugars (g)	9.1
Fibers (g)	8.9
Proteins (g)	45.2
Salt (g)	3.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com

04-825-44-00

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Traybake	
Alaskan pollock loin 6*	700 Grams
Brown onion	2 Piece
Garlic cloves	4 Piece
Lemon	2 Piece
Small zucchini	4 Piece
Vegetable stock cube 15*	2 Piece
Water	750 ML
Long grain rice	300 Grams
Dried oregano	4 Grams
Dried thyme	4 Grams

Salsa	
Fresh dill	15 Grams
Fresh parsley	30 Grams
Green olives	100 Grams
Tomatoes	2 Piece
Olive oil	6 Tbsp

Allergens: *6 Fish, *15 Celery

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1. Prep

- Preheat oven to 210°C/190°C fan.
- Boil the **measured water**.
- Peel and thinly slice the **onion**.
- Peel and finely chop **garlic**.
- Cut half the **lemon** into **slices** and keep the rest for squeezing.
- Trim the **zucchini** and cut into half moons.
- Dissolve the **vegetable stock cube** in boiled **measured water** - this is the **stock** for step 3.



2. Cook onions

- Heat a large pan over medium heat with a drizzle of **oil**.
- Fry the **onion** and **garlic** for 8-10 min until softened and caramelised.



3. Bake

- Meanwhile rinse and drain the **rice**.
- In a large (40x30 cm) oven-proof dish, add the **rice**, **vegetable stock**, **oregano**, and **thyme**. Stir to mix well.
- Add the cooked **onion** and **garlic**, chopped **zucchini** and **lemon slices**.
- Bake for 20 min.



4. Make salsa

- Meanwhile, pick and finely chop the **parsley** and **dill**.
- Chop the **olives**.
- Chop the **tomato** into small, bite-sized pieces.
- Combine in a bowl with **olive oil** and a squeeze of **lemon juice**, to taste.



5. Bake fish

- After 20 min, stir the **rice bake** and spread out in an even layer.
- Season the **fish** with **salt** and **pepper**.
- Nestle the seasoned **fish** into the **rice**. Add a drizzle of **oil** over the **fish**.
- Bake for 10-12 min until **fish** is cooked, the **rice** is tender and the **stock** has been absorbed.
- Add another 50-100ml **water** if the **rice** is not tender before the **stock** is absorbed.

Tip! You can tell when white fish is cooked by checking if the flesh flakes easily.



6. Serve

- Serve the **Mediterranean Fish and Rice Bake** topped with the **Tomato and Olive Salsa**.

Alaskan Pollock and Prawn Fish Pie
with Peas

In need of some comfort food? This one's for you!

hello chef

707 calories | 46 protein | 56 carbs | 34 fat

Family Friendly

cook: 40 min

R4568-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2938 / 707
Fats (g)	33.5
of which saturated (g)	22.7
Carbohydrates (g)	56
of which sugars (g)	12.5
Fibers (g)	10.2
Proteins (g)	45.6
Salt (g)	1.8

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What You'll Need

- Oven
- Potato masher

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fish pie	
Alaskan pollock loin 6*	350 Grams
Prawns 7*	350 Grams
White onion	2 Piece
Fresh parsley	15 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
White vinegar	30 ML
Plain flour 10*,11*	20 Grams
Vegetable stock cube 15*	2 Piece
Water	200 ML
Cooking cream 4*	400 ML
Green peas	250 Grams
Dijon mustard 13*	12 Grams
Black pepper	1 Tsp

Mash	
Potatoes	1200 Grams
Salt	2 Tsp
Butter 4*	30 Grams

Allergens: *6 Fish, *7 Crustaceans, *10 Wheat, *11 Gluten, *15 Celery, *4 Milk, *13 Mustard

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1. Make mash

- Preheat the oven to 200°C/180°C fan.
- Peel and chop the **potatoes** into bite-sized pieces.
- Add them to a pan of boiling water with a generous pinch of **salt**.
- Cook the **potatoes** over a medium heat for 15 min or until soft.
- Once soft, drain the **potatoes** and return them to the pan with the **butter**.
- Mash until smooth.
- Season generously with **salt**.



2. Prep

- Meanwhile, chop the **pollock** into bite-sized pieces.
- Peel and finely chop the **white onion**.
- Pick and finely chop the **parsley**.



3. Make sauce

- Heat a pan over a low heat with a drizzle of **oil**.
- Once hot, add the chopped **onion** with a pinch of **salt** and cook for 7 min until very soft but not browned.
- Add the **vinegar** and cook for 30 sec.
- Add the **flour** and 2 **stock cube** and cook for another 30 sec.
- Whisk in the **measured water** and **cooking cream**.
- Cook for 3 min further.



4. Add

- After 3 min, add the **prawns**, **pollock**, **peas**, **Dijon**, and **parsley**.
- Cook for 2 min further.
- Remove the pan from the heat, season with **salt** and **pepper** and set aside.



5. Bake

- Transfer the **fish sauce** to an oven-proof dish.
- Carefully top with the **mashed potato**.
- Run a fork over the **mash** to create a ripple effect.
- Bake for 15 min until golden brown on top.

Tip! For a golden crust, place the pie under the grill or broiler for the final 5 min.



6. Serve

- Serve the **Pollock and Prawn Fish Pie with Peas**.

Tip! Fishpie is great for leftovers, so make sure to enjoy any that's remaining the day after.

Indian Spiced Chicken Curry

with Pilau Basmati Rice and Raita

Enjoy this mildly spiced chicken curry over fragrant basmati rice served with a cooling raita.

hello chef

818 calories | 64 protein | 98 carbs | 24 fat

Tips for Kids

cook: 30 min

R3796-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3410 / 818
Fats (g)	23.7
of which saturated (g)	14.4
Carbohydrates (g)	98
of which sugars (g)	16.4
Fibers (g)	6
Proteins (g)	63.5
Salt (g)	3.8

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken curry	
Chicken breast	600 Grams
Garam masala	4 Grams
Ginger garlic paste	20 Grams
Curry powder	8 Grams
Chilli powder	4 Grams
Smoked paprika powder	4 Grams
Coriander cumin powder	8 Grams
Red onion	2 Piece
Tomatoes	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Tomato paste	70 Grams
Water	200 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Brown sugar	10 Grams
Cooking cream 4*	200 ML

Basmati pilau	
Cardamom pods	8 Piece
Basmati rice	300 Grams
Salt	1 Tsp
Water	600 ML
Butter 4*	20 Grams
Dried bay leaves	2 Piece
Turmeric powder	4 Grams

Raita	
Natural yogurt 4*	340 Grams
Fresh coriander	15 Grams
Cucumber	2 Piece
Salt	1 Tsp

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Boil rice

- Crush the **cardamom** with the back of a knife.
- Rinse the **rice**.
- Add the **rice** with a pinch of **salt**, the **measured water**, **cardamom**, **butter**, **dried bay leaves** and **turmeric** to a pot with a lid.
- Bring to a boil.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from the heat.
- Keep covered until serving.



2. Marinate chicken

- Meanwhile, place 100 g of **yogurt** in a bowl. (reserve the rest for step 5)
- Combine with the **garam masala**, **ginger garlic paste**, **curry powder**, a pinch of **chilli powder (spicy!)**, the **smoked paprika** and **coriander cumin powder**.
- Chop the **chicken** into bite-sized pieces.
- Add it to the bowl.
- Mix well.
- Set aside.

Tip! If cooking for kids, leave out the chilli powder and set aside a portion of plain chicken.



3. Prep

- Peel and finely chop the **red onion**.
- Roughly chop the **tomatoes**.



4. Fry chicken

- Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion** with a pinch of **salt**.
- Fry for 5 min.
- Add the **tomatoes**, **tomato paste** and **chicken** along with the **yogurt marinade**.
- Fry for 5 min further.
- Add the **measured water**, 1 **chicken stock cube**, **brown sugar** and **cream**.
- Simmer for 10 min further.

Tip! If cooking for kids, fry the plain portion of the chicken and set aside before frying the onion.



5. Make raita

- Meanwhile, finely chop the **coriander** leaves and grate the **cucumber**.
- In a bowl, combine the remaining **yogurt**, **coriander** and **cucumber** with a pinch of **salt**.

Tip! If cooking for kids, set aside a portion of sliced cucumber before grating it, plain yogurt and coriander to use as 'sprinkles'.



6. Serve

- Serve the **Indian Spiced Chicken Curry** on **Pilau Basmati Rice** with **Raita** alongside.

Tip! If cooking for kids, serve the cooked rice, cooked chicken and sliced cucumber separately. Serve the curry sauce, plain yogurt and coriander as 'sprinkles' to the side.

Chicken Taquitos

with Garlic Lime Crema and Jalapeno Salsa

A taquito is a Mexican food that consists of a stuffed, rolled up tortilla wrap which is most commonly deep-fried. For ease, ours are baked!

hello chef

980 calories | 70 protein | 78 carbs | 46 fat

Global Eats

cook: 40 min

R4406-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4100 / 980
Fats (g)	46.2
of which saturated (g)	14.5
Carbohydrates (g)	78
of which sugars (g)	10.3
Fibers (g)	8.4
Proteins (g)	70.4
Salt (g)	4.2

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What You'll Need

Oven

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pulled chicken	
Chicken breast	800 Grams
Red onion	2 Piece
Yellow pepper	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Fajita seasoning	20 Grams
Smoked paprika powder	4 Grams
Chipotle powder	2 Grams
Dried oregano	4 Grams
Tomato paste	100 Grams
Water	250 ML
Grated cheddar 4*	120 Grams
6" tortilla wraps 10*,11*	12 Piece

Sides	
Garlic cloves	2 Piece
Lime	3 Piece
Tomatoes	2 Piece
Fresh coriander	30 Grams
Jalapeno slices	60 Grams
Sour cream 4*	120 Grams
Mayonnaise 5*,9*,13*	100 Grams
Salt	1 Tsp

Allergens: *4 Milk, *10 Wheat, *11 Gluten, *5 Eggs, *9 Soya, *13 Mustard

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1. Prep

- Preheat the oven to 220°C/200°C fan.
- Peel the **red onions**, finely slice half.
- Finely chop the other half.
- Deseed and finely slice the **yellow pepper**.



2. Fry

- Heat a frying pan over a medium heat with a drizzle of **oil**.
- Add the **chicken breast**, **yellow pepper** and the **sliced onion** with a pinch of **salt**.
- Cook for 5-6 min or until the **chicken** is golden.
- Once golden, reduce the heat to medium-low.
- Add the **fajita seasoning**, **smoked paprika**, **chipotle powder (spicy!)**, **dried oregano**, **tomato paste** and **measured water** to the pan.
- Cover with a lid and cook for 10 min further.



3. Pull chicken

- Once the **chicken** is cooked, remove the pan from the heat.
- Using two forks, pull the **chicken** until it is fully shredded.
- Add the **grated cheddar** to the pan.
- Give everything a good mix up.



4. Bake taquitos

- Divide the **chicken mixture** between the **tortilla wraps**.
- Roll the stuffed **tortilla wraps** up tightly and arrange them in an oiled baking dish, seam-side down.
- Drizzle generously with **vegetable oil**.
- Roast the **taquitos** in the oven for 15-20 min or until crisp.



5. Make sides

- Meanwhile, peel and finely chop the **garlic**.
- Zest the **limes** and cut them into wedges.
- Finely chop the **tomatoes**.
- Pick and finely chop the **coriander**.
- Finely chop the **jalapeno**.
- In a small bowl, combine the **sour cream**, **mayonnaise**, **lime zest** and **garlic** with a squeeze of **lime juice**.
- In another bowl, combine the **tomatoes**, **coriander**, **jalapenos** and finely chopped **red onion** with a pinch of **salt** and squeeze of **lime juice**.



6. Serve

- Serve the **Chicken Taquitos** alongside the **Jalapeno Salsa** with **Garlic Lime Crema**.

Bombay Paneer and Cauliflower

with Seedy Green Beans

In this recipe you'll simmer paneer cauliflower in mildly spiced tomatoes and serve them with south Indian style green beans.

hello chef

596 calories | 38 protein | 44 carbs | 34 fat

Low Carb | Calorie Smart

cook: 35 min

R3973-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2493 / 596
Fats (g)	34
of which saturated (g)	18.4
Carbohydrates (g)	44
of which sugars (g)	16.2
Fibers (g)	13.1
Proteins (g)	38.3
Salt (g)	1.2

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Paneer 4*	500 Grams
Cauliflower	800 Grams
Red onion	2 Piece
Tomatoes	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Ginger garlic paste	30 Grams
Cumin seeds	4 Grams
Turmeric powder	4 Grams
Coriander powder	4 Grams
Vegetable stock cube 15*	2 Piece
Garam masala	10 Grams
Tomato paste	70 Grams
Brown sugar	10 Grams
Water	300 ML
Chilli powder	4 Grams
Fresh coriander	15 Grams

Beans	
Green beans	500 Grams
Curry leaves	12 Grams
Vegetable oil	2 Tbsp
Water	75 ML
Nigella seeds 3*,13*	20 Grams
Sesame seeds 3*	20 Grams
Salt	1 Tsp

Allergens: *4 Milk, *15 Celery, *3 Sesame Seeds, *13 Mustard

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1. Boil cauliflower

- Bring a large pot of salted water to a boil.
- Separate the **cauliflower** into florets.
- Chop any big ones into bite-sized pieces.
- Boil the **cauliflower** for 5 min.
- Drain and set aside.
- Reserve the pot.



2. Prep

- Meanwhile, peel and finely chop the **onion**.
- Finely chop the **tomatoes**.
- Trim the **green beans**.
- Pick the **curry leaves**. Discard the stems.
- Chop the **paneer** into bite-sized pieces.



3. Fry

- Heat a pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion** with pinch of **salt**.
- Fry for 5 min.
- Add the **ginger garlic paste**, **cumin seeds**, **turmeric**, **coriander powder**, **stock cube** and **garam masala**.
- Fry for 1 min.
- Add the **tomato paste**, **tomatoes**, **brown sugar**, **measured water** and **paneer**.
- Cook for 5-8 min further.



4. Cook green beans

- Meanwhile, return the empty pot to a medium-high heat with drizzle of **oil**.
- Once hot, add the **green beans** and **curry leaves**.
- Fry, stirring, for 1 min.
- Add a generous splash of **water** and cover.
- Cook for 5 min or until the **green beans** are tender.
- Add the **nigella seeds**, **sesame seeds** and a generous pinch of **salt**.
- Fry for 1 min further or until the **green beans** begin to soften.



5. Toss cauliflower

- Add the cooked **cauliflower** to the spiced **tomatoes** with a pinch of **chilli powder** (spicy!).
- Cook, covered, for 5 min further or until the **cauliflower** is tender.



6. Serve

- Meanwhile, chop the **fresh coriander leaves**.
- Serve the **Bombay Paneer and Cauliflower** with **Seedy Green Beans** alongside.
- Sprinkle **coriander** over the **Paneer**.

Satay Chicken Skewers

with Cauliflower Rice and Pickled Cucumber

Satay is a Southeast Asian dish of seasoned, skewered and grilled meat, served with a peanut sauce.

554 calories | 58 protein | 37 carbs | 20 fat

Low Carb | Calorie Smart

cook: 30 min

R3826-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2394 / 554
Fats (g)	19.9
of which saturated (g)	2.3
Carbohydrates (g)	37
of which sugars (g)	16.7
Fibers (g)	9.3
Proteins (g)	58
Salt (g)	1.7

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Food processor

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Satay Chicken	
Chicken breast	800 Grams
Curry powder	4 Grams
Turmeric powder	4 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Bamboo skewers	12 Piece

Satay Sauce	
Red onion	2 Piece
Garlic cloves	4 Piece
Large red chilli	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Soy sauce 9*,10*,11*	20 ML
Peanut butter 1*,9*	60 Grams
Light coconut milk	400 ML

Cauliflower Rice	
Cauliflower	800 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

To serve	
Cucumber	2 Piece
Rice vinegar	30 ML
Brown sugar	10 Grams
Salt	1 Tsp
Carrot	2 Piece
Fresh coriander	15 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *1 Peanuts

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1. Prep

- Peel and finely chop the **red onion**.
- Peel and mince the **garlic**.
- Finely chop the **red chilli**.
- Heat a saucepot over a medium heat with a drizzle of **oil**.
- Once hot, add the **onion**, **garlic** and **red chilli (spicy!)** with a pinch of **salt**.
- Fry for 5 min.
- Meanwhile, chop the **chicken** into bite-sized pieces.
- Add the **chicken** to a bowl with the **curry powder**, **turmeric**, drizzle of **oil** and a pinch of **salt**.

Tip! Sensitive to spice? Go easy on the red chilli.



4. Fry skewers

- Thread the **chicken** pieces onto the **skewers**.
- Heat a large pan over a medium-high heat with drizzle of **oil**.
- Once hot, add the **chicken skewers**.
- Fry for 2 min on each side, then cover and fry for 2 min further until cooked through.
- Pour half of the **satay sauce** into the pan, coating the **chicken** as you go.
- Fry for 2 min further.

Tip! Strapped for time? Fry the chicken without threading them onto skewers.



2. Simmer

- Add the **soy sauce**, **peanut butter** and **coconut milk** to the pot with the **onion**, **garlic** and **red chilli**.
- Bring to a simmer.
- Reduce the heat to low.
- Simmer, stirring occasionally for 5-7 min.
- Set aside.



5. Fry cauliflower rice

- Meanwhile, heat a separate large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **cauliflower** with a pinch of **salt**.
- Stir-fry for 5-7 min.



3. Prep sides

- Meanwhile, roughly chop the **cucumber** into a bowl.
- Add to the bowl, the **rice vinegar**, **sugar** and **salt**.
- Peel and slice the **carrots** into thin sticks.
- Finely chop the **coriander** leaves.
- Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains.
- Set aside.



6. Serve

- Serve the **Satay Chicken Skewers** on **Cauliflower Rice** with **Pickled Cucumber** and **carrots**.
- Serve the remaining **satay sauce** to the side.
- Garnish with the **coriander**.

Coconut Chicken Meatball Curry

with Mango and Rice

Enjoy these delicious meatballs simmered in a tasty red curry coconut sauce!

1264 calories | 66 protein | 141 carbs | 56 fat

Family Friendly

cook: 45 min

R3388-4



Nutritional information

	per serving*
Energy (kJ/kcal)	5286 / 1264
Fats (g)	55.6
of which saturated (g)	20.4
Carbohydrates (g)	141
of which sugars (g)	33.7
Fibers (g)	11.9
Proteins (g)	65.6
Salt (g)	3.2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken balls	
Chicken mince	600 Grams
Shallots	2 Piece
Honey	15 Grams
Organic Eggs 5*	2 Piece
Miso paste 9*	60 Grams
Plain flour 10*,11*	100 Grams
Black pepper	1 Tsp
Sesame oil 3*,9*	30 ML

Sauce	
Red curry paste 7*	40 Grams
Coconut milk	400 ML
Ginger garlic paste	40 Grams

Rice	
Basmati rice	300 Grams
Water	600 ML

Salad	
Mango	2 Piece
Cucumber	2 Piece
Fresh coriander	15 Grams
Lime	2 Piece
Coconut flakes	20 Grams
Black sesame seeds 3*	20 Grams
Fresh basil	15 Grams

Allergens: *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds, *7 Crustaceans

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1. Meatball mixture

Preheat the oven to 200°C/180°C fan. Peel and finely chop the **shallots**. In a bowl, combine the **honey**, **eggs** and **miso**. Mix well until there are no lumps. Add the **chicken mince**, **shallots** and **flour**. Season with **salt** and **pepper**. With clean hands, knead until combined.



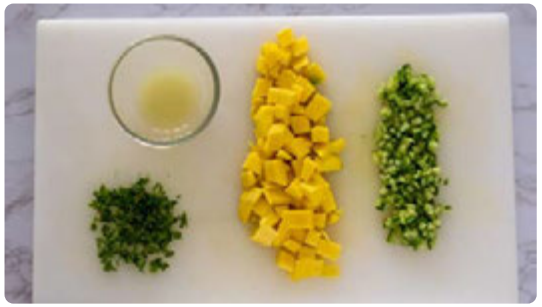
2. Bake meatballs

Wash your hands and coat them in the **sesame oil**. Shape the mixture into 20 **meatballs**. Place the **meatballs** on a lined baking tray and bake for 15 min until golden and cooked through.



3. Cook rice

Meanwhile, rinse the **basmati rice**. Add the **rice**, a pinch of salt and the **measured water** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pan from heat and keep covered until serving.



4. Make salad

Meanwhile, peel and cube the **mango**. Chop the **cucumbers**. Finely chop the **coriander**. To a bowl, add a drizzle of **oil** and a generous squeeze of **lime**. Add the **mango**, **coriander** and **cucumbers**. Toss and set aside.



5. Make sauce

Once done, remove the **chicken meatballs** from the oven. Heat a large pan over a medium heat with a drizzle of **oil**. Add the **curry paste** and cook for 1 min. Add the **coconut milk** and **ginger garlic paste**. Stir. Add the **meatballs** to the **sauce** and simmer for 5 min or until the **sauce** thickens.

> **Tip!** The sauce is done when it sticks to the meatballs.



6. Serve

Serve the **chicken meatballs** and **sauce** over the **rice** with the **mango salsa** to the side. Garnish with the **coconut flakes**, **sesame seeds** and **basil**.

Sesame Crusted Chicken

with Colourful Sweet and Sour Slaw

In this recipe you'll coat the chicken breasts in a sweet and savoury marinade, before topping it with black and white sesame seeds.

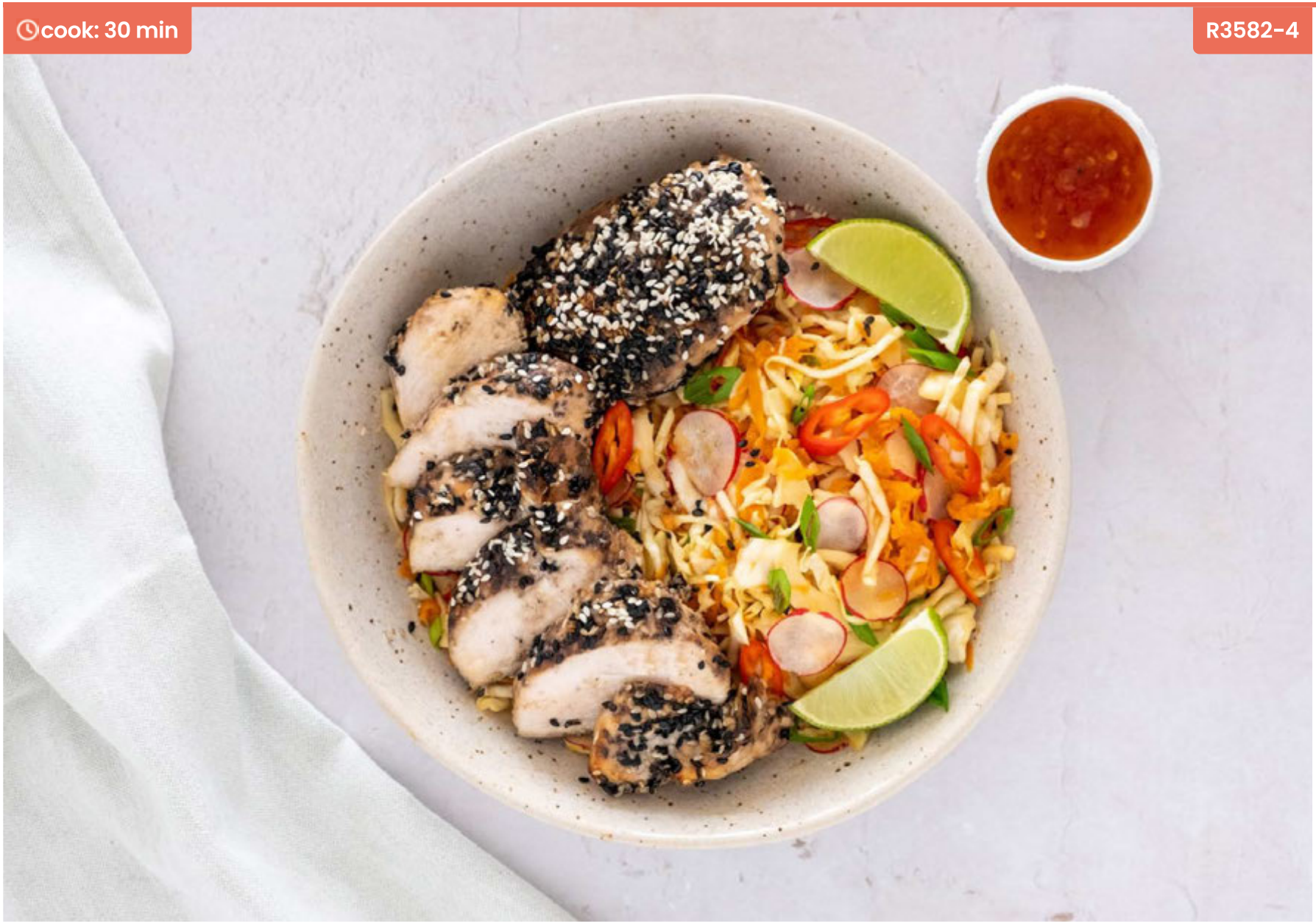
hello chef

670 calories | 54 protein | 56 carbs | 27 fat

Low Carb

cook: 30 min

R3582-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2800 / 670
Fats (g)	26.9
of which saturated (g)	4.3
Carbohydrates (g)	56
of which sugars (g)	30.7
Fibers (g)	10.4
Proteins (g)	54
Salt (g)	3.6

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What You'll Need

- Oven
- Box grater
- Whisk

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Sesame chicken	
Chicken breast	800 Grams
Corn starch	20 Grams
Soy sauce 9*,10*,11*	40 ML
Honey	30 Grams
Sweet chilli sauce	80 ML
Garlic powder	4 Grams
Black sesame seeds 3*	20 Grams
Sesame seeds 3*	20 Grams

Slaw	
Rice vinegar	30 ML
Sweet soy sauce 9*,10*,11*,14*	30 ML
Lime	2 Piece
Mayonnaise 5*,9*,13*	100 Grams
White cabbage	450 Grams
Carrot	2 Piece
Red radish	250 Grams
Spring onion	80 Grams
Salt	1 Tsp
Large red chilli	1 Piece

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds, *14 Sulphur Dioxide, *5 Eggs, *13 Mustard

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1. Marinate chicken

- Preheat the oven to 200°C/180°C fan.
- In a large bowl, whisk the **corn starch**, **soy sauce**, **honey** and **sweet chilli sauce** with the **garlic powder**.
- Add the **chicken** and turn until coated.
- Set the **marinaded chicken** aside.

Tip! Marinate the chicken for up to 24 hours in advance.



2. Coat chicken

- Mix both **sesame seeds** in a small bowl.
- Place the **chicken breasts** and the **marinade** onto a lined baking tray.
- Sprinkle the **sesame seeds** over the **chicken breasts** until they are evenly coated.
- Bake for 15-20 min or until the **chicken** is cooked through.

Tip! To check if the chicken breast is cooked through, use a knife to slice through the thickest part of the chicken breast, when the meat juices run clear, it's ready.



3. Prep slaw

- Meanwhile, in a large bowl, whisk the **rice vinegar**, **sweet soy sauce**, **lime juice** and **mayonnaise**.
- Slice the **cabbage** as finely as possible.
- Peel and grate the **carrot**.
- Slice the **red radish**.
- Finely chop the **spring onions**.
- Add the lot to the bowl and toss.
- Season generously with **salt**.



4. Serve

- Thinly slice the **red chilli**.
- Serve the **Sesame Crusted Chicken** with the **Colourful Sweet and Sour Slaw** to the side.
- Garnish with the **red chilli (spicy!)**.

Tip! Sensitive to spice? De-seed the chillis to remove the spiciest part, or, omit it all together.

Peking-style Roasted Duck and Pancakes

with Veggies and Hoisin Sauce

A legendary Chinese dish made easy with sous-vide duck ready to roast and shred in a sticky glaze, then rolled in steamed pancakes and fresh vegetables for the perfect bite!

hellochef

1550 calories | 66 protein | 122 carbs | 89 fat

Gourmet

cook: 60 min

R4270-4



Nutritional information

	per serving*
Energy (kJ/kcal)	6487 / 1550
Fats (g)	88.5
of which saturated (g)	29.8
Carbohydrates (g)	122
of which sugars (g)	43.3
Fibers (g)	5.8
Proteins (g)	65.7
Salt (g)	5.9

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What You'll Need

Oven

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Duck	
Roasted half duck	4 Piece
Chinese 5 spice	8 Grams
Soy sauce 9*,10*,11*	30 ML
Plum sauce 9*,10*	40 Grams
Vegetable oil	2 Tbsp
Water	300 ML

To serve	
Carrot	2 Piece
Cucumber	3 Piece
Spring onion	80 Grams
Fresh mint	20 Grams
Fresh coriander	30 Grams
Small red chilli	2 Piece
Chinese pancakes 9*,11*	40 Pieces
Hoisin sauce 3*,9*,10*	240 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Make glaze

- Preheat the oven to 220°C/200°C fan.
- In a bowl, add the **Chinese 5 spice**, **soy sauce**, **plum sauce**, and a drizzle of **oil**.
- Mix well.
- This is the **duck glaze**.



2. Roast duck

- Bring a kettle of water to a boil.
- Using a pastry brush or spoon, spread 1/2 the amount of the **duck glaze** on both sides of the **duck**.
- Place the **duck** portions in a roasting pan.
- Pour the boiled measured **water** into the corner of the tray.
- Cover the tray with foil, and roast the **duck** for 20 min until warmed through.



3. Prep vegetables

- Meanwhile, peel and finely slice the **carrot**.
- Deseed and finely slice the **cucumber**.
- Finely slice the **spring onion**.
- Pick the **mint** and **coriander** leaves.
- Finely slice the **red chilli (spicy!)**.

Tip! Sensitive to spice? Deseed the red chilli and use only a small amount.



4. Glaze duck

- Once the **duck** has warmed through, brush with the remaining **duck glaze** and roast uncovered for a further 20 min until it's sticky and glossy.
- Set the oven grill on high, and roast the **duck** for 5 min until lightly charred around the edges.

Tip! Make sure there's just enough water in the pan to prevent the duck from sticking / burning. If it has evaporated too much, add a few splashes.



5. Steam pancakes

- Meanwhile, remove the **Chinese pancakes** from the plastic and cover in parchment or wax paper.
- Microwave on high for 30 sec until softened.
- Once warmed, gently separate the **pancakes** by peeling them from one another.
- Keep them slightly folded and covered until ready to serve.

Tip! Alternatively, use a bamboo steamer to gently steam the pancakes for 1-2 min until softened. Do not overcook as they will stick together.



6. Serve

- Shred the **duck** with two forks, discarding the skin and bones.
- Make **duck** rolls by spreading some **hoisin sauce** on the **Chinese pancakes**.
- Add some shredded **duck**, then top with some **carrots**, **cucumber**, **spring onion**, **fresh coriander**, **mint** and **red chilli (spicy!)**.
- Alternatively, serve the shredded **duck** family-style alongside the **vegetables**, **pancakes**, and **hoisin sauce**.
- Let everyone make their own rolls!

Tip! If needed, use any of the roasting pan glaze as an additional sauce for the duck.

Quick Asparagus Pesto Pasta

Pesto and pasta are a match made in heaven. We've added asparagus and peas to make this one even more delicious!

hellochef

875 calories | 30 protein | 107 carbs | 37 fat

Family Friendly | Quick Prep

prep: 5 min | cook: 20 min | R3840-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3645 / 875
Fats (g)	37.2
of which saturated (g)	9.4
Carbohydrates (g)	107
of which sugars (g)	9
Fibers (g)	11.4
Proteins (g)	29.8
Salt (g)	1.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pesto pasta	
Thick asparagus	500 Grams
Fusilli pasta [10*]	500 Grams
Green peas	200 Grams
Water	200 ML
Cherry tomatoes	300 Grams
Fresh basil	15 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp
Green pesto [2*,4*]	150 Grams
Cream cheese [4*]	160 Grams
Grated Parmesan [4*,5*]	60 Grams
Olive oil	2 Tbsp

Allergens: *10 Wheat, *2 Tree Nuts, *4 Milk, *5 Eggs

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1. Boil pasta

Bring a large pot of salted water to the boil. Once boiling, add the **pasta** and cook for 8-10 min until 'al dente' or cooked to your liking. Add the **peas** for the final 2-3 min. Reserve 200 ml of the **pasta water** from the pot. Drain and return the **pasta** and **peas** to the pot.



2. Prep

Meanwhile, chop the **cherry tomatoes** in half. Finely chop the **basil** leaves.



3. Prep asparagus

Trim and discard the woody stems off the **asparagus** and chop the rest into bite-sized pieces.



4. Fry asparagus

Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **asparagus** with a pinch of **salt** and fry for 5 min or until cooked through and tender. Remove from the heat and season with **pepper** to taste.



5. Combine

Meanwhile, to the cooked **pasta** and **peas**, add the **pesto**, **cream cheese**, half of the **Parmesan** (reserve the rest for garnish), half of the **basil** (reserve the rest for garnish) and the reserved **pasta water**. Drizzle with **olive oil**. Season with **salt** and **pepper** to taste and toss.



6. Serve

Divide the **pesto pasta** among bowls. Top with the **asparagus** and **cherry tomatoes**. Garnish with the remaining **basil** and remaining **grated Parmesan**.

Bean Chilli Stuffed Peppers

with Tortilla Chips, Salsa and Sour Cream

Packed with flavour!

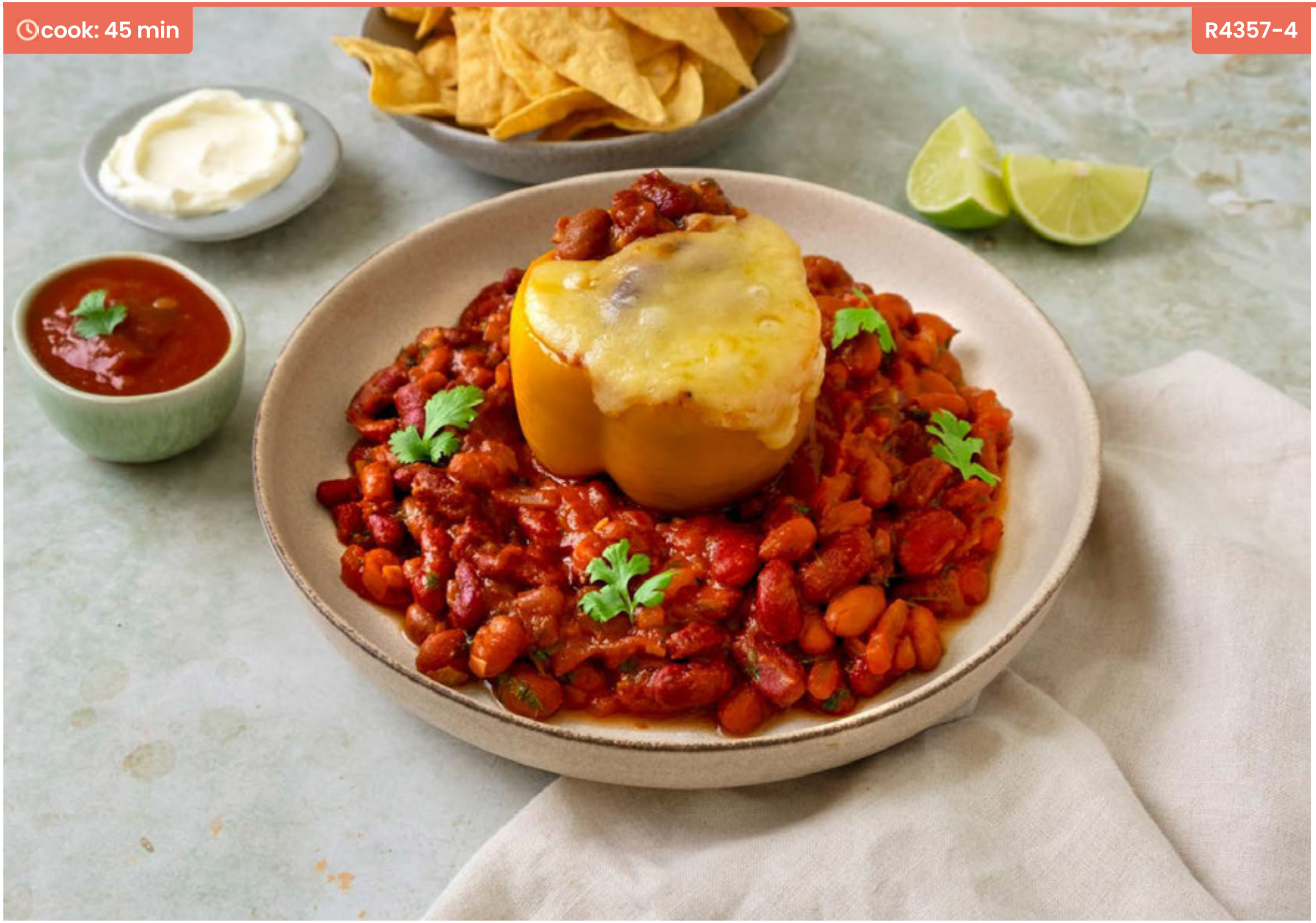
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774 calories | 36 protein | 90 carbs | 32 fat

Family Friendly

cook: 45 min

R4357-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3241 / 774
Fats (g)	31.5
of which saturated (g)	10.6
Carbohydrates (g)	90
of which sugars (g)	14.6
Fibers (g)	16.5
Proteins (g)	35.5
Salt (g)	1.7

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What You'll Need

Oven

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04-825-44-00
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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

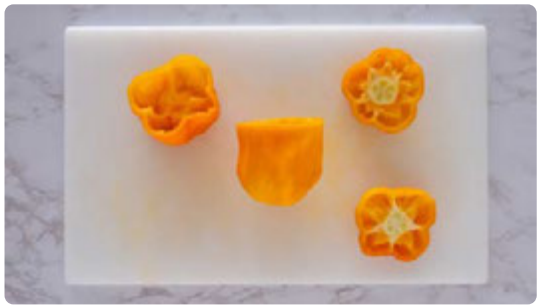
for 4 servings

Peppers	
Orange pepper	4 Piece
Vegetable oil	2 Tbsp
Red onion	2 Piece
Garlic cloves	2 Piece
Fajita seasoning	20 Grams
Cayenne powder	4 Grams
Tomato paste	60 Grams
Tomato passata	400 Grams
Water	200 ML
Vegetable stock cube 15*	1 Piece
Fresh coriander	30 Grams
Lime	2 Piece
Pinto beans	480 Grams
Red kidney beans	480 Grams
White sugar	10 Grams
Grated cheddar 4*	120 Grams

To Serve	
Tortilla chips	160 Grams
Mild tomato salsa	120 Grams
Sour cream 4*	120 Grams

Allergens: *15 Celery, *4 Milk

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1. Prep peppers

- Preheat the oven to 200°C/180°C fan.
- Cut the top off the **pepper** and deseed them using a spoon.



2. Roast peppers

- Place the **peppers** on a lined baking tray.
- Drizzle with a small amount of **oil**.
- Bake in the oven for 13-15 min, until softened.
- Once softened, remove the **peppers** from the oven.
- Leave them on the baking tray to cool slightly.



3. Make sauce

- Peel and finely chop the **onion**.
- Peel and mince the **garlic**.
- Heat a pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion**. Fry for 5 min until softened.
- Next, add the **garlic**, **fajita seasoning**, a pinch of **cayenne pepper** (spicy!) and the **tomato paste**.
- Fry for a further 1-2 min.
- Add the **passata**, **measured water** and 1 **stock cube**.
- Lower the heat and cover. Simmer for 5 min.



4. Finish chilli

- Meanwhile, finely chop the **coriander** (stems too).
- Cut the **lime** into wedges.
- Drain and rinse the **pinto** and **kidney beans**.
- Add the brown **sugar** and **beans** to the **sauce**.
- Mix well. Bring to a simmer for 8-10 min, until the **beans** are cooked.
- Mix through the **coriander** (saving some for garnish) and squeeze in the juice of the **lime** (saving some for garnish).
- Once cooked, remove from the heat.
- Set the finished **bean chilli** aside.



5. Stuff peppers

- Fill the **peppers** with the **bean chilli** mixture and top with the **cheddar**.
- Place the filled **peppers** into the oven for 10 min, until the **cheese** is golden and melted.
- If there is any extra **bean chilli**, keep it warm for serving on the side.



6. Serve

- Spoon any left over **bean chilli** onto a plate.
- Place a **stuffed pepper** on top.
- Serve the **Bean Chilli Stuffed Peppers** with **Tortilla Chips**, **Salsa** and **Sour Cream** on the side.

Prawn Katsu Curry

with Salad and Rice

Katsu is a Japanese curry, traditionally served with chicken. This one combines crispy prawns with a smooth curry sauce.

hello chef

967 calories | 45 protein | 140 carbs | 30 fat

Chef's choice | Family Friendly

cook: 45 min

R2683-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4052 / 967
Fats (g)	30.1
of which saturated (g)	15.1
Carbohydrates (g)	140
of which sugars (g)	11.9
Fibers (g)	11.5
Proteins (g)	45.3
Salt (g)	3.7

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Prawns	
Jumbo prawns 7*	600 Grams
Plain flour 10*,11*	100 Grams
Organic Eggs 5*	8 Piece
Panko bread crumbs 10*,11*,12*	120 Grams
Tamari 9*	30 ML
Vegetable oil	4 Tbsp

Katsu sauce	
Carrot	2 Piece
Shallots	2 Piece
Vegetable oil	2 Tbsp
Ginger garlic paste	20 Grams
Curry powder	10 Grams
Garam masala	5 Grams
Brown sugar	10 Grams
Water	400 ML
Coconut milk	400 ML
Soy sauce 9*,10*,11*	20 ML
Vegetable stock cube 15*	2 Piece

Sides	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML
Spring onion	80 Grams
Cucumber	2 Piece
Black sesame seeds 3*	20 Grams
Lime	2 Piece

Allergens: *7 Crustaceans, *10 Wheat, *11 Gluten, *5 Eggs, *12 Lupin, *9 Soya, *15 Celery, *3 Sesame Seeds

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1. Bread prawns

Add the **flour** (reserve 1-2 Tbsp for the **curry**), **eggs** and **bread crumbs** to three separate shallow bowls. Whisk the **egg** with the **tamari**. Pat the **prawns** dry and turn them in the **flour**, before dipping them in the beaten **eggs** and finally coating them in **bread crumbs**. Chill until step 5.

Tip! You can bread and chill your prawns up to 4 hours beforehand.



2. Cook rice

Meanwhile, rinse the **rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Keep covered until serving.



3. Prep vegetables

Meanwhile, peel the **carrot**, then use the peeler to create several **carrot** ribbons. Grate the remaining **carrot**. Peel and finely slice the **shallots**. Finely slice the **spring onion**. Use the peeler to create **cucumber** ribbons.



4. Make curry sauce

Heat a saucepan over a medium heat with a drizzle of **oil**. Once hot, add the **shallots**, grated **carrot**, **ginger garlic paste** and cook for 3 min. Add the **curry powder**, **garam masala**, **sugar** and the reserved **flour**. Gradually add the **measured water** whilst stirring. Add the **coconut milk**, **soy sauce** and **stock cube**. Simmer for 5 min.



5. Fry prawns

Meanwhile, heat a second non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the breaded **prawns** and cook for 5 min or until golden and crispy. Once golden, transfer the **prawns** to kitchen paper.



6. Serve

Tumble the **cucumber** and **carrot** ribbons, **spring onion** and **black sesame seeds** with a squeeze of **lime** juice. Serve the **curry sauce** over the **rice** topped with the fried **prawns** and the **salad** alongside.

Pad Kee Mao

with Steak Strips

The spicy Thai noodle classic! Sure to make your tastebuds tingle.

helló chef

456 calories | 50 protein | 44 carbs | 10 fat

Calorie Smart | Global Eats

cook: 30 min

R4615-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1906 / 456
Fats (g)	9.7
of which saturated (g)	3.6
Carbohydrates (g)	44
of which sugars (g)	13.2
Fibers (g)	6.3
Proteins (g)	50.2
Salt (g)	5.4

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04-825-44-00
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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef	
Steak strips	700 Grams
Soy sauce 9*,10*,11*	40 ML
Baking soda	10 Grams
Vegetable oil	2 Tbsp

Stir fry	
Rice noodles	300 Grams
Broccoli	400 Grams
Red pepper	2 Piece
Lime	2 Piece
Oyster sauce 8*,10*	80 Grams
Chilli garlic sauce	60 Grams
White sugar	10 Grams
Fish sauce 6*,10*	20 ML
Vegetable oil	2 Tbsp
Thai basil	15 Grams
Small red chilli	2 Piece

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *8 Molluscs, *6 Fish

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1. Marinate beef

- Bring a kettle of water to the boil.
- In a large bowl, combine the **soy sauce** and **baking soda**.
- Add the **steak strips** and coat in the slurry.
- Leave to marinate for 10-15 min.

Tip! Baking soda acts to tenderize the meat.



2. Soak noodles

- Add the **rice noodles** to a large bowl and cover them with boiling water.
- Leave to soak for 7-9 min until tender.
- Drain and rinse with cold water.

Tip! Drizzle the cooked noodles with a small amount of oil, this will help prevent them sticking.



3. Prep

- Trim the **broccoli** florets, discarding the woody ends.
- Deseed and slice the **red pepper** into strips.
- Cut the **lime** into wedges.
- In a small bowl, combine the **oyster sauce**, **chilli garlic sauce**, **white sugar**, **fish sauce** and 4 Tbsp of **water**.



4. Fry beef

- Heat a large frying pan over a high heat with a drizzle of **oil**.
- Fry the **beef** for 3-4 min until browned and cooked through.
- Remove from the pan and set aside.
- Reserve the pan.



5. Stir-fry

- Pick the **Thai basil**.
- Return the pan and lower the heat to medium-high with another drizzle of **oil**.
- Fry the **broccoli** and **pepper** for 3-4 min until slightly softened.
- Add the cooked **noodles** and stir-fry **sauce**.
- Fry for 1-2 min.
- Add back the cooked **beef** and **Thai basil** leaves.
- Fry for a further 1 min.

Tip! Add a splash of water to help the veggies cook faster.



6. Serve

- Meanwhile, deseed and finely slice the **red chilli** (spicy!).
- Serve the **Pad Kee Mao with Steak Strips**.
- Finish with a squeeze of **lime** juice and garnish with the sliced **chilli**.

Herb Crusted Salmon

with Mediterranean Potatoes, Peppers and Tomatoes

This recipe is based on the Mediterranean diet which is more of an eating pattern than a strict diet. It's based on research stating that people living in Mediterranean countries live longer!

680 calories | 46 protein | 68 carbs | 27 fat

Family Friendly

cook: 45 min

R3694-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2849 / 680
Fats (g)	27.2
of which saturated (g)	6.2
Carbohydrates (g)	68
of which sugars (g)	10.5
Fibers (g)	13.6
Proteins (g)	46.1
Salt (g)	0.5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Herb crusted salmon	
Skin-on salmon fillet 6*	700 Grams
Fresh parsley	15 Grams
Panko bread crumbs 10*,11*,12*	120 Grams
Dried thyme	4 Grams
Garlic onion powder	8 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Vegetable oil	2 Tbsp

Roasted vegetables	
Potatoes	1200 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Red pepper	2 Piece
Lemon	2 Piece
Cherry tomatoes	300 Grams

Allergens: *6 Fish, *10 Wheat, *11 Gluten, *12 Lupin

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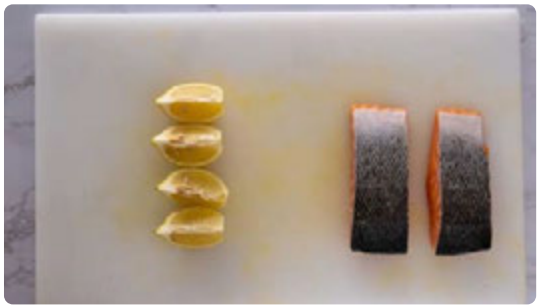
1. Roast potatoes

Preheat the oven to 200°C/180°C fan. Chop the **potatoes** (skins on) into small bite-sized pieces. Add them to a large baking tray with a drizzle of **vegetable oil** and a generous pinch of **salt**. Roast for 25 min.



2. Prep

Meanwhile, de-seed and roughly chop the **red pepper**. Finely chop the **parsley** (stems included). In a small bowl, mix together the **bread crumbs**, **thyme**, **garlic onion powder**, **parsley**, **salt** and **black pepper**.



3. Portion salmon

Portion the **salmon** into individual **fillets**. Slice the **lemon** into wedges



4. Roast vegetables

After the **potatoes** have been roasting for 25 min, add the **peppers** and **cherry tomatoes** to the **potatoes**, with a pinch of **salt**. Roast for 15 min further or until the **vegetables** begin to soften.



5. Bake salmon

Meanwhile, top the **salmon fillets** evenly with the **bread crumb** mixture. Drizzle with **oil** and bake for 10-12 min or until the **salmon** is cooked through and crisp.



6. Serve

Divide the **roasted vegetables** among plates and top with the **crispy salmon** and any extra toasted **bread crumb** mixture that's fallen into the tray. Serve the **lemon** wedges alongside.

9oz Fillet Steak with Portabello Mushrooms
and Garlic Butter

Tender fillet steak with crispy roasted potatoes and garlic butter? Yes please!

hello chef

813 calories | 68 protein | 54 carbs | 39 fat

Gourmet | Family Friendly

cook: 45 min

R3346-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3388 / 813
Fats (g)	38.5
of which saturated (g)	19.4
Carbohydrates (g)	54
of which sugars (g)	6.9
Fibers (g)	12.6
Proteins (g)	67.8
Salt (g)	0.6

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steak	
Fillet steak	1000 Grams
Vegetable oil	2 Tbsp
Flaky sea salt	4 Grams
Black pepper	1 Tsp

Sides	
Potatoes	1200 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Portabello mushroom	4 Piece
Tomatoes	2 Piece
Thick asparagus	500 Grams

Garlic butter	
Garlic cloves	4 Piece
Butter **4***	100 Grams
Fresh thyme	10 Grams
Salt	1 Tsp

Allergens: *4 Milk

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1. Boil

- Preheat the oven to 200°C/180°C fan.
- Remove the **steaks** from the fridge.
- Peel the **potatoes** into bite-sized pieces.
- Add them to a pot of boiling salted water.
- Cook over a high heat for 5 min.
- Drain and leave to steam dry for 5 min.



2. Bake

- Once dried, add the cooked **potatoes** to a baking tray.
- Drizzle with a generous amount of **vegetable oil** and sprinkle with **salt**.
- Bake for 25-30 min or until crispy and fork tender.



3. Prep

- Meanwhile, add the whole **mushrooms**, flat-side down, to a second baking tray.
- Drizzle with **oil**, season with **salt**.
- Bake for 10 min.
- Halve the **tomatoes**.
- Trim the **asparagus**.
- Peel and mince the **garlic**.
- Pat the **steaks** dry with kitchen paper.



4. Steak

- Rub the **steaks** with **oil** and season with **salt**.
- Heat a large pan over a high heat.
- Once very hot, add the **steaks**.
- Fry them for 3 min on each side.
- Add the **steaks**, **asparagus** and **tomatoes** to the **mushroom** tray.
- Bake for 8-10 min further or until the **steaks** are cooked to your liking.
- Transfer the **steaks** to a plate.
- Leave them to rest.
- Reserve the pan.



5. Garlic butter

- Return the pan to a medium heat.
- Once hot, add the **butter**, **garlic** and whole **thyme** sprigs.
- Cook for 3 min.
- Season with **salt** and **pepper**.

Tip! Time permitting, return the steaks to the garlic-thyme butter and baste them over a medium heat for 1 min on each side



6. Serve

- Season the rested **steaks** generously with the **flaky salt** and **pepper**.
- Serve the **9oz Fillet Steak** with **Portabello Mushrooms** and vegetables alongside.
- Drizzle the lot with the **Garlic Butter**.

Shawarma Spiced Tofu and Hummus Wraps

with Pickled Sumac Onions

Craving a quick meal? These wraps are piled high with marinated tofu in familiar shawarma spices. You won't miss the meat.

hello chef

815 calories | 42 protein | 84 carbs | 39 fat

cook: 35 min

R4070-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2612 / 815
Fats (g)	39.1
of which saturated (g)	3.4
Carbohydrates (g)	84
of which sugars (g)	12.2
Fibers (g)	19.2
Proteins (g)	41.9
Salt (g)	1.6

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What You'll Need

Oven

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Shawarma tofu	
Firm tofu 9*	600 Grams
Corn starch	20 Grams
Vegetable stock cube 15*	1 Piece
Zaatar	15 Grams
Allspice powder	4 Grams
Coriander cumin powder	8 Grams
Smoked paprika powder	4 Grams
Cardamom powder	4 Grams
Cinnamon powder	2 Grams
Red vinegar	30 ML
Olive oil	4 Tbsp

Pickled sumac onions	
Lemon	2 Piece
Red onion	2 Piece
Fresh parsley	15 Grams
Sumac	8 Grams
Olive oil	2 Tbsp
Salt	1 Tsp

To serve	
Gherkins	80 Grams
Tomatoes	2 Piece
Cucumber	2 Piece
Fresh mint	10 Grams
Arabic flatbread packet 10*,11*	2 Piece
Hummus 3*	400 Grams

Allergens: *9 Soya, *15 Celery, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Prep

- Preheat the oven to 220°C/200°C fan.
- Boil some water in a kettle.
- Drain and slice the **tofu** into cubes. Place on a large plate.
- Slice the **lemon** into wedges.
- Peel and finely slice the **red onions**.
- Pick and finely chop the **parsley**.

> **Tip!** For a crispier tofu texture, remove as much water as possible by lightly pressing on the tofu with paper towels prior to marinating.



2. Coat tofu

- Coat the **tofu** in the **corn starch** on all sides.
- In a small bowl, dissolve the 1 **vegetable stock cube** with 2 Tbsp of hot water.
- Add in the **zaatar**, **allspice**, **coriander cumin powder**, **smoked paprika**, **cardamom**, **cinnamon**, **red vinegar**, and **olive oil**.
- Mix into a paste, and pour over the **tofu**, mixing gently on both sides.
- Set aside.



3. Pickle onion

- In a bowl, combine the **red onion**, **sumac**, **parsley**, **olive oil**, a squeeze of **lemon** juice, and a pinch of **salt**.
- Mix and set aside to marinate.

> **Tip!** The longer the onions marinate, the tastier!



4. Bake tofu

- Line a baking tray with parchment paper.
- Place the **tofu** on the baking sheet and bake for 20-25 min or until lightly crispy.



5. Prep sides

- Meanwhile, slice the **gherkins** in half.
- Slice the **tomatoes** into wedges.
- Slice the **cucumbers** into rounds.
- Pick the **mint** leaves.
- Microwave the **Arabic flatbread** for 30 sec or until hot.

> **Tip!** Alternatively, you may warm the bread in the oven.



6. Serve

- Spread one spoon of **hummus** on top of each **Arabic flatbread**.
- Add the **shawarma-spiced tofu** on top with some **pickled sumac onions**.
- Serve the **Shawarma Spiced Tofu and Hummus Wraps** and **Pickled Sumac Onions** with **gherkins**, **tomatoes**, **cucumbers**, **mint leaves** and **lemon** wedge alongside.

Rump Steak and Sweet Potato Fries

with Avocado Cream

It doesn't get more decadent than avocado enriched with butter!

hello chef

705 calories | 47 protein | 56 carbs | 36 fat

Low Carb

cook: 35 min

R3071-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2947 / 705
Fats (g)	36
of which saturated (g)	11.7
Carbohydrates (g)	56
of which sugars (g)	10
Fibers (g)	15.7
Proteins (g)	46.7
Salt (g)	0.6

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What You'll Need

- Oven
- Food processor

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steak	
Rump steak	800 Grams
Smoked paprika powder	4 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp

Fries	
Sweet potatoes	800 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Avocado	
Butter [4*]	50 Grams
Avocado	2 Piece
Garlic cloves	1 Piece
Lime	2 Piece
Salt	1 Tsp
Black pepper	1 Tsp
Flaky sea salt	4 Grams

Allergens: *4 Milk

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1. Bake fries

Preheat the oven to 200°C/180°C fan. Remove the **butter** and **steak** from the fridge. Slice the **sweet potatoes** (skins on) into fries. Add the **fries** to a large baking tray with a drizzle of **vegetable oil**. Toss. Sprinkle with a generous pinch of **salt**. Roast for 30 min or until golden and crisp.



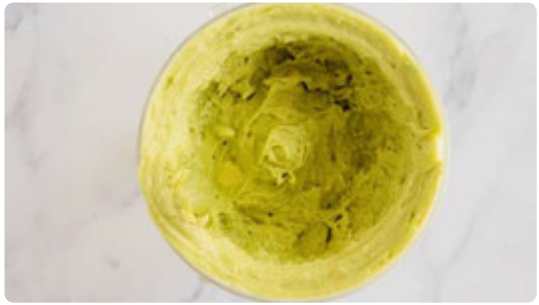
2. Season steak

Meanwhile, add the **smoked paprika** to a plate with a generous pinch of **salt**. Pat the steaks dry with kitchen paper. Turn the steaks in the **smoked paprika** and set aside.



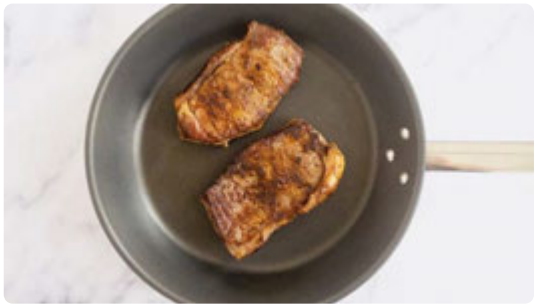
3. Prep avo

Cut the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon, then chop it into chunks. Peel and grate 1 **garlic cloves**. Halve the **limes**.



4. Blitz avo

Place the **avocado**, soft **butter**, **garlic**, **salt** and **pepper** in a food processor. Squeeze the **lime** juice directly into the food processor. Blitz until smooth.



5. Fry steak

Heat a pan with a drizzle of **oil** over a high heat. Once very hot, add the steaks and fry them for 2-4 min on each side or until cooked to your liking. Transfer the steaks to a plate and leave them to rest for 5 min.



6. Serve

Serve the rested **steak** with the **avocado cream** and **sweet potato fries** on the side. Sprinkle the **flaky sea salt** over the **avocado** and **fries**.

Beef Patties in a Creamy Mushroom Sauce

with Roasted Potatoes

Mushrooms are one of the few natural sources of vitamin D, which is essential for healthy bones and teeth.

hellochef

648 calories | 49 protein | 49 carbs | 27 fat

cook: 45 min

R3766-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2710 / 648
Fats (g)	27.2
of which saturated (g)	13.6
Carbohydrates (g)	49
of which sugars (g)	7.1
Fibers (g)	9.9
Proteins (g)	49.1
Salt (g)	0.7

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What You'll Need

Oven

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Patties

Lean beef mince	700 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Vegetable oil	2 Tbsp

Mushroom sauce

Red onion	2 Piece
Chestnut mushrooms	500 Grams
Garlic cloves	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Cream cheese 4*	160 Grams
Water	200 ML
Mushroom stock cube	1 Piece
Fresh parsley	15 Grams

Roasted potatoes

Potatoes	1200 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Allergens: *4 Milk

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1. Roast potatoes

Preheat the oven to 200°C/180°C fan. Chop the **potatoes** (skins on) into small bite-sized pieces. Add them onto a baking tray with a drizzle of **oil** and a generous pinch of **salt**. Roast for 35-40 min until golden and crisp.



2. Make patties

Meanwhile, peel and finely chop the **onion**. Add the **beef mince** and half of the **onion** (reserve the remaining **onion** for step 5) to a large mixing bowl with a pinch of **salt** and **pepper**. With clean hands, knead until all the ingredients are fully combined. Divide the mixture into 8 pieces, and shape each piece into a **burger patty**.

> **Tip!** Overmixing the beef mince can make the patties heavy and dense. To avoid this, just gently mix the beef mince until the ingredients are combined.



3. Fry patties

Heat a non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **patties** and fry for 3-4 min on each side or until browned and cooked through. Once cooked, transfer the **patties** to a plate and reserve the pan.



4. Prep

Meanwhile, clean the **mushrooms** with a cloth, knife or brush (don't wash them with water). Roughly chop or tear the **mushrooms**. Peel and mince the **garlic**.



5. Make sauce

Return the reserved pan over a medium-high heat with a second drizzle of **oil**. Once hot, add the **mushrooms** and the remaining **onion** with a pinch of **salt** and fry for 5 min. Add the **garlic** and fry for 1 min further. Add the **cream cheese**, **measured water** and 1 **stock cube**. Bring to a simmer over a medium heat for 5 min or until the sauce thickens.

> **Tip!** Add a splash of water if the sauce thickens too quick.



6. Serve

Meanwhile, pick and finely chop the **parsley** leaves. Return the **patties** to the **mushroom sauce** with half of the **parsley** and simmer for 1 min further. Divide the **patties** among plates and garnish with the remaining **parsley**. Serve the **potatoes** alongside.

Lentil Moussaka Traybake

with Eggplant and Potatoes

Hearty Moussaka flavours, done vegetarian & healthy! Baking the potatoes and eggplants in the oven makes for a quicker and easier take on the classic Greek treat.

589 calories | 38 protein | 78 carbs | 15 fat

Calorie Smart

cook: 50 min

R4082-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2466 / 589
Fats (g)	14.6
of which saturated (g)	8.2
Carbohydrates (g)	78
of which sugars (g)	20.7
Fibers (g)	25.2
Proteins (g)	38
Salt (g)	2.3

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What You'll Need

Oven

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Lentil mix	
Canned lentils	530 Grams
Red onion	1 Piece
Garlic cloves	4 Piece
Olive oil	3 Tbsp
Salt	1 Tsp
Tomato paste	70 Grams
Tomato passata	500 Grams
Water	100 ML
Vegetable stock cube 15*	1 Piece
Cumin powder	4 Grams
Paprika powder	4 Grams
Cinnamon powder	2 Grams
Dried oregano	4 Grams
Black pepper	1 Tsp
Grated mozzarella 4*	200 Grams

Roast	
Potatoes	900 Grams
Eggplant	2 Piece
Olive oil	2 Tbsp
Salt	1 Tsp

Salad	
Cucumber	3 Piece
Fresh mint	10 Grams
Olive oil	1 Tbsp
White balsamic vinegar 14*	30 ML
Salt	1 Tsp

Allergens: *15 Celery, *4 Milk, *14 Sulphur Dioxide

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1. Prep and bake

Preheat the oven to 220°C/200°C fan. Scrub the **potatoes** clean. Cut the **potatoes** (skin on) and **eggplants** into 1 cm slices. Add the **eggplant slices** onto a lined oven tray. Top with the **potato slices**. Drizzle generously with **olive oil** and sprinkle generously with **salt**. Bake for 30 min.

Tip! If you are cooking for 3 or 4, you might wish to use two trays and the fan forced oven function.



2. Prep

Meanwhile, rinse and drain the **lentils**. Peel and finely chop the **onion**. Peel and mince the **garlic**.



3. Fry and simmer

Heat a large non-stick pan over a medium high heat with a drizzle of **olive oil**. Once hot, add the **onion** and a pinch of **salt**, and fry for 5 min. Add the **lentils**, **garlic**, **tomato paste**, **tomato passata**, measured **water**, 1 **stock cube**, **cumin powder**, **paprika powder**, **cinnamon powder**, **oregano**, **pepper** and a second pinch of **salt**. Simmer for 5 min.

Tip! If bubbles appear when a small piece of onion is placed in the oil, it's hot enough to fry.



4. Bake

Once the **potatoes** and **eggplants** have baked for 30 min, top them with the **lentil sauce**. Sprinkle with the **grated mozzarella**. Return the tray into the oven and bake for a final 8-10 min.

Tip! Make sure the potatoes have softened and the eggplants have roasted before adding the lentil mix. If not, give them an additional 5 min in the oven.



5. Prep salad

Meanwhile, chop the **cucumber** into half moons. Pick and finely chop the **mint** leaves (reserving a few small leaves for garnish). In a large bowl, combine the **cucumber** with the **mint**, **olive oil**, **balsamic vinegar** and a pinch of **salt**. Mix well.



6. Serve

Divide the **lentil moussaka tray bake** among plates. Garnish with the reserved **mint** leaves. Serve the **cucumber mint salad** alongside.

Creamy Cajun Mushroom Pasta
with Peppers

Mushrooms, cheese, cream and cajun spice, what could possibly be not to like?

hello chef

862 calories | 38 protein | 113 carbs | 31 fat

Family Friendly | Quick Prep

prep: 5 min | cook: 20 min | R3894-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3592 / 862
Fats (g)	30.8
of which saturated (g)	17.1
Carbohydrates (g)	113
of which sugars (g)	15.8
Fibers (g)	10.4
Proteins (g)	37.5
Salt (g)	0.7

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pasta	
Chestnut mushrooms	500 Grams
Salt	1 Tsp
Spring onion	80 Grams
Red pepper	2 Piece
Olive oil	2 Tbsp
Fusilli pasta 5*,10*,11*	500 Grams
Cajun spice	8 Grams
Tomato paste	100 Grams
Garlic powder	4 Grams
Cooking cream 4*	400 ML
Water	200 ML
Mushroom stock cube	1 Piece

To serve	
Grated Parmesan 4*	60 Grams
Lemon	2 Piece
Fresh chives	15 Grams
Black pepper	1 Tsp

Allergens: *5 Eggs, *10 Wheat, *11 Gluten, *4 Milk

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1. Prep

- Boil a kettle of water.
- Add the boiled water to a large pot over a high heat with a generous pinch of **salt**.
- Trim and finely slice the **spring onion**.
- Deseed and finely slice the **red pepper**.
- Clean the **mushrooms** with a cloth, knife or brush (don't wash them with water).
- Roughly chop or tear the **mushrooms**.



2. Fry

- Heat a large pan over a medium-high heat with a drizzle of **olive oil**.
- Once hot, add the **spring onion**, **peppers** and **mushrooms** with a pinch of **salt**.
- Fry for 5 min or until softened.



3. Boil pasta

- Meanwhile, once the water is boiling, add the **fusilli pasta**.
- Cook for 8-10 min until 'al dente' or cooked to your liking.
- Reserve a cup of **pasta water** (to use in step 6).
- Drain.



4. Add spices

- Meanwhile, add the **cajun spice (spicy!)**, **tomato paste** and **garlic powder** to the pan.
- Fry for 1 min further.

Tip! Substitute the cajun spice for smoked paprika and a pinch of sugar for a milder version!



5. Simmer

- After 1 min, add the **cooking cream**, **measured water**, 1 **mushroom stock cube** and half of the **grated Parmesan** (reserve the rest for garnish) to the pan.
- Simmer for 5 min further.



6. Serve

- Meanwhile, slice the **lemon** into wedges.
- Finely chop the **chives**.
- Once the **mushroom sauce** has thickened, add the cooked **pasta** to the **sauce**. Toss.
- Season generously with **pepper** and a squeeze of **lemon** juice to taste.
- Serve the **Creamy Cajun Mushroom Pasta with Peppers**.
- Garnish with the **chives** and remaining **grated Parmesan**.
- Serve the remaining **lemon wedges** alongside.

Tip! Add a splash of the reserved pasta water if the sauce looks too dry.

Chicken "Egg Roll" Noodle Bowl

with Cabbage, Carrots, and Bean Sprouts

Taking classic flavours found in egg rolls, and turning them into an easy weeknight stir-fry!

hellofresh

738 calories | 62 protein | 44 carbs | 38 fat

Global Eats

cook: 30 min

R3944-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3083 / 738
Fats (g)	37.6
of which saturated (g)	9.7
Carbohydrates (g)	44
of which sugars (g)	14.7
Fibers (g)	9.3
Proteins (g)	62
Salt (g)	5

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What You'll Need

- Box grater

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Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stir-fry	
Chicken mince	600 Grams
Rice noodles	200 Grams
Salt	1 Tsp
Carrot	2 Piece
White cabbage	450 Grams
Small red chilli	2 Piece
Spring onion	80 Grams
Vegetable oil	2 Tbsp
Organic Eggs 5*	4 Piece
Bean sprouts	100 Grams

Stir-fry sauce	
Soy sauce 9*,10*,11*	60 ML
Ginger garlic paste	30 Grams
Brown sugar	10 Grams
Oyster sauce 8*,10*	40 Grams
Rice vinegar	30 ML
Sesame oil 3*,9*	30 ML

To serve	
Fresh coriander	30 Grams
Lime	2 Piece
Sesame seeds 3*	20 Grams

Allergens: *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten, *8 Molluscs, *3 Sesame Seeds

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1. Prep

- Boil a kettle.
- Add the **rice noodles** to a large bowl with a pinch of **salt** and cover them with the boiling water.
- Leave to soak for 5 min.
- Drain.
- Meanwhile, in a small bowl, combine the **soy sauce**, **ginger garlic paste**, **brown sugar**, **oyster sauce**, **rice vinegar**, and **sesame oil**.
- Mix well.
- Set the **stir-fry sauce** aside.

Tip! Drizzle a bit of oil over the cooked noodles to prevent them from sticking together.



2. Prep

- Peel and grate the **carrot**.
- Finely slice the **white cabbage**.
- Thinly slice the **red chilli**.
- Chop the **spring onion**.
- Pick the **coriander** leaves.

Tip! For less spice, deseed the red chilli and use only a small amount.



3. Scramble egg

- Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **eggs** with a pinch of **salt**.
- Cook for 1-2 min, scrambling with a spatula as you go.
- Once cooked, transfer to a plate.
- Reserve the pan.

Tip! Use your largest pan (or wok!) to make it easier and quicker to stir-fry all the ingredients together.



4. Fry mince

- Return the reserved pan to a medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken mince**, **spring onion**, and **carrot** with a pinch of **salt**.
- Stir-fry for 5 min.
- Add the **cabbage** and **red chilli** (spicy!).
- Stir-fry for 3 min until softened.



5. Add noodles

- Add the **stir-fry sauce**.
- Cook for 1-2 min, then add the **rice noodles** and **scrambled eggs**.
- Mix well.
- Cook for another 2-4 min.
- Remove from the heat.
- Toss through the **bean sprouts**.
- Meanwhile, slice the **lime** into wedges, and squeeze a wedge over everything.

Tip! Use tongs to distribute the noodles evenly without breaking them.



6. Serve

- Serve the **Chicken "Egg Roll" Noodle Bowl with Cabbage, Carrots, and Bean Sprouts**.
- Garnish with the **coriander**, **sesame seeds**, and **lime** wedges.

Tip! For added flavour, toast the sesame seeds in a dry, hot pan for 2 min or until golden and fragrant.

General Tso Chicken Stir-fry

with Jasmine Rice

This sweet and spicy stir-fry is a staple in many Chinese restaurants in North America.

hello chef

700 calories | 61 protein | 111 carbs | 6 fat

Family Friendly

cook: 30 min

R2631-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2927 / 700
Fats (g)	5.9
of which saturated (g)	2.3
Carbohydrates (g)	111
of which sugars (g)	19.9
Fibers (g)	8
Proteins (g)	60.6
Salt (g)	6.8

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Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Corn starch	30 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp

Rice	
Jasmine rice	300 Grams
Water	600 ML
Salt	1 Tsp

Stir-fry	
Broccoli	600 Grams
Shallots	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Sauce	
Water	200 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Ginger garlic paste	40 Grams
Hoisin sauce 3*,9*,10*	90 Grams
Soy sauce 9*,10*,11*	40 ML
Honey	30 Grams
Rice vinegar	30 ML
Chilli flakes	4 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *3 Sesame Seeds, *10 Wheat, *11 Gluten

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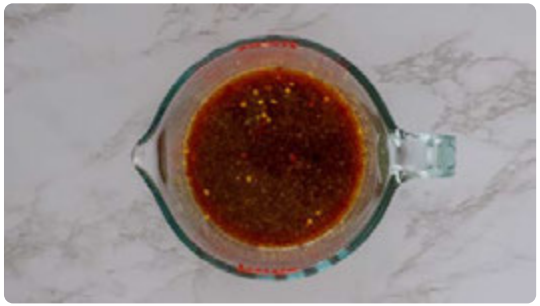
1. Boil rice

- Rinse the **rice**.
- Add the **rice**, **measured water** and a pinch of **salt** to a pan with a lid.
- Bring to boil over a high heat.
- Reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Remove the pan from heat.
- Keep covered until serving.



2. Prep vegetables

- Meanwhile, separate the **broccoli** into small florets and chop them into bite-sized pieces.
- Peel and finely slice the **shallots**.



3. Mix sauce

- Boil the **measured water** and dissolve the 1 **chicken stock cube** in it.
- Add the **ginger garlic paste**, **hoisin sauce**, **soy sauce**, **honey**, **rice vinegar** and **chilli flakes (spicy!)** to the **chicken stock**.
- Mix well and set aside.

Tip! Sensitive to spice? Go easy on the chilli flakes.



4. Fry chicken

- Chop the **chicken** into bite-sized strips.
- Add the **corn starch** with a pinch of **salt** to a plate.
- Turn the **chicken strips** in the **corn starch** until well coated.
- Heat a large pan over a medium-high heat with a generous drizzle of **oil**.
- Once hot, add the coated **chicken**.
- Fry for 5 min or until browned and cooked through.
- Transfer the **chicken** to a plate.
- Wipe and reserve the pan.



5. Stir-fry

- Return the reserved pan to a medium-high heat with a second drizzle of **oil**.
- Add the **broccoli** and **shallots**.
- Stir-fry with a pinch of **salt** for 2 min.
- Add the **sauce** and **chicken**.
- Fry for 3-4 min further or until the **sauce** thickens and generously coats the **vegetables** and **chicken**.
- Remove from the heat and season with **pepper** to taste.



6. Serve

- Serve the **General Tso Chicken Stir-fry** with **Jasmine Rice**.
- Drizzle any leftover **sauce** from the pan over the **chicken**.

Garlicky Chicken Bites

with Roasted Broccoli and Cauliflower and Aioli

In this recipe you'll make delicious chicken bites and toss them in garlic before serving them with roasted broccoli and cauliflower.

hellochef

587 calories | 56 protein | 43 carbs | 23 fat

Low Carb | Calorie Smart

cook: 40 min

R3576-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2453 / 587
Fats (g)	23.1
of which saturated (g)	4.1
Carbohydrates (g)	43
of which sugars (g)	12.8
Fibers (g)	10.2
Proteins (g)	56.4
Salt (g)	2.5

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken bites	
Chicken breast	800 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Corn starch	60 Grams
Garlic paste	20 Grams
Ketchup	16 Grams
Soy sauce 9*,10*,11*	20 ML
Honey	30 Grams

Broccoli	
Broccoli	600 Grams
Cauliflower	600 Grams
Olive oil	4 Tbsp
Salt	1 Tsp

Dip	
Garlic cloves	1 Piece
Mayonnaise 5*,9*,13*	100 Grams
Lemon	1 Piece
Salt	1 Tsp

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *5 Eggs, *13 Mustard

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1. Roast vegetables

- Preheat the oven to 200°C/180°C fan.
- Chop the **broccoli** and **cauliflower** into small florets.
- Add the **cauliflower** to a lined baking tray.
- Drizzle with **oil** and sprinkle with **salt**.
- Roast for 10 min.
- After 10 min, add the **broccoli** to the tray with another drizzle of **oil**.
- Roast for 20 min further until tender and starting to char.



2. Prep chicken

- Meanwhile, chop the **chicken** into bite-sized pieces and add it to a bowl.
- Add the **corn starch** with a pinch of **salt**.
- Toss until coated.



3. Fry chicken

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Add the coated **chicken**.
- Cook for 5-6 min or until crispy and cooked through.



4. Make aioli

- Meanwhile, peel and mince the **garlic**.
- In a bowl, combine the **mayonnaise**, 1 minced **garlic** clove and a squeeze of **lemon** juice with a pinch of **salt**.
- Keep **aioli** aside.

Tip! Don't add the raw garlic to the aioli if you find the taste too punchy.



5. Toss chicken

- Reduce the heat to medium.
- Add the **garlic paste**, **ketchup**, **soy sauce**, **honey** and a splash of water to the **chicken**.
- Cook for 2 min.
- Keep covered until serving.

Tip! Timing is everything! Begin this step when the broccoli and cauliflower are done roasting.



6. Serve

- Serve the **Garlicky Chicken Bites** with **Roasted Broccoli** and **Cauliflower** and **Aioli**.

Mushroom and Baby Spinach Orzotto

with Truffle Oil

Orzotto is a risotto made with orzo pasta instead of rice!

hello chef

724 calories | 31 protein | 104 carbs | 19 fat

Global Eats

cook: 35 min

R3862-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3019 / 724
Fats (g)	19.1
of which saturated (g)	1.7
Carbohydrates (g)	104
of which sugars (g)	8.4
Fibers (g)	6.5
Proteins (g)	31.1
Salt (g)	0.6

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Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Orzotto	
Water	1200 ML
Dried porcini mushrooms	20 Grams
Vegetable stock cube 15*	2 Piece
Red onion	2 Piece
Garlic cloves	4 Piece
Chestnut mushrooms	500 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Orzo 9*,10*,11*	500 Grams
Baby spinach	90 Grams
Grated Parmesan 4*	90 Grams
Black pepper	1 Tsp

To serve	
Fresh parsley	15 Grams
Truffle oil	30 ML

Allergens: *15 Celery, *9 Soya, *10 Wheat, *11 Gluten, *4 Milk

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1. Prep

- Boil the **measured water**.
- Add the **dried porcini mushrooms**, **vegetable stock cube** and the boiled **water** to a jug.
- Set the **mushroom stock** aside.
- Peel and finely chop the **red onion**.
- Peel and mince the **garlic**.
- Clean the **mushrooms** with a cloth, knife or brush (don't wash them with water).
- Roughly chop or tear the **mushrooms**.



2. Fry mushrooms

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion** and **mushrooms** with a pinch of **salt**.
- Fry for 5 min or until browned.



3. Add garlic

- Once the **mushrooms** have browned, add the **garlic**.
- Fry for 1 min further.



4. Simmer

- Add the **mushroom stock** and the **orzo** to the pan.
- Bring to a simmer.
- Reduce the heat to medium.
- Simmer, stirring occasionally, for 10 min or until the water is absorbed and the **orzo** is tender.



5. Add Parmesan

- Meanwhile, pick and finely chop the **parsley** leaves.
- After 10 min, add the **baby spinach**, half of the **grated Parmesan** and half of the **parsley** (reserve the rest for garnish) to the **orzotto**.
- Simmer for 1 min further or until the **spinach** wilts.
- Remove the pan from the heat.
- Season with **salt** and **pepper** to taste.



6. Serve

- Serve the **Mushroom and Baby Spinach Orzotto**.
- Drizzle with the **truffle oil**.
- Garnish with the remaining **parsley** and **grated Parmesan**.

Tip! Add the truffle oil according to your own taste and preference.

Zucchini Meatballs

with Spaghetti and Tomato Sauce

Enjoy this veggie version of a family classic!

hello chef

845 calories | 46 protein | 131 carbs | 9 fat

Family Friendly

cook: 40 min

R2912-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3539 / 845
Fats (g)	8.8
of which saturated (g)	9.4
Carbohydrates (g)	131
of which sugars (g)	18.5
Fibers (g)	12.8
Proteins (g)	45.7
Salt (g)	1.5

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What You'll Need

- Oven
- Box grater
- Blender

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Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meatballs	
Small zucchini	8 Piece
Salt	1 Tsp
Panko bread crumbs *10*,11*,12**	90 Grams
Garlic powder	4 Grams
Grana padano *4*,5**	120 Grams
Organic Eggs *5**	2 Piece

Sauce	
Shallots	2 Piece
Garlic cloves	4 Piece
Fresh basil	30 Grams
Olive oil	2 Tbsp
Dried oregano	2 Grams
Chopped tomatoes	800 Grams
Tomato paste	70 Grams
Water	150 ML
Vegetable stock cube *15**	2 Piece
Red vinegar	30 ML
Honey	30 Grams
Cream cheese *4**	40 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Spaghetti	
Spaghetti *5*,10*,11**	500 Grams
Salt	1 Tsp

Allergens: *10 Wheat, *11 Gluten, *12 Lupin, *4 Milk, *5 Eggs, *15 Celery

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1. Grate zucchini

- Preheat the oven to 200°C/180°C fan.
- Grate the **zucchini** and place it in a colander.
- Sprinkle the grated **zucchini** with the **salt**.
- Place the colander in the sink until step 4.

Tip! Salting the zucchini helps to drawer out moisture.



2. Prep

- Meanwhile, peel and finely chop the **shallots** and **garlic**.
- Finely chop the **basil** leaves.



3. Simmer

- Heat a small pan over a medium-low heat with a generous drizzle of **olive oil**.
- Once hot, and the **shallots** with a pinch of **salt**.
- Fry for 3 min.
- After 3 min, add the **garlic**, **oregano**, **chopped tomatoes**, **tomato paste**, **measured water**, **stock cube**, **red vinegar** and **honey**.
- Simmer for 25 min.
- After 25 min, puree until smooth with a hand-held blender.



4. Bake meatballs

- Meanwhile, give the **zucchini** a good squeeze to remove any excess liquid.
- Place the **zucchini**, **panko bread crumbs**, **garlic powder**, half the grated **Grana padano** and the **egg** in a large bowl.
- Give everything a good mix up.
- Shape into small balls and place the balls on an oiled baking tray.
- Bake for 25 min, flipping them half way.



5. Boil pasta

- Once the **zucchini** balls have been in the oven for 10 min, bring a large pot of salted water to the boil.
- Once boiling, add the **spaghetti**.
- Cook for 8-10 min until 'al dente' or cooked to your liking.
- Drain.



6. Serve

- Add the **cream cheese** and **chopped basil** to the **tomato sauce** and season with **salt** and **pepper**.
- Simmer for 1 final min.
- Serve the **Zucchini Meatballs** on **Spaghetti** with **Tomato Sauce**.
- Top with the remaining **Grana padano**.

Cardamom and Pistachio Rice Pudding

Cardamom and Pistachio Rice Pudding

A creamy middle eastern dessert that can be enjoyed hot or cold

hello chef

1012 calories | 36 protein | 153 carbs | 33 fat

Family Friendly

cook: 30 min

R4439-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4241 / 1012
Fats (g)	33.4
of which saturated (g)	16.5
Carbohydrates (g)	153
of which sugars (g)	71.6
Fibers (g)	4
Proteins (g)	36
Salt (g)	66.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Arborio rice	160 Grams
Whole milk 4*	1000 ML
Vanilla extract	5 ML
Caster sugar	75 Grams
Sliced pistachios 2*	30 Grams
Cardamom powder	2 Grams
Butter 4*	10 Grams
Salt	0.25 Tsp
Organic Eggs 5*	2 Piece
Golden raisins 14*	30 Grams

Allergens: *4 Milk, *2 Tree Nuts, *5 Eggs, *14 Sulphur Dioxide

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1.

Simmer coconut **milk**, honey, **cardamom** pods pinch of **salt** together in a saucepan with a lid. Rinse and drain the **rice**. Add **rice** to the saucepan, reduce heat and cook for 20 -25 min until **rice** is cooked and **milk** has thickened. Stir often.



2.

Once **rice** is cooked, add **vanilla extract**.



3.

Ladle into individual glasses and refrigerate until chilled.

Tip! Can be served warm.



4.

Sprinkle with **pistachios** and rose petals.



5.

Serve.

One-pot Creamy Chicken and Mushroom Pasta

If you eat all of this you won't have mush-room for pudding!

hello chef

978 calories | 64 protein | 104 carbs | 34 fat

Family Friendly

cook: 30 min

R3363-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4074 / 978
Fats (g)	33.8
of which saturated (g)	18
Carbohydrates (g)	104
of which sugars (g)	6.4
Fibers (g)	7.9
Proteins (g)	63.7
Salt (g)	3.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pasta & sauce	
Chicken breast	600 Grams
Water	1000 ML
Chicken stock cube 4*,5*,9*,15*	2 Piece
Chestnut mushrooms	500 Grams
Garlic cloves	4 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Cooking cream 4*	400 ML
Penne 5*,10*,11*	500 Grams
Fresh parsley	15 Grams
Grated Parmesan 4*	60 Grams
Black pepper	0.5 Tsp

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *10 Wheat, *11 Gluten

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1. Prep

- Boil the **measured water** and dissolve the **stock cube** in it.
- Set the **chicken stock** aside.
- Clean the **mushrooms** with a cloth, knife or brush (don't wash them with water).
- Roughly chop or tear the **mushrooms** into small pieces.
- Peel and mince (or grate!) the **garlic**.
- Chop the **chicken** into small, bite-sized pieces.



2. Start pasta

- Heat a pan over a high heat with a drizzle of **oil**.
- Add the **chicken** and **mushrooms** with a pinch of **salt**.
- Fry for 6-7 min or until browned.
- Add the **garlic**.
- Cook for 1 min further.

Tip! Not a fungus fan? Leave out the mushrooms and serve with steamed broccoli.



3. Simmer

- Add the **cream** and **chicken stock** to the pot.
- Bring to a boil.
- Add the **pasta**, stir well and cover with a lid.
- Reduce the heat to medium.
- Simmer for 12-15 min or until the **pasta** is 'al dente'.

Tip! Stir occasionally to stop the pasta from sticking to the bottom of the pan.



4. Prep parsley

- Meanwhile, finely chop the **parsley** leaves.



5. Finish pasta

- Once the **pasta** is cooked, add the **grated Parmesan** and half of the **parsley** (reserve the rest for garnish).
- Season generously with **salt** and **pepper**.



6. Serve

- Serve the **One-pot Creamy Chicken and Mushroom Pasta**.
- Garnish with the remaining **parsley**.

Tip! Feeling posh? Jazz it up with a drizzle of truffle oil!

Steak Diane with Garlicky Potato Mash

and Tarragon Carrots

Steak Diane is an American classic which is traditionally flambeed at the table. Feel free to skip that part!

hello chef

1041 calories | 70 protein | 81 carbs | 51 fat

Gourmet | Family Friendly

cook: 45 min

R2913-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4333 / 1041
Fats (g)	50.7
of which saturated (g)	29.5
Carbohydrates (g)	81
of which sugars (g)	22.1
Fibers (g)	16.5
Proteins (g)	69.9
Salt (g)	3.8

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Oven
- Potato masher

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steak and sauce	
Fillet steak	1000 Grams
Shallots	2 Piece
Garlic cloves	6 Piece
Chestnut mushrooms	500 Grams
Olive oil	4 Tbsp
Salt	1 Tsp
Water	200 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Worcestershire sauce 6*,11*	30 ML
Dijon mustard 13*	12 Grams
Black pepper	2 Tsp

Mash	
Potatoes	1200 Grams
Butter 4*	50 Grams
Cooking cream 4*	400 ML
Salt	1 Tsp
Fresh chives	15 Grams

Carrots	
Carrot	6 Piece
Salt	0.5 Tsp
Fresh tarragon	15 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *6 Fish, *11 Gluten, *13 Mustard

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1. Prep vegetables

- Preheat the oven to 220°C/200°C fan.
- Peel and chop the **potatoes**.
- Add the **potatoes** to a pot of salted boiling water.
- Boil for 20 min or until soft.
- Meanwhile, peel the **carrots** and chop them into sticks.
- Add the **carrots** to a baking tray.
- Drizzle with **oil** and **salt**.
- Bake for 15 min.
- Chop the **tarragon**.
- Once done, add the **tarragon** and half the **butter** to the **carrots** and toss.



2. Prep sauce

- Meanwhile, peel and chop the **shallots**.
- Peel and mince the **garlic** (use half for sauce, half for mash).
- Clean the **mushrooms** with kitchen paper or a cloth (do not wash).
- Slice them.



3. Fry steaks

- Pat the **steaks** dry with kitchen paper.
- Rub them with **oil** and season with **salt**.
- Heat a large pan over a high heat.
- Once very hot, add the **steaks**.
- Fry them for 3 min on each side.
- Place on a baking tray. Finish cooking them in the oven for 8-10 min or until cooked to your liking.
- Transfer the **steaks** to a plate.
- Leave them to rest for 10 min.
- Reserve the pan.

Tip! Slightly under cook the steaks when you're frying them in this step. Rest, then cook to perfection in the sauce (step 6).



4. Make sauce

- Return the pan to a medium-high heat with a drizzle of **oil**.
- Once hot, add the **mushrooms**.
- Fry for 5 min.
- Add the **shallots** and **garlic** and a pinch of **salt**.
- Fry for 2 min further.
- Add the **measured water**, 1 **chicken stock cube**, **Worcestershire sauce**, half the **cream** and **mustard**.
- Simmer for 5 min or until thickened.



5. Finish mash

- Drain the **potatoes** and return them to the pan.
- Add the remaining **cream**, **garlic** and **butter**.
- Mash until smooth.
- Season generously with **salt**.
- Chop the **chives** and add them to the **mash**.
- Keep covered.



6. Serve

- Season the **steaks** with a crack of **black pepper**.
- Serve the **Steak Diane** with **Garlicky Potato Mash** and **Tarragon Carrots** .

Creamy White Bean, Potato, and Mushroom Stew

with Sun-dried Tomatoes and Garlic Thyme Ciabatta

A hearty and comforting stew that's big on flavour and perfect for cosy evenings.

hello chef

593 calories | 26 protein | 97 carbs | 11 fat

Calorie Smart

cook: 40 min

R4071-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2492 / 593
Fats (g)	11.1
of which saturated (g)	5.1
Carbohydrates (g)	97
of which sugars (g)	13.7
Fibers (g)	18.5
Proteins (g)	25.9
Salt (g)	2.7

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stew

Red onion	2 Piece
Mushroom	500 Grams
Potatoes	600 Grams
Sun dried tomatoes	60 Grams
Fresh thyme	10 Grams
Olive oil	1 Tbsp
Plain flour 10*,11*	20 Grams
Almond milk 2*	240 ML
Vegetable stock cube 15*	1 Piece
Water	600 ML
Butter beans	480 Grams
Dijon mustard 13*	12 Grams
Dried rosemary	2 Grams
Baby spinach	90 Grams

Garlic Ciabatta

Garlic cloves	4 Piece
Salted vegan butter	40 Grams
Nutritional yeast	8 Grams
Black pepper	1 Tsp
Olive oil	1 Tbsp
Ciabatta 10*,11*	2 Piece

Allergens: *10 Wheat, *11 Gluten, *2 Tree Nuts, *15 Celery, *13 Mustard

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1. Prep

- Preheat the oven to 200°C/180°C fan.
- Peel and finely chop the **onions**.
- Clean the **mushrooms** with a cloth or brush (don't wash them with water) and slice them.
- Peel and chop the **potatoes** into bite-sized pieces.
- Roughly chop the **sun-dried tomatoes**.
- Pick the **thyme** leaves from a few sprigs, and keep the rest whole.



2. Cook stew

- Heat a non-stick pot over a medium-high heat with a drizzle of **olive oil**.
- Add the **onions**. Fry for 5 min until softened.
- Add the **mushrooms**, a pinch of **rosemary**. Fry for 6-7 min or until browned.
- Add the **flour**. Cook, stirring continuously, for 1 min or until a sandy paste has formed.
- Add the **almond milk**, 1 **vegetable stock cube**, the **measured water**, **sun dried tomatoes**, **potatoes**, and the whole sprigs of **thyme**.
- Bring to a boil and then cover.
- Gently simmer for 12-15 min until the **potatoes** are fork tender.



3. Mix garlic butter

- Meanwhile, peel and finely chop the **garlic**.
- In a small bowl combine the **garlic**, **salted vegan butter**, picked **thyme** leaves, **nutritional yeast**, a pinch of **pepper**, and a drizzle of **olive oil**.
- Mix well into a paste.



4. Toast bread

- Line a baking sheet with parchment paper.
- Slice the **Ciabatta** in half and spread the **garlic butter** over each piece.
- Bake for 10-12 min until golden and crisp.



5. Finish stew

- Drain and rinse the **butter beans**.
- Add to the stew with the **dijon mustard**.
- Cook for 5 min further.
- Stir in the **baby spinach**. Cook for 1-2 min until wilted.
- The stew is ready when the **potatoes** are fully cooked through.

Tip! Adjust the thickness of the stew to your liking by adding more water if needed.



6. Serve

- Serve the **Creamy White Bean, Potato and Mushroom Stew with Sun-dried Tomatoes** with **Garlic Thyme Ciabatta** on the side.

Chicken and Peach Salad

-

-

hello chef

628 calories | 55 protein | 32 carbs | 29 fat

Family Friendly

cook: 30 min

R4581-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2627 / 628
Fats (g)	28.6
of which saturated (g)	3.8
Carbohydrates (g)	32
of which sugars (g)	14.2
Fibers (g)	13.7
Proteins (g)	54.5
Salt (g)	0.7

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What You'll Need

Oven

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Red onion	2 Piece
Peach	2 Piece
Cherry tomatoes	300 Grams
Chicken breast	800 Grams
Vegetable oil	1 Tbsp
Vegetable seasoning **2*,10*,11*,13***	10 Grams
Cajun spice	4 Grams
Almond flakes **1*,2***	60 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Avocado	2 Piece
Fresh parsley	30 Grams

Allergens: *2 Tree Nuts, *10 Wheat, *11 Gluten, *13 Mustard, *1 Peanuts

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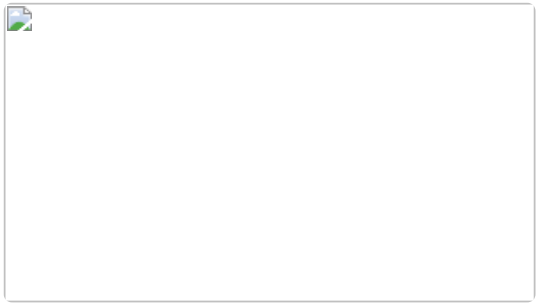
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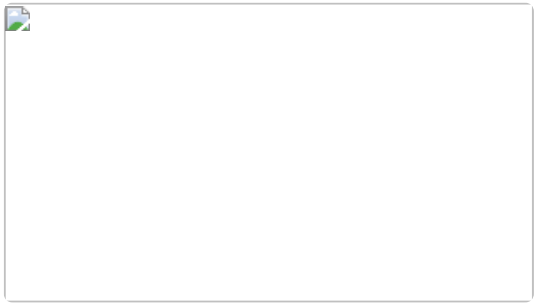
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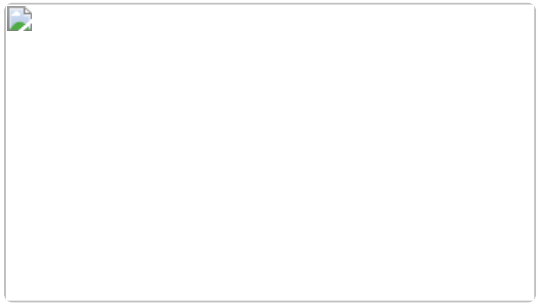
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Carrot and Halloumi Fritters

with a Middle Eastern Chickpea Salad

A feast of crispy fritters made with savoury halloumi and sweet carrots. Served with a fresh, herby Middle Eastern chickpea salad.

hello chef

806 calories | 35 protein | 107 carbs | 30 fat

Family Friendly

cook: 30 min

R3584-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3363 / 806
Fats (g)	29.9
of which saturated (g)	24.1
Carbohydrates (g)	107
of which sugars (g)	28.5
Fibers (g)	18.8
Proteins (g)	35.2
Salt (g)	5.6

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fritter	
Carrot	8 Piece
Halloumi 4*	400 Grams
Coriander cumin powder	8 Grams
Garlic onion powder	8 Grams
Plain flour 10*,11*	100 Grams
Organic Eggs 5*	2 Piece
Water	100 ML
Salt	1 Tsp
Black pepper	0.5 Tsp

Salad	
Salt	1 Tsp
Chickpeas	480 Grams
Cucumber	4 Piece
Honey	30 Grams
Harissa paste	40 Grams
Pomegranate molasses	40 Grams
Olive oil	4 Tbsp
Lemon	2 Piece
Fresh mint	10 Grams
Rocket	40 Grams
Red pepper	2 Piece

Allergens: *4 Milk, *10 Wheat, *11 Gluten, *5 Eggs

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1. Prep fritters

Peel and grate the **carrots** into a large bowl. Grate the **halloumi** directly into the bowl.



2. Mix batter

Add the **coriander cumin powder**, **garlic onion powder**, **flour**, **eggs** and the **measured water**. Season with **salt** and **pepper**. Mix until a thick batter forms. Refrigerate.



3. Prep salad

Drain and rinse the **chickpeas**. De-seed and finely chop the **pepper**. Chop the **cucumbers** into small bite-sized pieces. Add the **honey**, **harissa (spicy!)**, **pomegranate molasses**, **olive oil**, **salt** and a generous squeeze of **lemon juice** to a large bowl and whisk. Add the **cucumbers**, **peppers** and **chickpeas** to the bowl. Set aside.



4. Fry fritters

Heat a non-stick pan over a medium heat with a generous drizzle of vegetable **oil**. Once hot, scoop 1 heaped tbsp of the **batter** into the pan. Gently spread the mixture into a flat circular shape. Repeat until the mixture runs out. Fry the **fritters** for 3 min on each side or until golden brown and crispy on both sides. (Avoid over-crowding the pan, use multiple pans or fry in batches).



5. Finish salad

Strip the **mint leaves**. Once the **fritters** are ready, add the **rocket** and **mint** to the **chickpea salad** and toss.



6. Serve

Divide the **fritters** evenly and serve alongside the **chickpea salad**.

Hawaiian-inspired Huli Huli Chicken

with Coconut Cauliflower Rice and Cucumber Salad

A dish packed with tropical freshness and flavours with a pineapple-BBQ kick!

hello chef

447 calories | 54 protein | 48 carbs | 5 fat

Low Carb | Calorie Smart

cook: 30 min

R3962-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1870 / 447
Fats (g)	5.1
of which saturated (g)	1.7
Carbohydrates (g)	48
of which sugars (g)	30.9
Fibers (g)	7.5
Proteins (g)	54.4
Salt (g)	2.5

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What You'll Need

- Food processor

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Small red chilli	2 Piece
Corn starch	10 Grams
Ginger garlic paste	20 Grams
Apple cider vinegar	30 ML
Soy sauce 9*,10*,11*	20 ML
Barbecue sauce 11*,13*	80 Grams
Brown sugar	10 Grams
Ketchup	32 Grams
Pineapple juice	360 ML
Vegetable oil	2 Tbsp
Salt	1 Tsp

Coconut rice	
Cauliflower	800 Grams
Vegetable oil	2 Tbsp
Desiccated coconut	30 Grams
Salt	1 Tsp

Salad	
Cucumber	2 Piece
Spring onion	80 Grams
Fresh coriander	15 Grams
Lime	2 Piece
Salt	1 Tsp

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *13 Mustard

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1. Prep

- Chop each **chicken breast** in 2-3 pieces.
- Chop the **cucumber** into small cubes.
- Trim and slice the **spring onions**.
- Thinly slice the **red chilli**.
- Pick and finely chop the **coriander** leaves.

Tip! Sensitive to spice? Deseed the red chilli and use only a small amount.



2. Prep

- Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains.
- In a bowl, combine 2 tsp of **corn starch**, the **soy sauce**, **apple cider vinegar**, **ginger garlic paste**, **brown sugar**, **ketchup**, **barbecue sauce** and 360 ml **pineapple juice**.
- Set aside.



3. Grill chicken

- Heat a large grill pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken** with a pinch of **salt**.
- Grill for 5-7 minutes or until **chicken** is charred and develops some grill marks.
- Add the **sauce** and the **red chilli (spicy!)**.
- Cook for 2-4 min further or until the **chicken** is cooked through and the **sauce** becomes sticky.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready.



4. Make salad

- Meanwhile, slice the **lime** into wedges.
- In a large bowl, combine the **cucumber**, **coriander**, **spring onion**, a squeeze of **lime juice** (reserve some for garnish) and a pinch of **salt** to taste.



5. Fry cauli rice

- Heat a separate large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **cauliflower** and **desiccated coconut** with a pinch of **salt**.
- Fry for 5-7 min.



6. Serve

- Serve the **Hawaiian-inspired Huli Huli Chicken** with **Coconut Cauliflower Rice** and **Cucumber Salad**.
- Garnish with the remaining **lime wedges** alongside.

Tex-Mex Chicken with Corn Salsa
and Red Bean Rice

Also known as Texas Caviar, this fresh dip is packed with simple ingredients like beans, corn, and tomatoes, and is a favourite at potlucks all over the South!

852 calories | 70 protein | 114 carbs | 11 fat

Family Friendly

cook: 25 min

R4840-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3564 / 852
Fats (g)	10.7
of which saturated (g)	4.5
Carbohydrates (g)	114
of which sugars (g)	13.3
Fibers (g)	15.6
Proteins (g)	70.4
Salt (g)	2.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Lime	2 Piece
Vegetable oil	2 Tbsp
Fajita seasoning	20 Grams
Dried oregano	4 Grams
Coriander cumin powder	8 Grams
Smoked paprika powder	4 Grams
Brown sugar	10 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp

Salad	
Sweet corn kernels	244 Grams
Cucumber	1 Piece
Tomatoes	2 Piece
Spring onion	80 Grams
Fresh coriander	30 Grams
Sour cream 4*	120 Grams
Taco seasoning	20 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp

Rice	
Long grain rice	300 Grams
Tomato paste	70 Grams
Red kidney beans	240 Grams

Allergens: *4 Milk

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1. Marinate chicken

- Slice the **lime** into wedges.
- Slice the **chicken** into **long** strips.
- In a large bowl, combine the **chicken**, **vegetable oil**, **fajita seasoning**, **oregano**, **coriander cumin powder**, **smoked paprika**, **brown sugar**, **salt**, **pepper**, and a good squeeze of **lime**.



2. Prep

- Meanwhile, drain and rinse the **corn** and **red kidney beans**.



3. Prep vegetables

- Deseed and finely chop the **red pepper**.
- Finely chop the **tomatoes**.
- Trim and finely chop the **spring onion**.
- Pick and chop the **coriander**.



4. Fry

- Heat a large pan with a drizzle of **oil** over a medium high heat.
- Fry the **chicken** for 5-7 min until browned.
- Add a splash of water in between to loosen.



5. Make salad

- In a large bowl, combine the mayonnaise, **taco seasoning** (spicy!), and another squeeze of **lime** juice.
- Add the **corn**, **red kidney beans**, **spring onion**, **red pepper**, **tomatoes**, and **fresh coriander**.
- Mix well to combine.
- Season with **salt** and **pepper** to taste.

Tip! If cooking for kids, leave the taco seasoning out as it could be slightly spicy.



6. Serve

- Serve the **Tex-Mex Chicken Strips** with **Cowboy Caviar** with the **Corn Chips**.
- Garnish with any remaining **lime** wedges.

Overnight Oats

with Peanut Butter, Cranberries and Pumpkin Seeds

Packed with protein, these oats are perfect for an on-the-go breakfast!

hello chef

584 calories | 23 protein | 35 carbs | 27 fat

Quick Prep

cook: 10 min

R4417-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2444 / 584
Fats (g)	26.8
of which saturated (g)	7.4
Carbohydrates (g)	35
of which sugars (g)	22.2
Fibers (g)	9.4
Proteins (g)	22.9
Salt (g)	1.1

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Whisk

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Oats	
Rolled oats	200 Grams
Chia seeds	15 Grams
Greek yogurt 4*	150 Grams
Whole milk 4*	400 ML
Honey	30 Grams

Toppings	
Peanut butter 1*,9*	90 Grams
Dried cranberries	60 Grams
Pumpkin seeds	40 Grams

Allergens: *4 Milk, *1 Peanuts, *9 Soya

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1. Prep

- In a large bowl, whisk together the **oats** with the **chia seeds**, **yogurt**, **milk** and **honey**.
- Divide among bowls, containers of choice, or leave in the same large bowl.

Tip! If leaving in the large bowl, divide the overnight oats into containers of choice the next day.



2. Refrigerate

- Cover the **oats** with a lid or cling film.
- Place into the fridge and leave to set overnight.

Tip! Overnight, the oats will soak up the liquid and flavour - leaving you with a delicious breakfast that is ready to go.



3. Serve

- Remove the **Overnight Oats** from the fridge and top with the **peanut butter**, a sprinkle of the **dried cranberries** and **pumpkin seeds**.
- Alternatively serve with dollops of your favourite yogurt or additional toppings of your choice.

Tip! If the consistently of your oats are too thick, thin down slightly with milk.



4. Storage

- The **Overnight Oats** are best consumed the next day.
- Store in an airtight container in the fridge and consume within 2 days.

Crispy Cod with Cauliflower Mash
and Caramelised Onion

Fish fingers and mash for carb-conscious adults!

helló chef

663 calories | 65 protein | 38 carbs | 33 fat

Low Carb

cook: 30 min

R2923-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2772 / 663
Fats (g)	33.1
of which saturated (g)	9.2
Carbohydrates (g)	38
of which sugars (g)	15
Fibers (g)	13.3
Proteins (g)	64.7
Salt (g)	1.8

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fish	
Cod fillet 6*	700 Grams
Almond flakes 1*,2*	60 Grams
Parmesan 4*	90 Grams
Almond flour 1*,2*	80 Grams
Salt	2 Tsp
Black pepper	1 Tsp
Organic Eggs 5*	3 Pieces
Vegetable oil	8 Tbsp

Mash	
Cauliflower	800 Grams
Cream cheese 4*	40 Grams
Salt	1 Tsp

Onion	
Brown onion	2 Pieces
Olive oil	4 Tbsp
Salt	1 Tsp

To serve	
Lemon	1 Pieces

Allergens: *6 Fish, *1 Peanuts, *2 Tree Nuts, *4 Milk, *5 Eggs

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1. Prep coating

Chop the **almond flakes** finely. Grate the **Parmesan**. Add the **almond flour** to a shallow bowl with a pinch of **salt** and **pepper**. Combine the chopped **almond flakes** and the **Parmesan** in a second bowl. Crack the **eggs** onto a third bowl and whisk.



2. Coat fish

Pat the **cod** dry and slice it into goujons. First, turn the **cod** goujons in the seasoned **almond flour**, then in the whisked **eggs** and finally in the **almond** and **Parmesan** mixture. Refrigerate.



3. Make mash

Separate the **cauliflower** into florets. Bring a pot of salted water to a boil and add the **cauliflower**. Boil for 10 min or until tender. Drain the cooked **cauliflower** well and return it to the pan with the **cream cheese**. Mash until smooth. Season generously with **salt**. Keep covered until serving.



4. Caramelise onion

Meanwhile, peel and finely slice the **onion**. Heat a non-stick pan over a high heat with a drizzle of **oil**. Fry the **onions** with a pinch of **salt** for 5 min until browned. Reduce the heat to low, cover with a lid and cook for 10 min further or until the **onions** have fully softened and caramelised. Remove from the pan.



5. Fry fish

Return the pan to medium heat with a generous drizzle of **vegetable oil**. Once hot, add the coated **cod** and reduce the heat to low. Don't move the **fish** around in the pan until you're ready to flip. Fry for 2-3 min on each side until golden and crispy. See pro tip!



6. Serve

Slice the **lemon** into wedges. Divide the **cauliflower mash**, **caramelised onion** and crispy **cod** among plates. Garnish with **lemon** wedges. Serve immediately.

Spanish Potato Omelette

with Tomato Bread

In Spanish: Tortilla Española, Pan Con Tomate. Buen provecho!

hellochef

567 calories | 44 protein | 24 carbs | 33 fat

Family Friendly

cook: 40 min

R2886-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2370 / 567
Fats (g)	33.4
of which saturated (g)	19.9
Carbohydrates (g)	24
of which sugars (g)	4.2
Fibers (g)	4.7
Proteins (g)	43.8
Salt (g)	1.5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Omelette	
Potatoes	600 Grams
Brown onion	1 Pieces
Roasted peppers	300 Grams
Organic Eggs 5*	12 Pieces
Water	100 ML
Salt	2 Tsp
Black pepper	1 Tsp
Olive oil	6 Tbsp
Grated cheddar 4*	120 Grams
Grated mozzarella 4*	120 Grams

Bread	
Sourdough bread slices 10*,11*	1 Pieces
Olive oil	4 Tbsp
Tomatoes	4 Pieces
Garlic cloves	2 Pieces
Salt	0.5 Tsp
Black pepper	0.5 Tsp

Allergens: *5 Eggs, *4 Milk, *10 Wheat, *11 Gluten

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1. Boil potatoes

Peel the **potatoes**, add them to a pot and cover with **water**. Bring to a boil and cook for 15-20 min or until tender. Drain and let cool. Slice the **potatoes**. Preheat the oven to 200°C/180°C fan.



2. Prep

Meanwhile, peel and chop the **onion**. Chop the **roasted peppers** roughly. Crack the **eggs** into a bowl. Add the measured **water**, **salt** and **pepper**. Beat the egg mixture lightly.



3. Fry onion and potatoes

Heat a pan over a medium heat with a generous drizzle of **olive oil**. Once hot, add the **onion** and fry with a pinch of **salt** for 5 min until translucent. Add the sliced **potatoes** and fry for 5 min further. Add the **roasted peppers**. Take the pan off the heat.



4. Bake tortilla

If using an oven-proof frying pan, keep the ingredients in the pan. Otherwise, lightly grease or line a baking dish. Add the **onion**, **potatoes**, **peppers** and **eggs**. Shake the dish gently so that the egg mixture ties all the ingredients together. Add both **grated cheeses**. Bake in the oven for 10-15 min or until set but not dry. Allow to cool for 10-15 min before serving.



5. Prep tomato bread

While the tortilla is cooling, place the **bread slices** on a lined baking tray. Drizzle with **olive oil**. Toast in the hot oven for 5 min. Chop the **tomatoes**. Peel and halve the **garlic**. Once the **bread** is toasted, rub it with the cut side of the **garlic** clove. Spoon the **tomatoes** over the top.



6. Serve

Slide or flip the **tortilla** onto a serving plate or serve it directly from the baking dish. Serve the **tomato bread** on the side.

Coconut Chicken with Sweet Potato Fries

and Tropical Salsa

Have you ever tried coating your chicken in desiccated coconut? It will take you to somewhere tropical!

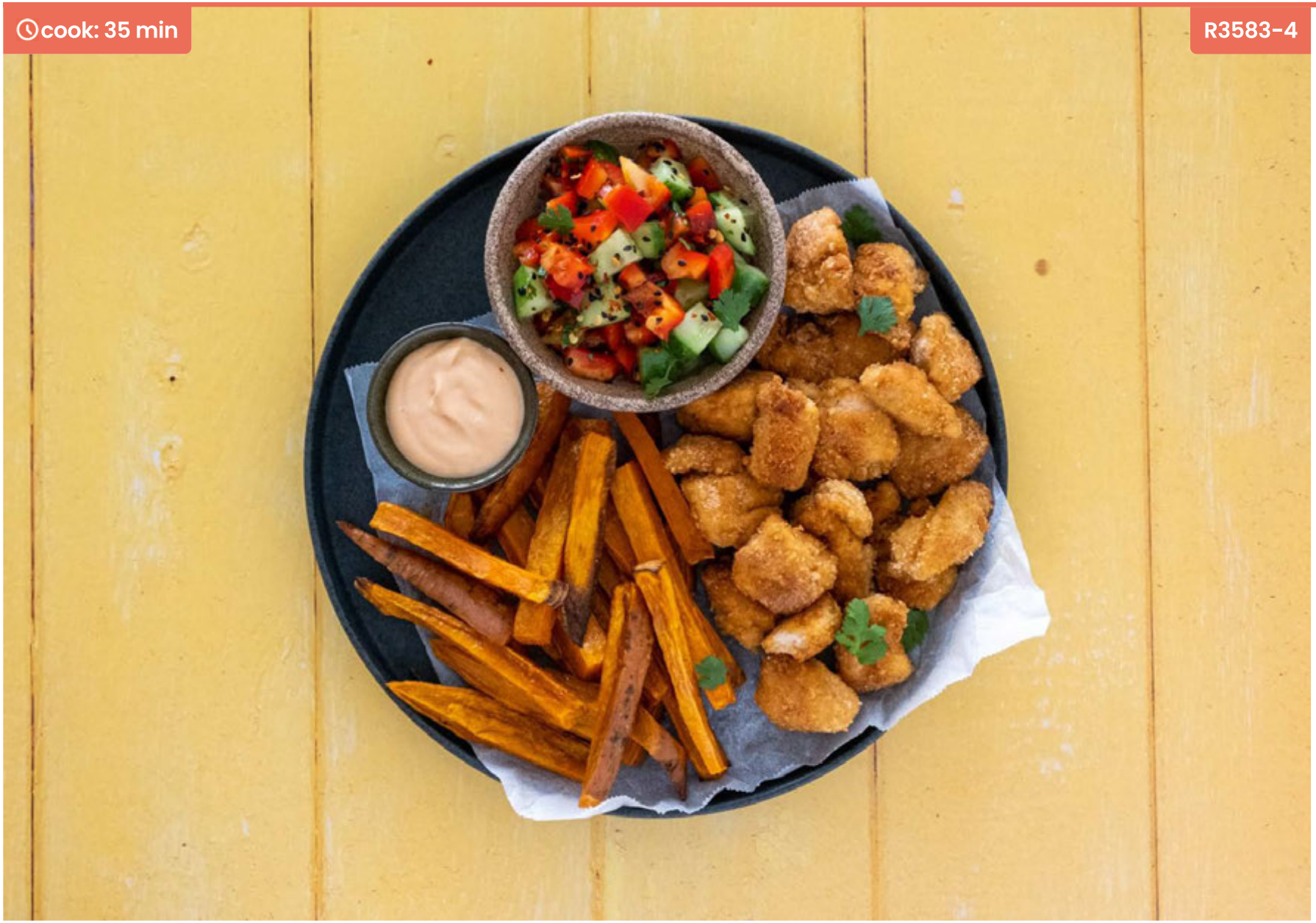
hello chef

838 calories | 60 protein | 84 carbs | 30 fat

Low Carb | Tips for Kids

cook: 35 min

R3583-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3507 / 838
Fats (g)	29.7
of which saturated (g)	6.1
Carbohydrates (g)	84
of which sugars (g)	28
Fibers (g)	12.7
Proteins (g)	60
Salt (g)	2.7

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken bites	
Chicken breast	800 Grams
Organic Eggs 5*	2 Piece
Soy sauce 9*,10*,11*	20 ML
Desiccated coconut	50 Grams
Corn starch	60 Grams
Paprika powder	4 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Vegetable oil	2 Tbsp

Sweet potato fries	
Sweet potatoes	800 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Salsa	
Red pepper	2 Piece
Cucumber	2 Piece
Fresh coriander	15 Grams
Mango chutney	100 Grams
Lime	2 Piece
Chilli flakes	4 Grams
Black sesame seeds 3*	20 Grams
Olive oil	4 Tbsp
Salt	1 Tsp

Sriracha mayo	
Sriracha sauce	14 Grams
Mayonnaise 5*,9*,13*	100 Grams

Allergens: *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds, *13 Mustard

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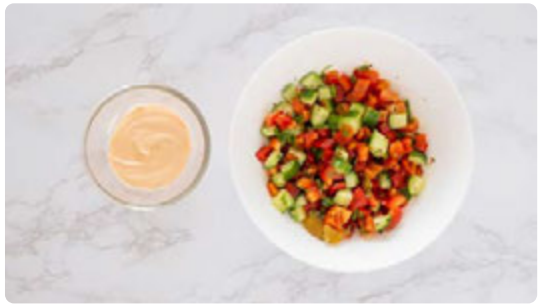
1. Make fries

Preheat the oven to 200°C/180°C fan. Slice the **sweet potatoes** (skins on) into **fries**. Add the **fries** to a lined baking tray with a drizzle of **vegetable oil** and a pinch of **salt**. Toss the **fries** in the **oil** and **salt** until fully coated. Bake for 30 min.



2. Prep chicken

Meanwhile, chop the **chicken** into bite-sized pieces. In a bowl, whisk together the **eggs** and **soy sauce**. Add the **chicken** and toss. To a second bowl, add the **coconut**, **corn starch**, **paprika** and a pinch of **salt** and **pepper**. Transfer the **chicken** pieces to the **coconut mixture** and toss until coated. Set aside till step 4.



3. Prep

In a small bowl, combine the **sriracha** (spicy!) and **mayonnaise**. Deseed and finely chop the **peppers** into cubes. Finely chop the **cucumbers** into cubes. Finely chop the **coriander**. In a bowl, combine the **mango chutney**, **lime** juice, **chilli flakes** (spicy!), **sesame seeds**, **olive oil** and a pinch of **salt**. Whisk until combined - This is your **dressing**. Toss the **peppers**, **cucumber** and **coriander** in the **dressing** and set aside.

Tip! If cooking for kids, reserve a portion of the chopped pepper and cucumber before mixing them in the dressing.



4. Fry chicken

Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken** and fry for 5-7 min or until cooked through and crispy. Remove from the pan and set aside on a plate with paper towels to drain.



5. Serve

Divide the **coconut chicken** evenly among plates. Serve them with the **sweet potato fries**, **sriracha mayonnaise** and **salsa** alongside.

Tip! If cooking for kids, serve the chicken, sweet potato fries, plain cucumbers and peppers separately. Serve the sriracha mayonnaise to the side.

Chinese-Style Cumin Lamb Noodles

with Peppers and Baby Corn

Simple and satisfying, this noodle dish is perfect for easy weeknight dinners.

hello chef

728 calories | 52 protein | 43 carbs | 44 fat

Speedy | Global Eats | Quick Prep

prep: 5 min | cook: 25 min | R4385-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3075 / 728
Fats (g)	43.6
of which saturated (g)	16.1
Carbohydrates (g)	43
of which sugars (g)	18.4
Fibers (g)	4.8
Proteins (g)	51.5
Salt (g)	4

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stir-fry	
Lamb mince	700 Grams
Rice noodles	200 Grams
Salt	1 Tsp
Red pepper	2 Piece
Fresh baby corn	225 Grams
Chinese chilli sauce 9*,10*	40 Grams
Soy sauce 9*,10*,11*	60 ML
Sweet soy sauce 9*,10*,11*,14*	60 ML
Ginger garlic paste	20 Grams
Sesame oil 3*,9*	30 ML
Rice vinegar	30 ML
White sugar	10 Grams
Vegetable oil	1 Tbsp
Cumin powder	4 Grams
Chinese 5 spice	4 Grams
Bean sprouts	100 Grams

To serve	
Fresh coriander	15 Grams
Sesame seeds 3*	5 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *3 Sesame Seeds

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1. Soak noodles

- Boil a kettle of water.
- To a large bowl, add the **noodles** with a good pinch of **salt**, and pour over the hot water.
- Cover with a lid or cling film.
- Leave to soak for 10 min.
- Once tender, drain and rinse with cold water.

Tip! Drizzle the cooked noodles with oil to help prevent them sticking together.



2. Prep

- Deseed and slice the **red pepper** into thin strips.
- Slice the **baby corn** into quarters.
- In a small bowl, combine the **Chinese chilli sauce (spicy!)**, **soy sauce**, **sweet soy sauce**, **ginger garlic paste**, **sesame oil**, **rice vinegar** and **sugar**.
- Set the **stir-fry sauce** aside.

Tip! Sensitive to spice? Go easy on the Chinese chilli sauce.



3. Fry veg

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **peppers** and **baby corn**. Fry for 3 min.
- Transfer the **vegetables** to a plate.
- Reserve the pan.



4. Fry lamb

- Return the reserved pan to a medium-high heat with a small drizzle of **oil**.
- Once hot, fry the **lamb mince**, breaking it up with the spatula for 3 -4 min until browned.
- Add the **cumin powder** and **Chinese 5 spice**.
- Fry for 30 sec further.



5. Finish stir-fry

- Add the **vegetables**, **noodles**, **bean sprouts** and **stir-fry sauce** to the pan.
- Toss to coat in the **sauce**.
- Fry for final 1-2 min.



6. Serve

- Pick the **coriander leaves**.
- Serve the**Chinese-Style Cumin Lamb Noodles with Peppers and Baby Corn**.
- Garnish with the **coriander leaves** and **sesame seeds**.

Persian Salmon in Spicy Tamarind Coriander Sauce

with Green Bean Saffron Rice and Sabzi Platter

Inspired by Southern Persian flavours with Indian influence, this spicy and tangy fish is baked in a rich tomato sauce with coriander, garlic, and chilli.

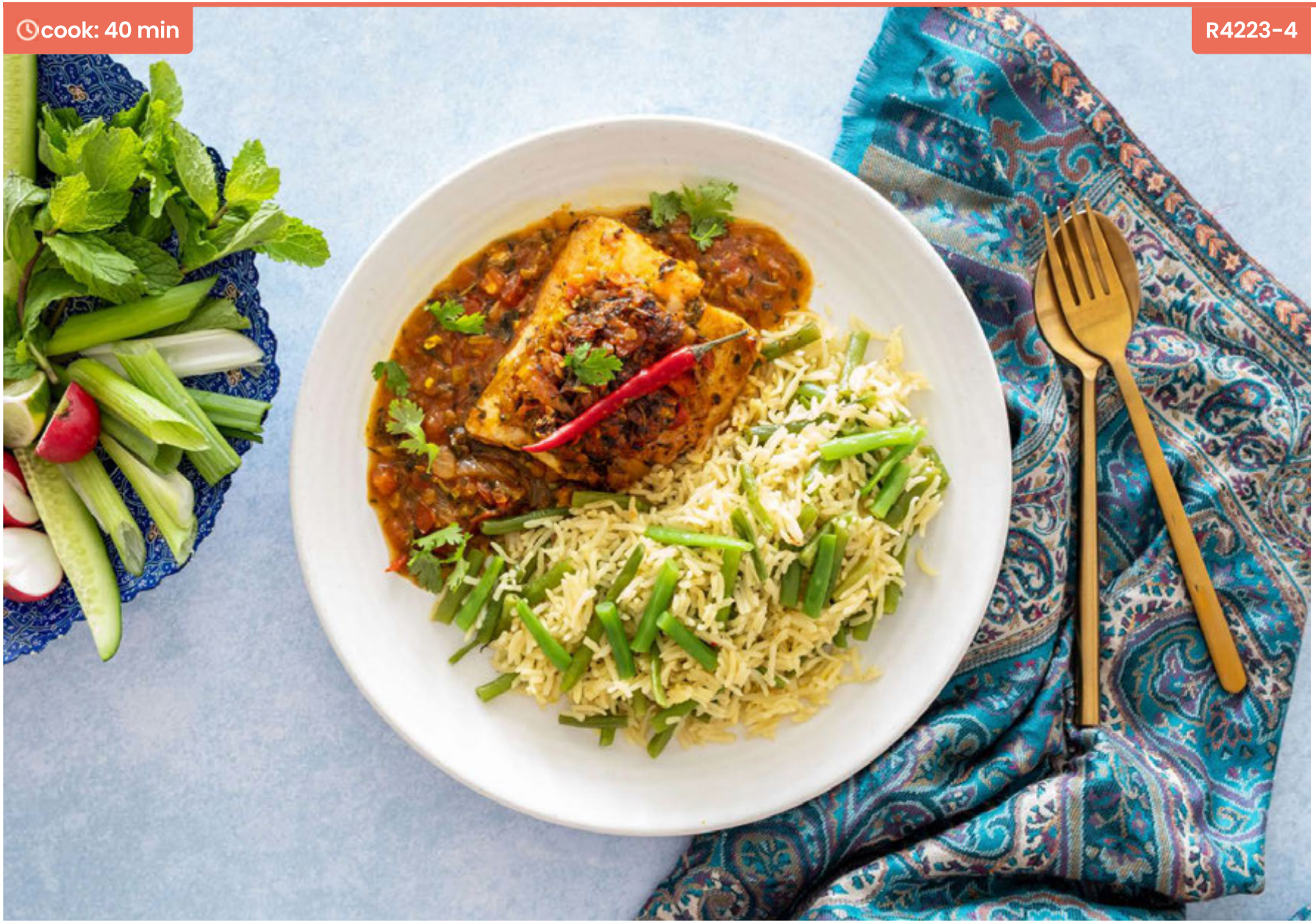
hellochef

765 calories | 46 protein | 91 carbs | 26 fat

Global Eats

cook: 40 min

R4223-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3201 / 765
Fats (g)	25.6
of which saturated (g)	5
Carbohydrates (g)	91
of which sugars (g)	13.1
Fibers (g)	9.1
Proteins (g)	46.3
Salt (g)	1.8

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What You'll Need

Oven

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fish	
Skin-on salmon fillet 6*	350 Grams
Fresh coriander	30 Grams
Tomatoes	2 Piece
Red onion	2 Piece
Garlic cloves	4 Piece
Small red chilli	2 Piece
Olive oil	2 Tbsp
Salt	0.5 Tsp
Turmeric powder	4 Grams
Tomato paste	70 Grams
Tamarind paste	30 Grams
Fenugreek leaves	2 Grams
White sugar	10 Grams
Water	400 ML
Black pepper	0.5 Tsp

Rice	
Green beans	250 Grams
Cardamom pods	6 Piece
Olive oil	1 Tbsp
Long grain rice	300 Grams
Vegetable stock cube 15*	2 Piece
Saffron Splash	30 ML
Water	700 ML

Sabzi Platter	
Cucumber	2 Piece
Spring onion	80 Grams
Red radish	125 Grams
Fresh mint	10 Grams
Lime	2 Piece

Allergens: *6 Fish, *15 Celery

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1. Prep

- Preheat the oven to 180°C/200°C.
- Chop the **fresh coriander** (stems included).
- Finely chop the **tomatoes**.
- Peel and finely chop the **red onion**.
- Peel and finely chop the **garlic**.
- Slice the **red chilli**.

Tip! Sensitive to spice? Deseed the chilli and use only a small amount!



2. Make sauce

- Heat a pan over a medium-high heat with a drizzle of **olive oil**.
- Add the **onion** with a pinch of **salt**. Fry for 5 min until softened.
- Add the **garlic**, **coriander**, **red chilli** (spicy!) and fry for 1-2 min until fragrant.
- Stir in the **tomato paste**, **tamarind paste**, **tomatoes**, a pinch of **fenugreek** and **sugar**.
- Fry for 2 min further, add the **measured water** and bring to a boil.
- Cook for 3-4 min until thickened. Set aside.

Tip! Adjust the acidity of the sauce by adding more or less sugar to balance the flavours.



3. Bake fish

- Add the **salmon** to a rimmed baking dish or casserole, and season with a pinch of **salt** and **pepper**.
- Pour the **sauce** over the **salmon**, and bake for 18-20 min until it's flakey and cooked through in the center, and the **sauce** has further reduced.



4. Cook green bean rice

- Meanwhile, trim the **green beans**, and cut into quarters or smaller pieces.
- Split the **cardamom pods**.
- In a large non-stick pot over medium-high heat, add a drizzle of **olive oil**.
- Lightly fry the **green beans** for 1 min.
- Add the **rice**, **cardamom pods**, 2 **vegetable stock cube**, **saffron water**, and the **measured water**.
- Bring to a boil, cover and cook for 12-14 min until the **rice** is cooked through.
- Set aside to steam.



5. Prep sabzi platter

- Cut the **cucumber** into strips.
- Slice the **spring onion** into pieces.
- Slice the **radish** into wedges.
- Pick the **mint leaves**.
- Arrange all the **vegetables** on a platter.
- Slice the **lime** into wedges.

Tip! It is customary to serve a plate of fresh vegetables with most Persian meals. But feel free to keep it as is to graze throughout the meal, or chop everything up into a salad.



6. Serve

- Serve the **Persian Salmon in Spicy Tamarind Coriander Sauce** alongside the **Green Bean Saffron Rice**.
- Serve the **fresh Sabzi Platter** to the side.

Green Vitality Smoothie

with Apple and Spinach

Enjoy your 5-a-day fruit and vegetables all packed into one!

hello chef

139 calories | 3 protein | 32 carbs | 3 fat

Speedy | Quick Prep | Calorie Smart

cook: 5 min

R4745-4



Nutritional information

	per serving*
Energy (kJ/kcal)	581 / 139
Fats (g)	2.8
of which saturated (g)	0.3
Carbohydrates (g)	32
of which sugars (g)	18.6
Fibers (g)	6.7
Proteins (g)	2.9
Salt (g)	0.1

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What You'll Need

Blender

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 2 servings

Smoothie

Green apple	1 Piece
Fresh mint	10 Grams
Lime	1 Piece
Cucumber	1 Piece
Baby spinach	40 Grams
Chia seeds	15 Grams
Agave syrup	20 Grams
Water	300 ML

Allergens:

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1. Prep

- Peel and slice the **apple** into quarters. Remove the core.
- Pick the **mint** leaves.
- Slice the **lime** in half.
- To a blender, add the **cucumber**, **apple**, **baby spinach**, **chia seeds**, **agave syrup**, **measured water**, half the **mint leaves** and a squeeze of **lime juice** to taste.



2. Blend

- Blend everything on a high speed for 1-2 min or until smooth.

> **Tip!** Add a handful of ice cubes for a creamier smoothie.



3. Serve

- Enjoy the **Green Vitality Smoothie** on-the-go.

Oat Cookies

with Dark Chocolate and Raisins

-

2579 calories 40 protein 293 carbs 113 fat

Family Friendly

cook: 30 min

R4450-4



Nutritional information

	per serving*
Energy (kJ/kcal)	10765 / 2579
Fats (g)	112.9
of which saturated (g)	66.1
Carbohydrates (g)	293
of which sugars (g)	201.8
Fibers (g)	15.9
Proteins (g)	39.8
Salt (g)	7.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Oat cookies	
Butter 4*	200 Grams
Plain flour 10*,11*	200 Grams
Cinnamon powder	2 Grams
Baking soda	5 Grams
Baking powder	5 Grams
Salt	0.5 Tsp
Brown sugar	80 Grams
Caster sugar	200 Grams
Organic Eggs 5*	2 Piece
Vanilla extract	5 ML
Oats	200 Grams
Belgian dark chocolate 9*	100 Grams
Golden raisins 14*	60 Grams
Dried cranberries	60 Grams

Allergens: *4 Milk, *10 Wheat, *11 Gluten, *5 Eggs, *9 Soya, *14 Sulphur Dioxide

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1. Prep

Remove the **butter** from the fridge for it to come to room temperature. Preheat the oven to 200°C/180°C fan.

Tip! Room temperature butter is a must when baking cookies. Strapped for time? Use the lowest defrost setting of your microwave and defrost the cold butter for a few seconds at a time until soft. If the butter completely melts, put it into the fridge to solidify again.



2. Mix dry ingredients

In a large bowl, combine the **plain flour**, **cinnamon**, **baking soda**, **baking powder** with a pinch of **salt**.



3. Mix wet ingredients

In a separate large bowl, using a wooden spoon or electric beater, cream the room temperature **butter**, **brown sugar** and **caster sugar** for 3-5 min or until pale and fluffy. Add in one **egg** at a time, ensuring to incorporate well after each addition. Add the **vanilla** and mix for final 1 min.

Tip! Creaming is a baking term that is the process of combining butter (or fat) with sugar until a 'paste' or mixture forms.



4. Combine

Add the **dry ingredients** to the **wet ingredients**. Using a wooden spoon, gently mix until the **mixture** is just combined. Add **dark chocolate**, **golden raisins** and **cranberries**. Give everything a good mix until well combined. Cover with a lid or cling film and leave in the fridge for a minimum of 30 min (up to 2 hours) to set.

Tip! Be careful not to over mix the cookie dough as this will result in a tough and cake-like result. Leaving the cookie dough to set gives the cookie characteristically short and crumbly texture.



5. Bake

Line a large baking tray with baking paper. Using an ice cream scoop or tablespoon, scoop the **cookie dough** and form into large golf ball-sized rounds. Bake in the oven for 12-13 min, turning them half way through. Remove from the oven and set aside to cool down. Repeat with any remaining **cookie dough**.

Tip! Be careful not to over crowd the tray as the cookies will spread when baking. Turn the cookies half way ensures an even bake.



6. Serve

Have the **Oat Cookies** as a snack, perfect for any on-the-go occasion.

Tip! Once the cookies have fully cooked, freeze in ziplock bags if you want to have them prepped in advance. Consume and enjoy once they have come to room temperature. Alternatively, freeze the cookie dough balls and bake once they have come to room temperature.

Cheesy Chicken Fajitas

with Sour Cream

Speedy to make, fun (and messy!) to eat.

hello chef

1110 calories | 80 protein | 100 carbs | 35 fat

Family Friendly | Speedy | Weekly classic

cook: 25 min

R3377-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4642 / 1110
Fats (g)	35.1
of which saturated (g)	22.4
Carbohydrates (g)	100
of which sugars (g)	11.2
Fibers (g)	6.6
Proteins (g)	79.8
Salt (g)	2.3

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fajitas	
Chicken breast	600 Grams
Red onion	2 Piece
Red pepper	2 Piece
Yellow pepper	2 Piece
Olive oil	4 Tbsp
Fajita seasoning	10 Grams
Smoked paprika powder	4 Grams
Chipotle powder	4 Grams
Salt	2 Tsp
Grated orange cheddar 4*	120 Grams
Grated cheddar 4*	120 Grams
8" tortilla wraps 10*,11*	12 Piece

To serve	
Sour cream 4*	180 Grams
Fresh coriander	15 Grams

Allergens: *4 Milk, *10 Wheat, *11 Gluten

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1. Prep

- Peel and finely slice the **onion**.
- Deseed the **red** and **yellow peppers** and finely slice.
- Slice the **chicken breasts** into strips.



2. Fry chicken

- Heat a non-stick pan over medium-high heat with a drizzle of **oil**.
- Fry the **chicken** for 3-4 min until golden and cooked through.
- Transfer the **chicken** to a plate.

Tip! Cooking for little ones? Separate a batch of the chicken filling and season it with salt and pepper only (leaving the fajita seasoning out). Don't forget the cheese, though!



3. Fry vegetables

- Return the pan to a medium heat with a second drizzle of **oil**.
- Add the **onion** and **peppers**.
- Fry for 3-4 min.



4. Season

- Return the **chicken** to the pan along with the **fajita seasoning**, **smoked paprika** a pinch of **chipotle (spicy!)** and a small splash of water.
- Fry, stirring, for 2 min or until the liquid has evaporated.
- Season with **salt** and **pepper**.

Tip! Can't handle the heat? Go easy on the chipotle.



5. Add cheese

- Sprinkle the **chicken** and the **vegetables** with the **grated cheddars**.
- Remove the pan from the heat and cover with a lid.
- Set aside until the **cheese** melts.



6. Serve

- Meanwhile, heat the **tortilla wraps** in the microwave or a warm oven.
- Load them with the cheesy **chicken** and **vegetable** filling.
- Serve the **Cheesy Chicken Fajitas** with **Sour Cream**, garnished with **Fresh Coriander** leaves.

Tandoori Chicken Skewers

with Naan and Kachumber Salad

Tandoori originates from India. Traditionally it is a dish marinated in yogurt and spices then cooked in an urn-shaped oven known as a Tandoor.

hello chef

548 calories | 51 protein | 67 carbs | 10 fat

Tips for Kids | Calorie Smart

cook: 30 min

R3808-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2298 / 548
Fats (g)	10.1
of which saturated (g)	3.5
Carbohydrates (g)	67
of which sugars (g)	13
Fibers (g)	5.8
Proteins (g)	51.3
Salt (g)	1.9

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Tandoori Chicken	
Chicken breast	600 Grams
Bamboo skewers	8 Piece
Lime	2 Piece
Natural yogurt 4*	340 Grams
Ginger garlic paste	20 Grams
Smoked paprika powder	4 Grams
Garam masala	8 Grams
Coriander cumin powder	8 Grams
Turmeric powder	4 Grams
Curry powder	8 Grams
Tomato paste	70 Grams
Chilli powder	4 Grams
Salt	1 Tsp
Yellow pepper	2 Piece

Kachumber Salad	
Cherry tomatoes	300 Grams
Cucumber	2 Piece
Fresh coriander	15 Grams
Salt	1 Tsp
Black pepper	1 Tsp

To serve	
Tandoori naan 4*,10*	4 Piece

Allergens: *4 Milk, *10 Wheat

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1. Marinate chicken

- Pre-heat the grill to high. Soak the **bamboo skewers** in water. Slice the **lime** in half.
- Chop the **chicken** into bite-sized pieces.
- In a large bowl, combine half of the **yogurt**, the **ginger garlic paste**, **smoked paprika**, **garam masala**, **coriander cumin powder**, **turmeric**, **curry powder**, **tomato paste** and a pinch of **chilli powder** (spicy!).
- Add the **chicken** to the marinade. Season with **salt**.
- Add a squeeze of **lime** juice to taste (reserve the rest for step 4). Mix well and set aside.

Tip! If cooking for kids, leave out the chilli powder.



2. Thread skewers

- Deseed and chop the **yellow pepper** into rough chunks.
- Thread the **marinated chicken** and **pepper** onto the **skewers**.
- Make sure to evenly divide everything out over the provided number of **skewers**.
- Place them onto an oiled baking tray.
- Brush with the remaining **marinade**.
- Grill for 12 min or until cooked through and starting to char.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready.



3. Prep

- Meanwhile, chop the **cherry tomatoes** in half.
- Chop the **cucumber** into cubes.
- Pick and finely chop the **coriander** leaves.

Tip! If cooking for kids, keep aside a portion of cherry tomatoes, cucumber and chopped coriander to use as 'sprinkles'.



4. Make kachumber salad

- In a large bowl, combine the **cherry tomatoes** and **cucumber** with a pinch of **salt** and **pepper**.
- Add a squeeze of **lime** juice to taste.
- Mix well.



5. Make coriander yogurt

- In a small bowl, combine the **coriander** and remaining **yogurt** with a pinch of **salt** and **pepper**.
- Mix well.

Tip! If cooking for kids, keep aside a portion of the plain yogurt.



6. Serve

- Warm the **naan** in the hot oven for 2-3 min.
- Serve the **Tandoori Chicken Skewers** with **Naan**, **Kachumber Salad** and **coriander yogurt** alongside.

Tip! If cooking for kids, serve the cherry tomatoes, cucumber and tandoori chicken removed off the skewers separately. Serve the yogurt and coriander as 'sprinkles' to the side.

Tropical Coconut Crusted Jumbo Prawns

with Mango Salsa

Best enjoyed under a palm tree!

hello chef

911 calories | 44 protein | 120 carbs | 30 fat

Family Friendly

cook: 60 min

R3228-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3814 / 911
Fats (g)	29.9
of which saturated (g)	8.1
Carbohydrates (g)	120
of which sugars (g)	31.7
Fibers (g)	16.4
Proteins (g)	43.7
Salt (g)	3.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Prawn	
Jumbo prawns 7*	600 Grams
Organic Eggs 5*	2 Piece
Soy sauce 9*,10*,11*	40 ML
Panko bread crumbs 10*,11*,12*	120 Grams
Desiccated coconut	100 Grams
Salt	1 Tsp
Plain flour 10*,11*	100 Grams
Garlic powder	4 Grams
Vegetable oil	2 Tbsp

Fries	
Potatoes	1200 Grams
Vegetable oil	2 Tbsp
Lime	2 Piece
Flaky sea salt	4 Grams
Mayonnaise 5*,9*,13*	100 Grams

Mango salsa	
Mango	1 Piece
Tomatoes	2 Piece
Fresh coriander	15 Grams
Shallots	2 Piece
Salt	1 Tsp
Chilli flakes	2 Grams

Allergens: *7 Crustaceans, *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten, *12 Lupin, *13 Mustard

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1. Start fries

Preheat the oven to 200°C/180°C fan. Slice the **potatoes** (skins on) into **fries**. Add the **fries** to a large baking tray with a drizzle of **vegetable oil**. Toss the **fries** in the **oil** until fully coated. Bake for 30 min.



2. Prep prawns

Meanwhile, drain the **prawns** on kitchen paper. Whisk the **eggs** in a shallow bowl with the **soy sauce**. In a separate bowl mix together the **panko bread crumbs** and shredded **coconut** with a pinch of **salt**. Add the **plain flour** and **garlic powder** to a third and final bowl.



3. Bread prawns

Add the **prawns** to the **flour**, before dipping them in the beaten **egg**. One by one, coat the **prawns** in the **bread crumbs**. Refrigerate.



4. Make mango salsa

Peel and finely chop the **mango** and **shallots**. Chop the **tomatoes** into small cubes. Finely chop the **coriander**. Add the **shallots**, **tomatoes**, **coriander**, **salt** and a pinch of **chilli flakes** (spicy!) to a bowl (if cooking for 2, use half!).



5. Prep lime mayo and lime salt

Wash the **lime** thoroughly and grate its **zest** with a fine blade into a bowl, taking care to avoid its bitter white pith. Crush the **flaky salt** with your fingers into the **lime zest**. Halve the **lime** and juice half of it into a second bowl. Mix the **mayonnaise** into the **lime** juice.



6. Fry prawns

Heat a pan over a medium-high heat with a generous drizzle of **oil**. Once hot, carefully add the breaded **prawns** and cook for 2 min on both sides or until golden and crispy. Sprinkle the **fries** with the limey **salt**. Serve the **prawns** with the **limey-fries**, **mayonnaise** and **mango salsa** to the side.

Chicken and Pesto Orzo

with Peas and Baby Spinach

This easy pesto orzo recipe is a one pot meal with incredible Italian flavors perfect for a weeknight family dinner!

hello chef

845 calories | 65 protein | 72 carbs | 30 fat

Family Friendly

cook: 30 min

R4759-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3517 / 845
Fats (g)	30.2
of which saturated (g)	7.6
Carbohydrates (g)	72
of which sugars (g)	4.2
Fibers (g)	4.2
Proteins (g)	65.1
Salt (g)	4.6

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What You'll Need

- Box grater

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Orzo	
Chicken breast	800 Grams
Garlic cloves	3 Piece
Orzo 9*,10*,11*	375 Grams
Green pesto 2*,4*	150 Grams
Green peas	200 Grams
Baby spinach	80 Grams
Water	1200 ML
Chicken stock cube 4*,5*,9*,15*	2 Piece

To serve	
Fresh basil	15 Grams
Parmesan 4*	60 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *2 Tree Nuts, *4 Milk, *5 Eggs, *15 Celery

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1. Prep

- Boil the measured **water**, in a jug and combine it with the **stock cube**.
- Peel and finely chop the **garlic**.
- Pick the **basil** leaves.
- Grate the **parmesan**.
- Chop the **chicken** into bite-sized pieces.



2. Fry Chicken

- Heat a large frying pan over a medium-high heat with a drizzle of oil.
- Fry the **chicken** for 4-6 min, until golden and nearly cooked through.



3. Fry

- Add the **garlic** for 30 sec or until fragrant and golden.
- Add the **orzo** and fry for 30 sec further until golden and coated in the oil.



4. Cook orzo

- Add the **stock** and bring to a boil.
- Once boiling, reduce the heat to low.
- Simmer for 10-12 min (stirring regularly), until the **orzo** is tender.



5. Finish

- Once the **orzo** is nearly tender, mix in the **peas**, **baby spinach** and most of the **basil** (saving some for garnish).
- Cook for 2-3 min.



6. Serve

- Serve the **Chicken** and **Pesto Orzo** with **Peas** and **Baby Spinach**.
- Garnish with the grated **parmesan**.

Orange Baked Salmon

with Middle Eastern Couscous

This meal is packed with aromatic flavours!

hellofresh

844 calories | 51 protein | 78 carbs | 35 fat

Global Eats

cook: 30 min

R2024-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3531 / 844
Fats (g)	35.3
of which saturated (g)	11.4
Carbohydrates (g)	78
of which sugars (g)	12.1
Fibers (g)	8.8
Proteins (g)	51.4
Salt (g)	7.3

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What You'll Need

Oven

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salmon	
Skin-on salmon fillet 6*	700 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Olive oil	2 Tbsp
Orange	2 Piece

Couscous	
Fresh mint	10 Grams
Cucumber	4 Piece
Water	600 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Olive oil	4 Tbsp
Salt	1 Tsp
Couscous 10*,11*	300 Grams
Fresh zaatar	20 Grams
Black pepper	1 Tsp
Coriander cumin powder	8 Grams
Garlic onion powder	8 Grams

To serve	
Feta cheese 4*	200 Grams

Allergens: *6 Fish, *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *10 Wheat, *11 Gluten

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1. Prep salmon

- Preheat the oven to 200°C/180°C fan.
- Portion the **salmon**.
- Add the **salmon** to a baking dish, skin side down.
- Sprinkle with **salt** and **pepper** and drizzle with **olive oil**.
- Juice half of the **oranges** and thinly slice the remaining **oranges**.
- Arrange the slices on top.
- Save the juice for later.
- Bake for 15-20 min.



2. Prep

- Meanwhile, roughly chop the **cucumbers**.
- Finely chop the **mint** and **zaatar** leaves.



3. Couscous

- Add 1 **stock cube** and the **measured water** to a pan with a lid and bring to a boil.
- Once boiling, add **garlic onion powder**, **coriander cumin powder** and **couscous**.
- Mix well, then remove from the heat and cover with a lid.
- Set aside for 5 min until the **water** is absorbed.
- Transfer the **couscous** to a bowl and refrigerate.



4. Assemble

- Just before serving, fluff the **couscous** with a fork and add the **cucumbers**, **mint** and **zaatar**.
- Add the **orange** juice and a generous drizzle of **olive oil**.
- Season with **salt** and **pepper**.



5. Serve

- Serve the **Orange Baked Salmon** with **Middle Eastern Couscous**.
- Crumble the **feta cheese** over the top.
- Serve immediately.

Smoked Salmon Frittata

with Green Bean Salad

This one's classy and light, yet filling.

627 calories | 57 protein | 46 carbs | 27 fat

Low Carb

cook: 30 min

R2846-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2625 / 627
Fats (g)	26.6
of which saturated (g)	10.8
Carbohydrates (g)	46
of which sugars (g)	16.8
Fibers (g)	8.3
Proteins (g)	57
Salt (g)	1.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Frittata	
Smoked Salmon Slices 6*	400 Grams
Leeks	1 Pieces
Fresh dill	30 Grams
Fresh parsley	30 Grams
Sour cream 4*	120 Grams
Organic Eggs 5*	12 Pieces
Garlic powder	4 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Olive oil	6 Tbsp

Salad	
Green beans	500 Grams
Small zucchini	4 Pieces
Dijon mustard 13*	12 Grams
White sugar	10 Grams
White balsamic vinegar 14*	30 ML
Olive oil	4 Tbsp
Salt	1 Tsp
Black pepper	0.5 Tsp

Allergens: *6 Fish, *4 Milk, *5 Eggs, *13 Mustard, *14 Sulphur Dioxide

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1. Prep ingredients

Chop 2/3 of the **smoked salmon** (reserve the rest for garnish). Wash, trim and finely slice the **leeks** (make sure to remove any grit between the leaves). Chop the **dill** (reserve some tips for garnish) and **parsley**. Add the **sour cream** to a bowl. Crack in the **eggs** into the bowl. Add the **garlic powder**, chopped **dill** and **parsley**, **salt** and **pepper**. Beat lightly.



2. Boil green beans

Wash and trim the **green beans**. Cook the **green beans** in a pot of salted boiling water for 3-4 min or until tender. Drain once cooked.



3. Prep salad

Wash the **zucchini** and shave it into thin ribbons with a peeler. In a bowl, combine the **Dijon mustard**, **sugar** and **vinegar**. Slowly pour in the **olive oil**, whisking constantly. Season the dressing with a pinch of **salt** and **pepper**. Don't dress the salad yet. Set the dressing aside.



4. Start frittata

See pro tip! Heat a non-stick pan over a low heat with a generous drizzle of **olive oil**. Add the **leeks** and cook with a pinch of **salt** for 7-8 min until softened. Then pour the egg mix over. Shake the pan to evenly distribute the **eggs**. Cook over a mild heat, covered with a lid, for 4-5 min or until beginning to set.



5. Add salmon and flip

Once the fritatta is almost set, add the chopped **smoked salmon**. Loosen the bottom of the frittata with a spatula, then place a large plate over the top. Quickly flip the frittata onto the plate. Slide the frittata back into the original pan, uncooked side down. Cook for 2 min further or until fully set.



6. Serve

Transfer the frittata to a serving plate and let cool for 5 min before serving. Once cooled, garnish with the remaining **smoked salmon** and **dill**. Combine the boiled **green beans** and the **zucchini** ribbons. Drizzle with the dressing and serve alongside the frittata.

Sanayet Batates:

Chicken and Potato Bake

Inspired by the Egyptian dish Sanayet El Batates

hellofresh

855 calories | 70 protein | 128 carbs | 13 fat

Family Friendly | Global Eats

cook: 45 min

R4719-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3579 / 855
Fats (g)	13.1
of which saturated (g)	3.5
Carbohydrates (g)	128
of which sugars (g)	13.8
Fibers (g)	15.1
Proteins (g)	69.8
Salt (g)	3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken and potato	
Skinless boneless chicken thighs	1000 Grams
Potatoes	1200 Grams
Brown onion	2 Piece
Tomatoes	3 Piece
Green pepper	2 Piece
Chicken stock cube **4*,5*,9*,15***	2 Piece
Tomato paste	50 Grams
Water	1000 ML
Olive oil	4 Tbsp
Cumin powder	2 Grams
Paprika powder	4 Grams
Cardamom powder	2 Grams

Coriander rice	
Fresh coriander	15 Grams
Basmati rice	300 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Prep

- Peel **potatoes**, slice thick (0.5cm).
- Cut **tomato** in half and slice.
- Peel and slice **onion**.
- Dissolve **stock cube** in boiled measured **water**.



3. Bake

- 200°C for 45 min



4. Make coriander rice



6. Serve

- **Chicken** and **Potatoes** served over **Coriander Rice**

Spaghetti in Creamy Tomato Sauce
with Pesto

Our vegan cream cheese is cultured and made with cashews. Its texture is buttery and its flavour slightly tangy. We can't get enough of it!

763 calories | 29 protein | 123 carbs | 14 fat

cook: 30 min

R2747-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3196 / 763
Fats (g)	14.2
of which saturated (g)	4.7
Carbohydrates (g)	123
of which sugars (g)	17.3
Fibers (g)	8.9
Proteins (g)	29.3
Salt (g)	2

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What You'll Need

- Food processor

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Sauce	
Shallots	2 Piece
Garlic cloves	4 Piece
Olive oil	4 Tbsp
Salt	1 Tsp
Tomato passata	500 Grams
Water	300 ML
Vegetable stock cube 15*	2 Piece
Dried oregano	4 Grams
Red vinegar	30 ML
Agave syrup	20 Grams
Cashew cream cheeze 2*	110 Grams

Pasta	
Salt	2 Tsp
Spaghetti 5*,10*,11*	500 Grams

Pesto	
Cashew nuts 1*,2*	80 Grams
Fresh basil	60 Grams
Nutritional yeast	8 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Olive oil	10 Tbsp
Garlic powder	4 Grams

Allergens: *15 Celery, *2 Tree Nuts, *5 Eggs, *10 Wheat, *11 Gluten, *1 Peanuts

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1. Prep

- Peel and finely chop the **shallots** and **garlic**.



2. Fry

- Heat a drizzle of **olive oil** in a pan over a medium-low heat.
- Once hot, add the **shallots** with a pinch of **salt**.
- Cook for 3 min.
- Add the **garlic**.
- Cook for 1 min further.

Tip! Cook the shallots over a very low heat so they don't burn. The longer, the better!



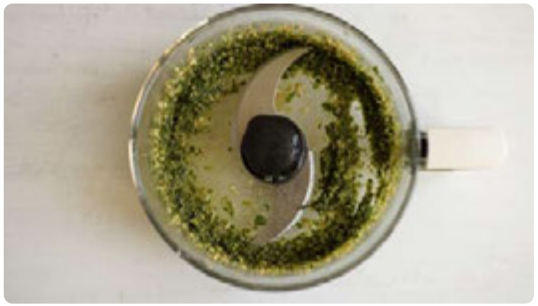
3. Simmer

- Add the **tomato passata**, **measured water**, crumbled **stock cube**, **dried oregano**, **red vinegar** and **agave syrup**.
- Cover and simmer for 10 min.



4. Boil pasta

- Meanwhile, bring a large pot of salted water to the boil.
- Once boiling, add the **spaghetti**.
- Cook for 10-12 min until 'al dente' or until cooked to your liking.
- Drain.



5. Blitz pesto

- Meanwhile, roughly chop the **cashew nuts** and **basil**, including the stalks.
- Add the **cashew nuts**, **basil**, **nutritional yeast**, **salt**, **pepper**, **olive oil** and **garlic powder** to a food processor.
- Blitz until smooth.



6. Serve

- Add the vegan **cream cheeze** to the **tomato sauce**.
- Cook for 1 final min.
- Toss the drained **spaghetti** in the **tomato** sauce.
- Serve the **Spaghetti in Creamy Tomato Sauce with Pesto**.
- Drizzle with the **basil pesto**.

Lemony Breaded Cod

with Chips, Carrots and Peas

Simple and easy. A meal sure to satisfy all!

hello chef

731 calories | 45 protein | 66 carbs | 35 fat

Family Friendly | Tips for Kids | Weekly classic

cook: 40 min

R4576-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3058 / 731
Fats (g)	34.7
of which saturated (g)	8.6
Carbohydrates (g)	66
of which sugars (g)	9.1
Fibers (g)	13.7
Proteins (g)	44.6
Salt (g)	1.8

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What You'll Need

Oven

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fish	
Cod fillet **6***	700 Grams
Lemon	2 Piece
Fresh chives	15 Grams
Panko bread crumbs **10*,11*,12***	80 Grams
Vegetable seasoning **2*,10*,11*,13***	10 Grams
Olive oil	3 Tbsp

Chips	
Potatoes	1200 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Black pepper	0.5 Tsp
Smoked paprika powder	4 Grams

Veg	
Carrot	2 Piece
Green peas	300 Grams
Butter **4***	20 Grams
Salt	0.25 Tsp

Sauce	
Mayonnaise **5*,9*,13***	150 Grams

Allergens: *6 Fish, *10 Wheat, *11 Gluten, *12 Lupin, *2 Tree Nuts, *13 Mustard, *4 Milk, *5 Eggs, *9 Soya

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1. Bake Chips

- Preheat the oven to 200°C/180°C fan.
- Cut the **potatoes** (skin on) into chips.
- Place onto a baking tray, drizzle with **oil**, and sprinkle with **salt**, **pepper**, and **smoked paprika**.
- Bake for 30-35 min until golden and crispy.

Tip! For extra crispy chips, cook them in an air fryer at 180°C for 20-25 min.



2. Prep

- Boil a kettle. Zest the **lemon** and cut it into wedges.
- Finely chop the **chives**.
- Peel and chop the **carrots** into strips.
- In a small bowl, combine the **panko bread crumbs**, half of the **chives**, **lemon zest** and **vegetable seasoning** with a drizzle of **oil**.
- Mix to form a wet **crumb**.
- In another small bowl, combine the **mayonnaise**, remaining **chives** and a squeeze of **lemon juice** (saving some for serving).

Tip! If cooking for kids, prepare some of the crumb without the chives.



3. Bread fish

- Drain, rinse and pat dry the **cod**.
- Cut into portions.
- Place the **cod** on a separate lined baking tray.
- Top the **fish** evenly with the **crumb** and press it into the **fish** using the back of a spoon.

Tip! If cooking for kids, cut the cod into smaller pieces and create homemade fish fingers or nuggets.



4. Bake fish

- Bake the **breaded cod** for the last 10-15 min of the chip's cooking time.



5. Cook carrots and peas

- Meanwhile, heat a pan over medium-high heat with the pre-boiled water.
- Add the **carrots** and cook for 3 min.
- After 3 min, add the **peas** and cook for a further 2 min until tender.
- Once cooked, drain and return the **veg** to the pan with the **butter** and a pinch of **salt**.
- Cover until serving.

Tip! For softer veg, cook the carrots for a further 2-3 mins before adding the peas.



6. Serve

- Serve the **Breaded Cod with Chips, Carrots and Peas** with the **Lemon and Chive Mayo** alongside.

Tip! If cooking for kids, serve the cod along with the chips, carrots and peas on the side.

One-tray Sesame Roasted Chicken

with Roasted Potatoes, Broccoli and Chive Dip

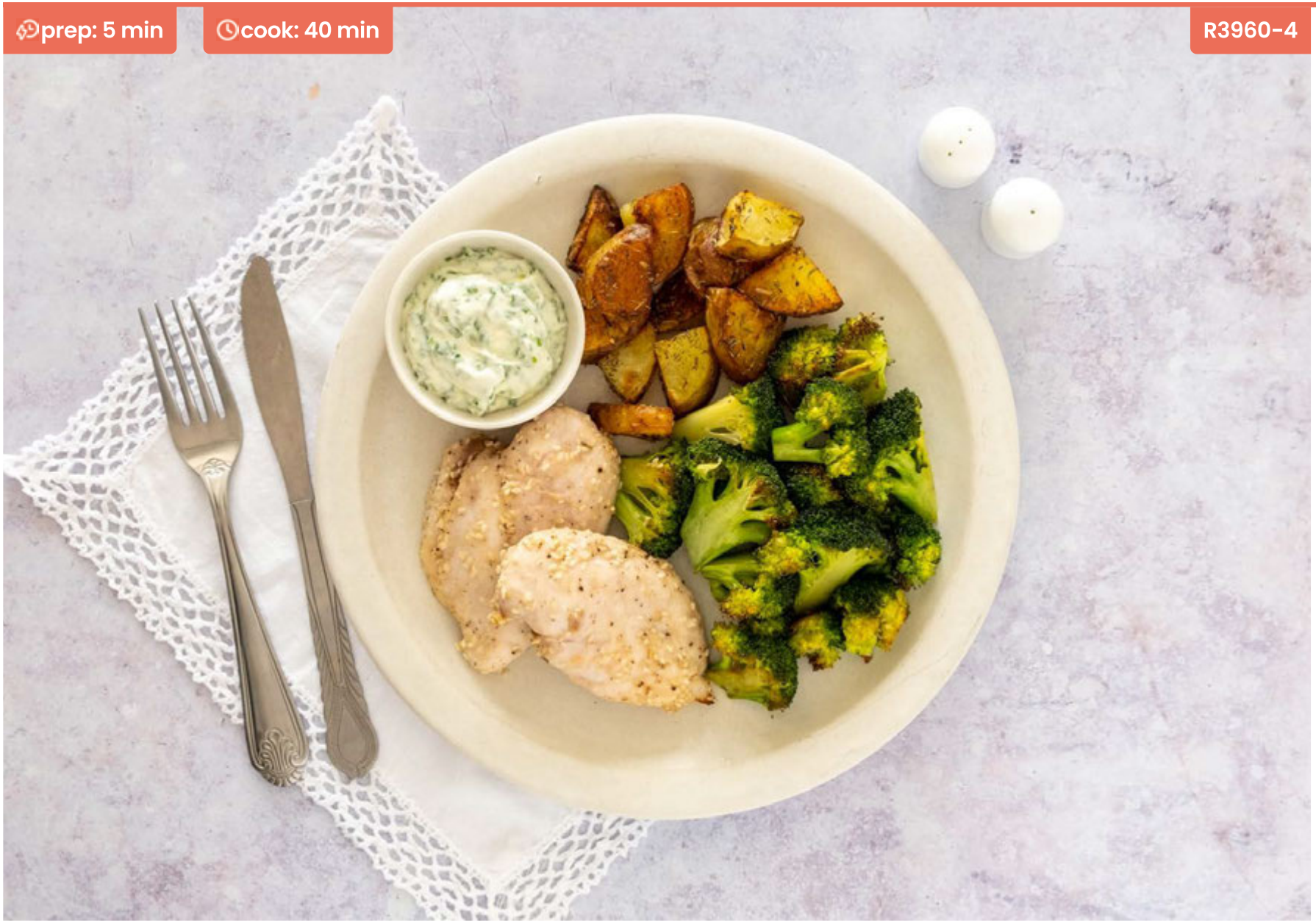
With just a handful of ingredients, this traybake requires minimal prep!

hello chef

608 calories | 56 protein | 17 carbs | 31 fat

Family Friendly | Quick Prep

prep: 5 min | cook: 40 min | R3960-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2540 / 608
Fats (g)	30.6
of which saturated (g)	7.8
Carbohydrates (g)	17
of which sugars (g)	5.4
Fibers (g)	9
Proteins (g)	56.4
Salt (g)	1.1

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Garlic onion powder	8 Grams
Flaky sea salt	4 Grams
Black pepper	1 Tsp
Sesame seeds 3*	20 Grams
Vegetable oil	2 Tbsp

Roasted veg	
Broccoli	800 Grams
Potatoes	450 Grams
Vegetable oil	2 Tbsp
Dried thyme	4 Grams
Salt	1 Tsp

Chive dip	
Fresh chives	15 Grams
Sour cream 4*	120 Grams
Mayonnaise 5*,9*,13*	100 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *3 Sesame Seeds, *4 Milk, *5 Eggs, *9 Soya, *13 Mustard

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1. Prep

- Preheat the oven to 200°C/180°C fan.
- Separate the **broccoli** into florets and chop them into bite-sized pieces.
- Chop the **potatoes** into bite-sized pieces.
- Finely chop the **chives**.



2. Bake potatoes

- Place the **potatoes** onto a baking tray with a drizzle of **oil**, the **dried thyme** and a generous pinch of **salt**.
- Bake for 20 min.

Tip! Use a parchment or baking paper for easy cleanup!



3. Prep

- Meanwhile, in a large bowl, mix together the **garlic onion powder**, **flaky sea salt**, **black pepper** and the **sesame seeds** with a drizzle of **oil**.
- Add the **chicken** and toss until evenly coated.



4. Make dip

- In a separate small bowl mix together the **sour cream**, **mayonnaise** and **chives** with a pinch of **salt** and **black pepper**.



5. Bake

- After the **potatoes** have been baked for 20 mins, add the **broccoli** and place the **chicken** onto the baking tray with a drizzle of **oil**.
- Bake for 12-15 min or until the **chicken** is cooked through.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready.



6. Serve

- Serve the **One-tray Sesame Roasted Chicken** with **Roasted Potatoes, Broccoli** and **Chive Dip**.

Panfried Cod

with Chop Salad and Creamy Dill Dressing

806 calories | 89 protein | 82 carbs | 14 fat

Calorie Smart | Quick Prep

cook: 40 min

R4676-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3370 / 806
Fats (g)	13.7
of which saturated (g)	3.4
Carbohydrates (g)	82
of which sugars (g)	11.2
Fibers (g)	3.5
Proteins (g)	89.4
Salt (g)	1.8

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What You'll Need

Oven

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salad	
Cucumber	2 Piece
Tomatoes	2 Piece
Red onion	1 Piece
Kalamata olives	80 Grams
Dried oregano	4 Grams
Fresh coriander	15 Grams

Fish	
Cod fillet 6*	700 Grams
Lemon pepper seasoning 13*,15*	4 Grams
Salt	0.5 Tsp
Red vinegar	15 ML

Dressing	
Fresh dill	15 Grams
Natural yogurt 4*	340 Grams
Mayonnaise 5*,9*,13*	16 Grams
Garlic powder	2 Grams

Rice	
Medium grain rice	300 Grams
Water	600 ML

Chicken breast	400 Grams

Allergens: *6 Fish, *13 Mustard, *15 Celery, *4 Milk, *5 Eggs, *9 Soya

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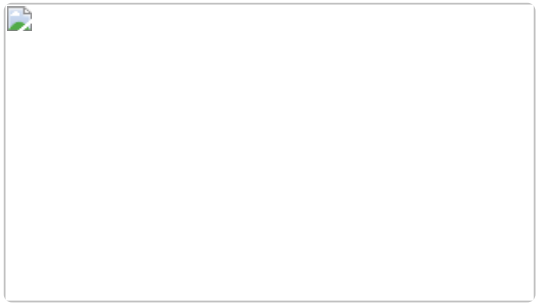
1. Prep



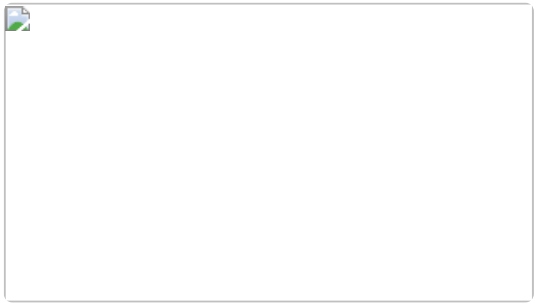
2. Roast Potatoes



3. Make Chimichurri



4. Grill Salmon



5. Serve

Korean Sesame Prawn Stir Fry

with Eggs

This one requires some chopping, but it'll all be worth it in the end!

hellofresh

481 calories | 45 protein | 56 carbs | 11 fat

Low Carb | Calorie Smart

cook: 30 min

R2797-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2010 / 481
Fats (g)	10.8
of which saturated (g)	2.9
Carbohydrates (g)	56
of which sugars (g)	27.9
Fibers (g)	14.4
Proteins (g)	44.7
Salt (g)	3.8

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Prawns	
Prawns 7*	700 Grams
Garlic cloves	4 Piece
Ginger	60 Grams
Soy sauce 9*,10*,11*	40 ML
Honey	30 Grams
Sesame seeds 3*	20 Grams
Chilli flakes	2 Grams
Black pepper	1 Tsp
Vegetable oil	2 Tbsp

For stir fry	
Red pepper	2 Piece
Broccoli	400 Grams
Carrot	3 Piece
Green beans	250 Grams
Spring onion	80 Grams
Sugar snap peas	300 Grams
Soy sauce 9*,10*,11*	40 ML
Brown sugar	15 Grams
Vegetable oil	6 Tbsp

To serve	
Organic Eggs 5*	4 Piece
Vegetable oil	2 Tbsp
Salt	0.5 Tsp

Allergens: *7 Crustaceans, *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds, *5 Eggs

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1. Marinate prawns

Pat the **prawns** dry with kitchen paper and transfer them to a bowl. Peel and crush the **garlic**. Peel and grate the **ginger**. Add the **garlic**, **ginger**, **soy sauce**, **honey**, **sesame seeds**, **chilli flakes** (spicy!) and **black pepper** to the **prawns**. Mix well and set aside.



2. Prep vegetables

Slice the bell **pepper** into thin sticks. Separate the **broccoli** into florets. Peel and chop the **carrot** into thin sticks. Trim the **green beans**. Slice the **spring onion** into thin sticks. Slice the **sugar snap peas** on the diagonal. Combine the **soy sauce** with the **brown sugar** in a small bowl or glass.



3. Boil and fry

Cook the **green beans** in boiling water for 3-4 min or until tender. Drain. Meanwhile, heat a pan over a medium heat with a drizzle of **vegetable oil**. Once hot, add the **prawns** to the pan along with their marinade. Fry for 2-3 min until the **prawns** are pink in colour and cooked through, but not rubbery (see pro tip). Transfer the **prawns** and all of their **sauce** to a plate. Set aside.



4. Fry vegetables

Wipe the pan clean and return it to a high heat with a generous drizzle of **vegetable oil**. Once hot, add the bell **pepper**, **broccoli**, **carrots** and **green beans**. Stir-fry for 2-3 min. Add the **spring onion** and **sugar snap peas**, and fry for 1-2 min further.



5. Fry eggs

Meanwhile, heat a second pan over a medium heat with a drizzle of **vegetable oil**. Crack the **eggs** into the pan and fry for 2-4 min or until cooked to your liking. For a set egg yolk, cover the pan with a lid. Season with a pinch of **salt**.



6. Combine and serve

Add the **soy sauce** and **brown sugar** mix to the **vegetable** stir-fry and fry for a final 1 min. Return the **prawns** and all of their **sauce** to the pan and give everything a good toss. Serve the fried **eggs** over the stir-fry.

Baked Miso Cod with Jasmine Rice
and Sugar Snap Peas

If you're quick, this one will be ready in under 20 minutes!

587 calories | 45 protein | 89 carbs | 11 fat

Quick Prep

prep: 5 min | cook: 25 min | R4770-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2451 / 587
Fats (g)	11.3
of which saturated (g)	6.2
Carbohydrates (g)	89
of which sugars (g)	9.3
Fibers (g)	4.5
Proteins (g)	44.9
Salt (g)	1.4

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What You'll Need

Oven | Whisk

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Cod	
Cod fillet 6*	700 Grams
Butter 4*	50 Grams
Brown sugar	10 Grams
Miso paste 9*	80 Grams
Water	60 ML
Rice vinegar	30 ML

Rice	
Jasmine rice	300 Grams
Lemongrass	2 Piece
Salt	1 Tsp
Water	600 ML

Sides	
Spring onion	80 Grams
Sugar snap peas	300 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Sushi ginger	80 Grams

Allergens: *6 Fish, *4 Milk, *9 Soya

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1. Cook rice

- Preheat the oven to 200°C/180°C fan.
- Rinse the **rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat.
- Once boiling, reduce the heat to low, cover, and cook for 12-14 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from the heat and keep covered until serving.



2. Prep

- Finely chop the **spring onion**.
- Trim the **sugar snap peas**.



3. Prep miso

- Meanwhile, add the **butter** to a small bowl and microwave in 30 sec intervals until melted.
- Add the **sugar**, **miso paste**, 4 Tbsp **water** and **rice vinegar** to the **butter** and whisk until the **sugar** has dissolved.



4. Bake cod

- Place the **cod** in a baking dish with sides.
- Spoon over the **miso butter** and spread evenly among the **cod fillets**.
- Bake for 8-10 min or until the **cod** is cooked through.

Tip! You can tell when white fish is cooked by checking if the flesh flakes easily.



5. Fry sugar snap

- Meanwhile, heat a small non-stick pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **sugar snap peas** with a pinch of **salt** and fry for 3-5 min.



6. Serve

- Serve the **miso cod** over the **rice** with the **sugar snap peas** and **sushi ginger** to the side.
- Garnish with **spring onion**.

Minced Beef Pot Pie

with Rosemary Drop Biscuits

From the easy doughy biscuits to the savoury beefy filling, this is a humble and classic dinner the family will love, and is worth the wait!

915 calories | 49 protein | 88 carbs | 42 fat

Family Friendly

cook: 60 min

R4797-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3815 / 915
Fats (g)	41.6
of which saturated (g)	22.4
Carbohydrates (g)	88
of which sugars (g)	16
Fibers (g)	5
Proteins (g)	49
Salt (g)	5.7

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What You'll Need

Oven

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef	
Lean beef mince	700 Grams
White onion	1 Piece
Carrot	2 Piece
Garlic cloves	3 Piece
Vegetable oil	2 Tbsp
Salt	0.25 Tsp
Black pepper	0.5 Tsp
Plain flour 10*,11*	30 Grams
Beef stock cube 4*,5*,9*,11*,15*	1 Piece
Whole milk 4*	400 ML
Water	450 ML
Green peas	200 Grams
Fresh parsley	15 Grams
Worcestershire sauce 6*,11*	30 ML

Drop Biscuits	
Butter 4*	100 Grams
Plain flour 10*,11*	280 Grams
Baking powder	10 Grams
Dried rosemary	2 Grams
Water	200 ML

Allergens: *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *6 Fish

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1. Prep

Place the block of **butter** in the freezer to solidify (You'll need cold **butter** in step 3 to make the biscuits). Preheat the oven to 220°C/200°C. Peel and finely chop the **onions**. Peel and finely chop the **carrots**. Finely chop the celery. Strip the thyme leaves. Peel and finely chop the **garlic**. Slice and finely chop the chicken into small bite-sized pieces, similar in size to the rest of the vegetables.

> **Tip!** Frozen butter makes flakier and softer biscuit dough!

2. Cook

Heat a large pot over medium high heat with a drizzle of **oil**. Once hot, add the **onions**, **carrots**, celery, and **garlic** with a pinch of **rosemary**, **salt** and **pepper**. Fry for 4-6 min until softened. Add the chicken and half the thyme (reserving the rest for the biscuits). Cook the chicken for 2-3 min then add the 30 g **flour** and **stock cube** and fry for 1-2 min until pasty. Add the **milk**, and the **measured water**, and bring to a boil. Cook for 2-3 min until the mixture has thickened, then stir in the **peas**. Set aside.



3. Make biscuit batter

In a large bowl, mix together the large bag of **flour**, **baking powder**, remaining **fresh** thyme, and a pinch of **salt**. Remove the **butter** from the freezer, unwrap, and chop or grate into small pieces. Add the frozen **butter** into the **flour**. Using a fork, or the tips of your fingers, rub the **butter** into the **flour** until it resembles a sandy texture. Mix in half of the grated cheddar. Gently pour in the **measured water**, and using a spatula, stir until just combined.

> **Tip!** Do not over mix the batter. It is meant to be sticky and lumpy!



4. Scoop batter

Pour the **chicken filling** into an ovenproof baking dish or casserole. Using a large oiled spoon, scoop 16 mounds of the **biscuit batter**, and drop on top of the **chicken filling**. Top each **biscuit** with the remaining grated cheddar.

> **Tip!** For the 4 ppl box, make sure you use a larger casserole dish to make room for the biscuits. Alternatively, use 2 baking dishes.



5. Bake pot pie

Bake the **chicken pot pie** in the oven for 25-30 min until the **sauce** is bubbly, the **biscuits** are puffed up and golden, and the **cheese** has melted.

6. Serve

Divide the **chicken pot pie** and **cheddar biscuits** amongst bowls and serve immediately.

Barbecue Fajitas

with Mushrooms, Peppers and Guacamole

Speedy to make, fun (and messy!) to eat.

hello chef

945 calories | 28 protein | 143 carbs | 20 fat

Speedy

cook: 20 min

R3570-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3952 / 945
Fats (g)	19.9
of which saturated (g)	5.5
Carbohydrates (g)	143
of which sugars (g)	19.7
Fibers (g)	21.6
Proteins (g)	28.3
Salt (g)	1.9

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fajitas	
Red onion	2 Piece
Red pepper	2 Piece
Yellow pepper	1 Piece
Black beans	480 Grams
Chestnut mushrooms	500 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Smoked paprika powder	4 Grams
Fajita seasoning	10 Grams
Barbecue sauce 11*,13*	80 Grams
Chipotle powder	2 Grams
Avocado	2 Piece
Lime	2 Piece
8" tortilla wraps 10*,11*	12 Piece
Fresh coriander	15 Grams

Allergens: *11 Gluten, *13 Mustard, *10 Wheat

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1. Prep

- Peel and slice the **onions**.
- De-seed and slice the **peppers**.
- Drain and rinse the **beans**.
- Clean the **mushrooms** with a cloth, knife or brush (don't wash them with water).
- Slice the **mushrooms**.



2. Fry mushrooms

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Add the **mushrooms** with a pinch of **salt**.
- Fry for 5 min.



3. Add

- Add the **onions** and **peppers** with a pinch of **salt**.
- Fry for 3 min further.
- Add the **smoked paprika**, **fajita seasoning**, **black beans**, **barbecue sauce**, a pinch of **chipotle** (spicy!) and a splash of water.
- Season to taste with **salt**.
- Cook for 2 final min.



4. Make guacamole

- Meanwhile, halve and de-stone the **avocados**.
- Spoon the flesh into a bowl.
- Season with **salt**.
- Squeeze half the **lime** juice over the **avocado** and mash with a fork.
- Set aside.
- Slice the remaining **lime** into wedges.



5. Heat tortilla wraps

- Heat the **tortilla wraps** in the microwave or a warm oven.



6. Serve

- Load the **wraps** with the **vegetable** filling.
- Top with the **guacamole** and **fresh coriander** leaves.
- Serve the **Barbecue Fajitas with Mushrooms, Peppers and Guacamole** with the **lime** wedges on the side.

Roast Duck in Cranberry Gastrique Sauce

with Rosemary Potatoes and Garlic Kale

-

759 calories | 59 protein | 64 carbs | 29 fat

Gourmet

cook: 45 min

R4203-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3178 / 759
Fats (g)	29.4
of which saturated (g)	9.3
Carbohydrates (g)	64
of which sugars (g)	26.7
Fibers (g)	11.8
Proteins (g)	58.7
Salt (g)	2.1

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Duck	
Duck breast	4 Piece

Sauce	
Cranberry sauce	100 Grams
Butter 4*	10 Grams
Balsamic vinegar 14*	30 ML
Onion marmalade	28 Grams
Red onion	1 Piece

Potatoes	
Potatoes	900 Grams
Fresh rosemary	10 Grams

Kale	
Kale	300 Grams
Garlic cloves	4 Piece
Crispy onions	40 Grams

Allergens: *4 Milk, *14 Sulphur Dioxide

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1. Prep



2. Roast Potatoes



3. Roast Duck



4. Make Sauce



5. Saute Kale



6. Serve

Cheesy Veggie Tacos

with Avocado and Tomato Salsa

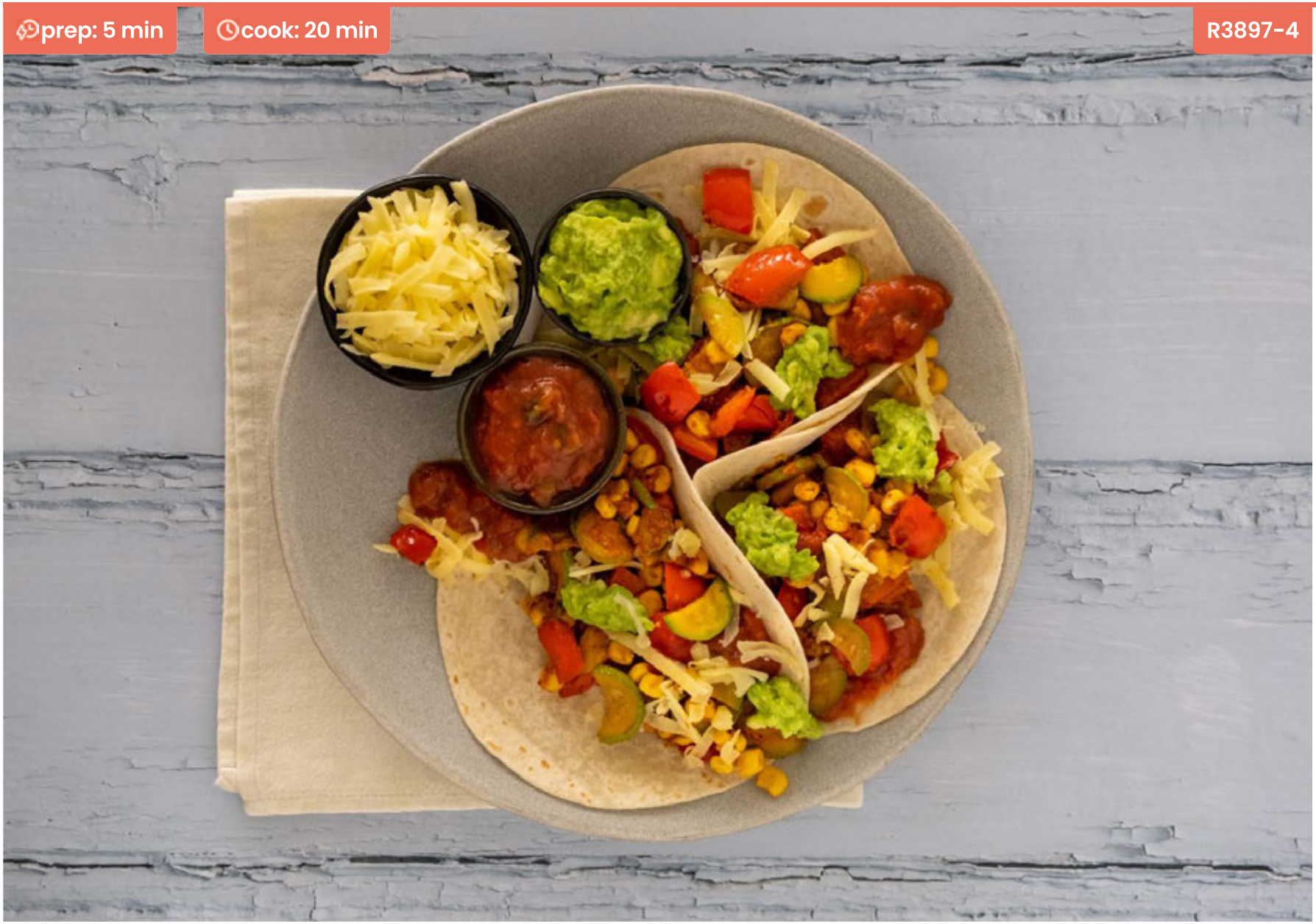
Did someone say taco night? Yes please!

hello chef

751 calories | 27 protein | 85 carbs | 38 fat

Quick Prep | Speedy

prep: 5 min | cook: 20 min | R3897-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3141 / 751
Fats (g)	37.7
of which saturated (g)	9.9
Carbohydrates (g)	85
of which sugars (g)	10.9
Fibers (g)	14.6
Proteins (g)	26.5
Salt (g)	4

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Taco filling	
Small zucchini	6 Piece
Red pepper	2 Piece
Salt	1 Tsp
Sweet corn kernels	244 Grams
Vegetable oil	2 Tbsp
Taco seasoning	20 Grams
Tomato paste	70 Grams
Cumin powder	4 Grams
Garlic onion powder	8 Grams
6" tortilla wraps 10*,11*	12 Piece

Toppings	
Avocado	2 Piece
Salt	1 Tsp
Grated Monterey Jack 4*	120 Grams
Mild tomato salsa	180 Grams

Allergens: *10 Wheat, *11 Gluten, *4 Milk

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1. Prep

- Slice the **zucchini** into half moons.
- Deseed and finely chop the **red pepper**.
- Cut the **avocado** in half and remove its stone.
- Scoop the **avocado** out of its skin into a bowl using a spoon.
- Mash it with a fork with a generous pinch of **salt**.
- Drain the **sweet corn**.



2. Fry veg

- Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **zucchini** and **peppers** with a pinch of **salt**.
- Fry for 5 min.



3. Add spices

- Add the **taco seasoning**, **tomato paste**, **cumin powder**, **garlic onion powder** and **corn**.
- Fry for 2 min further.

Tip! If the spices are sticking to the pan, add a splash of water.



4. Warm tortillas

- Meanwhile, heat the **tortilla wraps** in the microwave for 30-60 secs until warm.

Tip! For crispy tortillas warm the tortillas on a dry hot pan.



5. Serve

- Divide the **vegetables** among the **wraps**.
- Load them with the **Monterey jack cheese**, **avocado** and **tomato salsa**.
- Serve the **Cheesy Veggie Tacos** with **Avocado** and **Tomato Salsa**.

Greek Baked Salmon

with Tzatziki and Quinoa

Like all oily fish, salmon is rich in omega-3 fatty acids, making it an excellent promoter of heart and brain health.

644 calories | 52 protein | 53 carbs | 27 fat

Low Carb

cook: 30 min

R2988-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2695 / 644
Fats (g)	26.7
of which saturated (g)	9
Carbohydrates (g)	53
of which sugars (g)	15.2
Fibers (g)	6.1
Proteins (g)	52.2
Salt (g)	4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven | Box grater

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salmon	
Skinless salmon fillet 6*	700 Grams
Red onion	2 Piece
Lemon	2 Piece
Fresh thyme	10 Grams
Olive oil	4 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp
Cherry tomatoes	300 Grams
Kalamata olives	80 Grams
Feta cheese 4*	100 Grams

Tzatziki	
Cucumber	2 Piece
Garlic cloves	1 Piece
Natural yogurt 4*	340 Grams
Salt	1 Tsp

Quinoa	
Mixed quinoa	200 Grams
Water	500 ML
Salt	1 Tsp

Allergens: *6 Fish, *4 Milk

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1. Cook quinoa

- Preheat the oven to 200°C/180°C fan.
- Rinse the **quinoa**.
- Add the **measured water** to a pot.
- Bring it to a boil over a high heat.
- Once boiling, add the **quinoa** and **salt**.
- Reduce the heat to medium-low and cover with a lid.
- Simmer for 15 min or until the liquid is fully absorbed and the **quinoa** is tender.
- Keep warm.

Tip! Washing quinoa with warm water before draining it, removes the bitter-tasting saponins from its surface.



4. Prep tzatziki

- Meanwhile, grate the **cucumber**.
- Squeeze any excess water from the grated **cucumber**.
- Peel and mince 1 **garlic cloves**.



2. Prep

- Meanwhile, portion the **salmon**.
- Peel the **onion** and slice it into wedges.
- Slice the **lemon** into wedges.
- Finely chop the **thyme** leaves.
- In a small bowl, mix chopped **thyme** with a drizzle of **olive oil** and a pinch of **salt** and **pepper**.



5. Make tzatziki

- In a bowl, combine the grated **cucumber** with the **yogurt** and **garlic**.
- Season well with **salt** and **pepper**.
- Set the **tzatziki** aside.

Tip! Don't like raw garlic? Go easy!



3. Roast salmon

- Place the **salmon**, **onion**, **lemon** wedges, whole **cherry tomatoes** and **olives** onto an oiled baking tray.
- Crumble the **feta** over the top.
- Drizzle with the **thyme oil**.
- Bake for 15-20 min or until the **salmon** is cooked through.



6. Serve

- Serve the **Greek Baked Salmon** alongside the **Tzatziki** and **Quinoa**.

Warm Halloumi and Pesto

Butterbean Salad

So satisfying!

670 calories | 32 protein | 41 carbs | 44 fat

Low Carb

cook: 20 min

R4356-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2787 / 670
Fats (g)	44.1
of which saturated (g)	25.6
Carbohydrates (g)	41
of which sugars (g)	15.1
Fibers (g)	13.3
Proteins (g)	31.8
Salt (g)	36.1

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Halloumi **4***	400 Grams
Red onion	2 Piece
Lemon	1 Piece
Olive oil	4 Tbsp
White vinegar	30 ML
Honey	30 Grams
Salt	1 Tsp
Black pepper	0.5 Tsp
Romaine lettuce	400 Grams
Rocket	40 Grams
Cherry tomatoes	300 Grams
White beans	480 Grams
Green pesto **2*,4***	100 Grams
Sunflower seeds	40 Grams
Fresh basil	15 Grams

Allergens: *4 Milk, *2 Tree Nuts

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1. Prep dressing

Peel and finely chop the **shallot**. Add 1-2 tbsp of the chopped shallots to a small bowl. Squeeze 1 tbsp of **lemon** juice into the bowl. Add a generous drizzle of **olive oil**, the **white** balsamic **vinegar**, **honey**, **salt** and **pepper**. Mix well and set aside. This is your **dressing**.



2. Prep vegetables

Slice the **halloumi**. Separate the gem **lettuce** leaves. Rinse and dry the **rocket**. Halve the **cherry tomatoes**. Rinse and drain the butter **beans** in a colander.



3. Fry halloumi

Heat a pan over a medium-low heat with a drizzle of **oil**. Once hot, add the **halloumi** and fry for 2 min on each side until the surface turns golden brown. The inside of the cheese should stay soft. Transfer to a plate and cover lightly.

Tip! Don't fry the halloumi on too high a heat. It should be golden on the outside and soft on the inside.



4. Make pesto beans

Return the pan to a medium heat with a second drizzle of **olive oil**. Add the **beans** and the **green pesto** with 1-2 tbsp of **water**. Cook for 2 min until the **beans** are warmed through and the excess water has evaporated.



5. Serve

Add the gem **lettuce**, **rocket** and **cherry tomatoes** to a large serving plate. Drizzle with the **shallot dressing**. Top with the **pesto beans** and the **halloumi** slices. Garnish with the **sunflower seeds** and **fresh basil** leaves. Serve immediately.

Chicken Piccata

with Cauliflower Mash

This simple Italian classic pairs butter and lemon perfectly.

hellochef

684 calories | 58 protein | 39 carbs | 34 fat

Low Carb

cook: 30 min

R2884-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2845 / 684
Fats (g)	33.7
of which saturated (g)	21.1
Carbohydrates (g)	39
of which sugars (g)	12.5
Fibers (g)	10.2
Proteins (g)	57.5
Salt (g)	4.5

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What You'll Need

- Blender

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken piccata

Chicken breast	800 Grams
Shallots	2 Piece
Garlic cloves	4 Piece
Lemon	2 Piece
Fresh parsley	30 Grams
Water	300 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Plain flour 10*,11*	30 Grams
Salt	2 Tsp
Black pepper	1 Tsp
Vegetable oil	4 Tbsp
Capers	40 Grams
Butter 4*	100 Grams

Cauliflower mash

Cauliflower	1200 Grams
Cream cheese 4*	160 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *10 Wheat, *11 Gluten

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1. Make cauli mash

- Chop the **cauliflower** into small florets.
- Bring a large pot of salted water to a boil.
- Add the **cauliflower** and cook, covered, for 10-12 min until soft.
- Once soft, drain the cooked **cauliflower** and add it to a food processor with the **cream cheese**.
- Blitz until smooth.
- Season well with **salt** and **pepper**.
- Keep covered until serving.



2. Prep vegetables

- Meanwhile, peel and finely chop the **shallots** and **garlic**.
- Wash the **lemon** thoroughly and grate its **zest** with a fine blade, taking care to avoid its bitter white pith.
- Juice half of the **lemon** and slice the remaining **lemon** into round slices.
- Chop the **parsley**.
- Boil the **measured water** and dissolve the 1 **stock cube** in it.



3. Prep chicken

- Slice each **chicken breast** in half as if you were cutting a burger bun, so you are left with two thinner **chicken** escalopes.
- Add the **flour** to a plate and season it with **salt** and **pepper**.
- Turn the **chicken** escalopes in the seasoned **flour**.



4. Fry chicken

- Heat a pan over a medium-high heat with a drizzle of **oil**.
- Fry the coated **chicken breasts** for 2-3 min on each side until nicely browned and cooked through (fry in batches if necessary).
- Transfer to a plate and reserve the pan (don't wash it).



5. Make sauce

- Return the pan to a medium heat and loosen any sticky bits with a spatula.
- Add a second drizzle of **oil**, the **shallots**, **garlic** and a pinch of **salt**.
- Cook for 1-2 min.
- Add the **stock**.
- Bring to a simmer and cook for 3 min or until the liquid has reduced by 1/3.



6. Serve

- Add the **capers** with their juice and a few **lemon** slices.
- Remove the pan from the heat and add the **butter**, 2 Tbsp of **lemon juice** and 1 tsp of **lemon zest**.
- Whisk until the sauce begins to thicken.
- Return the **chicken breasts** to the pan.
- Season with a pinch of **black pepper**.
- Serve the **Chicken Piccata** with a side of **Cauliflower Mash**.

Tip! Stirring cold butter into a sauce at the end creates a glossy finish and helps to thicken it.

Cioppino Fish Stew with Fennel
and Garlic Ciabatta Bread

Inspired by a fisherman's stew from the heart of San Francisco where the sweet anise flavours of Fennel form the base of this tomato-rich dish.

hello chef

596 calories | 52 protein | 84 carbs | 8 fat

Calorie Smart

cook: 40 min

R4219-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2510 / 596
Fats (g)	7.7
of which saturated (g)	3.2
Carbohydrates (g)	84
of which sugars (g)	21
Fibers (g)	17.7
Proteins (g)	51.9
Salt (g)	2.9

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stew	
Alaskan pollock loin 6*	700 Grams
Lemon	2 Piece
Red onion	2 Piece
Potatoes	400 Grams
Fennel	720 Grams
Olive oil	4 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp
Fennel seeds	4 Grams
Chilli flakes	2 Grams
Tomato paste	70 Grams
Peeled plum tomatoes	800 Grams
Vegetable stock cube 15*	2 Piece
Water	500 ML
Fresh thyme	10 Grams

Garlic Bread	
Fresh parsley	30 Grams
Garlic cloves	4 Piece
Butter 4*	30 Grams
Olive oil	4 Tbsp
Black pepper	1 Tsp
Ciabatta 10*,11*	3 Piece

Allergens: *6 Fish, *15 Celery, *4 Milk, *10 Wheat, *11 Gluten

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1. Prep ingredients

- Preheat the oven to 180°C/200°C.
- Slice the **fish** into small bite-sized pieces.
- Zest and slice the **lemon** into wedges.
- Squeeze some juice and sprinkle the zest over the **fish**.
- Peel and finely chop the **onion**.
- Peel and chop the **potatoes** into small bite-sized pieces.
- Trim the bottom of the **fennel**. Discard any hard woody parts, then finely slice.



2. Start stew

- Heat a large pot over a medium-high heat with a drizzle of **olive oil**.
- Once hot, add the **onion** and **fennel** with a pinch of **salt** and **pepper**.
- Fry for 6-8 min until softened.
- Add the **fennel seeds**, a pinch of **chilli flakes** (spicy!).
- Stir for 1 min until fragrant.



3. Simmer stew

- Add the **tomato paste**.
- Fry for 1 min further.
- Open the can of **peeled plum tomatoes** and using a fork (or clean hands), gently crush them into the pot.
- Add the **stock cube** and **measured water** and bring to a boil.
- Once boiling, add the **potatoes**, and sprigs of **thyme**.
- Cover with a lid and reduce the heat to medium.
- Simmer for 15-18 min until the **potatoes** are fork-tender and fully cooked through.



4. Bake Ciabbata

- Meanwhile, pick and finely chop the **parsley**.
- Peel and finely chop the **garlic**.
- In a small bowl combine the **butter**, **garlic**, a good drizzle of **olive oil**, a pinch of **black pepper**, and the **parsley** (reserving some for garnish).
- Slice the **ciabatta** in half and spread the mixture on top.
- Bake in the oven for 10-12 min until golden brown.
- Once golden, remove from the oven and set aside to crisp.



5. Add fish

- Remove and discard the sprigs of **thyme** from the soup.
- Once the **potatoes** are tender, turn down the heat to low and add the **fish**.
- Gently cook for 2-3 min until it's fully cooked through.
- Add a squeeze of **lemon** to finish.

Tip! If the potatoes absorbed a lot water, adjust the consistency of the stew by adding another 1 cup of water prior to adding the fish.



6. Finish and serve

- Serve the **Cioppino Fish Stew with Fennel**.
- Garnish with the remaining **fresh parsley** and **lemon** wedges.
- Serve with the **Garlic Ciabatta Bread** on the side.

Chipotle Chicken Bowl

with Quinoa and Guacamole

Spice up your evening with this fiesta dinner!

hello chef

1043 calories | 69 protein | 88 carbs | 51 fat

Low Carb

cook: 30 min

R2644-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4364 / 1043
Fats (g)	50.5
of which saturated (g)	13.4
Carbohydrates (g)	88
of which sugars (g)	12.6
Fibers (g)	18.4
Proteins (g)	69
Salt (g)	4.6

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken mince	800 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Vegetable oil	4 Tbsp
Salt	0.5 Tsp
Tomato paste	140 Grams
Taco seasoning	20 Grams
Smoked paprika powder	4 Grams
Chipotle powder	2 Grams
Mild tomato salsa	120 Grams
Brown sugar	10 Grams
Water	200 ML
Chicken stock cube 4*,5*,9*,15*	2 Piece
Black pepper	0.5 Tsp

Quinoa	
White quinoa	300 Grams
Water	600 ML
Salt	1 Tsp

Guacamole	
Lime	2 Piece
Fresh coriander	15 Grams
Avocado	2 Piece
Salt	1 Tsp

To serve	
Cherry tomatoes	300 Grams
Sour cream 4*	120 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Boil quinoa

- Add the **quinoa** to a bowl, cover with warm water and rinse.
- Drain in a fine sieve.
- Add the **measured water** to a pot and bring it to a boil.
- Add the **quinoa** and a pinch of **salt**.
- Cover with a lid and reduce the heat to low.
- Simmer for 15 min or until the liquid is absorbed and the **quinoa** is tender.

Tip! Washing quinoa with warm water before draining it, helps remove any bitter-tasting components known as saponins from its surface.



2. Prep

- Meanwhile, peel and finely chop the **onion**.
- Peel and mince the **garlic**.
- Slice the **lime** into wedges.
- Chop the **cherry tomatoes** in half.
- Finely chop the **coriander**.



3. Fry chicken

- Heat a pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken mince** and **onion** with a pinch of **salt**.
- Fry for 5-7 min or until the **chicken** is browned and starts to crisp.
- Add the **garlic**, **tomato paste**, **taco seasoning (spicy!)**, **smoked paprika** and a pinch of **chipotle (spicy!)**.
- Fry for 1 min further.

Tip! Make sure your pan is hot so the chicken doesn't stew.



4. Simmer

- Reduce the heat to medium.
- Add the **tomato salsa**, **sugar**, **measured water** and **stock cube**.
- Simmer for 5 min.
- Once cooked, season to taste with **salt** and **pepper**.



5. Make guacamole

- Meanwhile, cut the **avocado** in half and remove the stone.
- Scoop the **avocado** out of its skin using a spoon.
- Add to a bowl.
- Squeeze in the juice of half of the **limes**.
- Mash the **avocado** with a fork, leaving some bits chunky.
- Add half of the **coriander** and season well with **salt**.



6. Serve

- Serve the **Chipotle Chicken Bowl** with **Quinoa**.
- Top with the **Guacamole**, **tomatoes**, and **sour cream**.
- Garnish with the remaining **coriander**.
- Serve the remaining **lime** wedges alongside.

Miso Roasted Eggplant and Rice

with Pak Choi, Baby Corn and Pickled Radish

Miso is a fermented soybean paste, that adds a deep umami flavour.

hello chef

581 calories | 19 protein | 108 carbs | 13 fat

Calorie Smart

cook: 40 min

R4675-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2123 / 581
Fats (g)	12.7
of which saturated (g)	1.3
Carbohydrates (g)	108
of which sugars (g)	20.1
Fibers (g)	13.6
Proteins (g)	18.8
Salt (g)	1.8

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What You'll Need

Oven

Box grater

hello@hellochef.com

04-825-44-00

hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Eggplant	
Long Eggplant	750 Grams
Brown sugar	15 Grams
Ginger	60 Grams
Garlic cloves	3 Piece
Miso paste 9*	60 Grams
Black sesame seeds 3*	5 Grams
Sesame seeds 3*	5 Grams
Rice	
Medium grain rice	300 Grams
Water	600 ML
Salt	1 Tsp
Veg	
Fresh baby corn	225 Grams
Baby pak choi	6 Piece
Red radish	125 Grams
Rice vinegar	30 ML
Dressing	
Lime	2 Piece
Tahini 3*	60 Grams
Soy sauce 9*,10*,11*	20 ML
Agave syrup	20 Grams
Chilli flakes	2 Grams
To serve	
Fresh coriander	15 Grams

Allergens: *9 Soya, *3 Sesame Seeds, *10 Wheat, *11 Gluten

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1. Bake eggplant

- Preheat the oven to 200°C/180°C fan.
- Cut the **eggplants** in half lengthways.
- Place the **eggplants** on a lined baking tray and drizzle with **oil**.
- Bake for 20-25 min until soft.



2. Prep

- Cut the **baby corn** and **pak choi** in half.
- Trim and cut the **radish** into rounds.
- In a small bowl, combine the **rice vinegar** and **radish** rounds with a pinch of each **salt** and **brown sugar** (saving the rest of the **sugar** for the **glaze**).
- Peel and grate the **ginger** and **garlic**.
- In a separate small bowl, combine the **miso**, **ginger**, **garlic** and **brown sugar** with 4 Tsp of **water** - this is your **glaze**.



3. Cook rice

- Rinse and drain the **rice**.
- Add the **rice**, measured **water** and **salt** to a pot.
- Bring to a boil over a high heat.
- Once boiling, cover, lower the heat and cook for 10-12 min until tender.
- Keep covered until serving.



4. Cook veg

- Heat a large frying pan over a medium-high heat with drizzle of **oil**.
- Fry the **pak choi** and **baby corn** with a pinch of **salt** for 3-4 min.
- Add a splash of **water** and cover.
- Cook for a further 2 min until tender.



5. Glaze

- Once the **eggplants** are soft, brush with the **glaze** on the cut side.
- Sprinkle with the **black** and **white sesame seeds**.
- Bake for a further 8-10 min on high heat.



6. Serve

- Meanwhile, cut the **lime** into wedges.
- In a small bowl, combine the **tahini**, **soy sauce**, **agave syrup** 4 Tsp **water**.
- Add a squeeze of **lime juice** and **chilli flakes (spicy!)** to taste - this is your **dressing**.
- Serve the **Miso Roasted Eggplant and Rice with Pak Choi, Baby Corn and Pickled Radish** with the **sesame dressing** drizzled over.
- Garnish with the **coriander** leaves.

Aussie Chicken Parma

with Chips and Salad

Chicken parmigiana (pollo alla parmigiana in Italian!) is known in Australia as Parm, Parma, or Parmi. We hope this dish pays homage to all our Australian customers. Enjoy!

hello chef

840 calories | 68 protein | 92 carbs | 21 fat

Family Friendly

cook: 30 min

R3406-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3522 / 840
Fats (g)	21.1
of which saturated (g)	11.5
Carbohydrates (g)	92
of which sugars (g)	17.2
Fibers (g)	13.8
Proteins (g)	68
Salt (g)	4.8

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What You'll Need

Oven | Box grater

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken parma	
Chicken breast	600 Grams
Parmesan **4***	90 Grams
Plain flour **10*,11***	100 Grams
Salt	2 Tsp
Garlic onion powder	8 Grams
Organic Eggs **5***	2 Piece
Panko bread crumbs **10*,11*,12***	120 Grams
Vegetable oil	2 Tbsp
Grated mozzarella **4***	120 Grams

Sides	
Potatoes	1200 Grams
Vegetable oil	2 Tbsp
Salt	2 Tsp
Romaine lettuce	400 Grams
Olive oil	4 Tbsp
Balsamic vinegar **14***	30 ML
Black pepper	0.5 Tsp

Sauce	
Brown onion	1 Piece
Garlic cloves	2 Piece
Tomato passata	400 Grams
Chicken stock cube **4*,5*,9*,15***	1 Piece
Brown sugar	10 Grams
Fresh basil	15 Grams

Allergens: *4 Milk, *10 Wheat, *11 Gluten, *5 Eggs, *12 Lupin, *14 Sulphur Dioxide, *9 Soya, *15 Celery

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1. Prep

- Preheat the oven to 200°C/180°C fan.
- Slice the **potatoes** (skins on) into **chips**.
- Add the **chips** to a baking tray.
- Drizzle with **oil** and sprinkle with **salt**.
- Toss the **chips** in the **oil** until they are fully coated.
- Bake for 30 min.



2. Bread chicken

- Meanwhile, grate the **Parmesan**.
- In a bowl, combine the **flour**, **salt**, **pepper** and **garlic onion powder**.
- Add the **eggs** to a second bowl and whisk.
- Add the **panko** and **Parmesan** to a third bowl.
- Slice each **chicken breast** in half as if you were cutting a burger bun, so you are left with two thinner **chicken** escalopes.



3. Bake

- Carefully turn the **chicken** in the **flour**, followed by the **eggs**, and finally in the **panko**.
- Heat a pan over a medium heat with a generous drizzle of **oil**.
- Once hot, add the **chicken** to the pan.
- Fry for 2 min on each side until golden.
- Transfer to a baking tray.
- Bake for 10 min.
- Reserve the pan - just wipe it clean.



4. Make sauce

- Meanwhile, peel and very finely chop the **onions** 1 and **garlic**.
- Heat the reserved pan over a medium heat with a drizzle of **oil**.
- Add the **onions** 1 with a pinch of **salt**.
- Fry for 6 min.
- Add the **garlic**.
- Cook for 1 min further.
- Add the **tomato passata**, **stock cube** 1 and **brown sugar**.
- Reduce the heat to low.
- Simmer for 10 min (add a splash of water if it gets too thick).



5. Prep

- Meanwhile, chop the **romaine lettuce** roughly.
- Chop the **basil** leaves finely.
- Add them to the **tomato sauce**.
- Once the **chicken** has been cooking for 10 min, top it with the **mozzarella**.
- Bake for 5 min further or until the **chicken** is cooked through.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready!



6. Serve

- In a large bowl, whisk together the **olive oil** and **balsamic vinegar**.
- Season with **salt** and **pepper**.
- Add the **romaine** and toss.
- Serve the **Aussie Chicken Parma** with **Chips** and **Salad** to the side.

Crustless Chicken and Brussels Sprout Quiche

with Green Beans

Fall in love with Brussels sprouts!

hellochef

1159 calories | 82 protein | 52 carbs | 73 fat

Low Carb

cook: 35 min

R2560-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4833 / 1159
Fats (g)	72.6
of which saturated (g)	41.2
Carbohydrates (g)	52
of which sugars (g)	17.6
Fibers (g)	10.8
Proteins (g)	82
Salt (g)	2.5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Quiche	
Chicken mince	0 Grams
Leeks	1 Pieces
Garlic cloves	6 Pieces
Brussels sprouts	450 Grams
Butter 4*	20 Grams
Olive oil	2 Tbsp
Cooking cream 4*	200 ML
Salt	1 Tsp
Black pepper	1 Tsp
Parmesan 4*	90 Grams
Organic Eggs 5*	4 Pieces
Grated cheddar 4*	120 Grams

To serve	
Green beans	500 Grams

Allergens: *4 Milk, *5 Eggs

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1. Prep vegetables

Preheat the oven to 200°C. Slice the **leeks** in half lengthwise and rinse well in between the layers. Slice the **leeks** finely. Peel and crush the **garlic**. Trim the **Brussels sprouts** by cutting off a thin slice of the stem. Halve the trimmed **Brussels sprouts**.



2. Fry vegetables

Heat a pan over medium-high heat with the **butter** and **oil**. Fry the **leeks** and **Brussels sprouts** for 5 min, stirring occasionally. Add the **garlic** and fry for 2 min further. Transfer the **leeks** and **sprouts** to a plate and return the pan to a medium-high heat.



3. Fry chicken mince

Add a drizzle of **oil** and the **chicken mince** and fry for 4 min.



4. Combine

Return the **leeks** and **sprouts** to the pan along with the **cooking cream**, **salt** and **pepper**. Cook for 3 min. Meanwhile, grate the **Parmesan**.



5. Bake

Transfer the mixture to a baking dish or pie dish. Add the **Parmesan** and **eggs** and give everything a good mix up. Sprinkle the top with **grated cheddar**. Bake in the oven for 15 min or until golden on top.



6. Boil green beans

Meanwhile, trim and wash the **green beans**. Cook the **green beans** in a pot of salted boiling water for 3-4 min or until tender. Drain once cooked. Serve with the crustless quiche.

Chicken in Sun-dried Tomato Sauce

with Rosemary Potatoes and Zucchini

Familiar flavours like rosemary take humble ingredients such as chicken and potatoes to the next level.

634 calories | 64 protein | 65 carbs | 14 fat

Family Friendly

cook: 45 min

R2684-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2651 / 634
Fats (g)	13.7
of which saturated (g)	7.9
Carbohydrates (g)	65
of which sugars (g)	19.7
Fibers (g)	13.7
Proteins (g)	63.7
Salt (g)	3.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven | Whisk

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Sun dried tomatoes	90 Grams
Red onion	1 Piece
Garlic cloves	4 Piece
Olive oil	2 Tbsp
Salt	0.5 Tsp
Tomato paste	70 Grams
Chicken stock cube 4*,5*,9*,15*	1 Piece
Water	400 ML
Brown sugar	10 Grams
Cream cheese 4*	160 Grams

Sides	
Fresh rosemary	10 Grams
Potatoes	1200 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Large zucchini	2 Piece

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Roast potatoes

- Preheat the oven to 200°C/180°C fan.
- Strip and finely chop a couple sprigs of **rosemary**.
- Chop the **potatoes** (skins on) into half moons or wedges.
- Add the **potatoes** to a baking tray with the **rosemary**, a drizzle of **vegetable oil** and a pinch of **salt**.
- Toss until the **potatoes** are coated.
- Roast for 20 min until halfway cooked through.

Tip! If you find the rosemary overpowering, use only half the amount.



2. Prep vegetables

- Meanwhile, finely chop the **sun-dried tomatoes**.
- Peel and finely chop the **onion**.
- Peel and mince the **garlic**.
- Slice the **zucchini** in quarters lengthwise.
- Remove the seeds in the middle.
- Chop into chunky slabs.



3. Fry chicken

- Heat a non-stick pan over a medium-high heat with a drizzle of **olive oil**.
- Add the **chicken breasts** with a pinch of **salt**.
- Cook for 5-7 min on either side until golden and mostly cooked through.
- Transfer the **chicken** to a plate.
- Reserve the pan.



4. Roast zucchini

- Once the **potatoes** are halfway cooked through, add the **zucchini** alongside with a small drizzle of **oil** and a pinch of **salt**.
- Roast for 15-20 min further until cooked to your liking.

Tip! Overcrowded? Use two trays to roast the vegetables.



5. Make sauce

- Return the reserved pan to a medium heat.
- Add the **onion** and **garlic** with a drizzle of **oil**.
- Cook for 3 min.
- Add the **tomato paste**, **sun-dried tomatoes**.
- Cook for 1 min.
- Add the 1 **chicken stock cube**, **measured water**, **sugar**.
- Simmer for 5 min.
- Add the **cream cheese** and whisk until smooth.
- Add the **chicken**. Cook for 2-3 min further until warmed through.

Tip! For a velvety sauce, transfer the cooked ingredients to a blender and blitz until smooth.



6. Serve

- Slice the **chicken**.
- Serve the **Chicken in Sun-dried Tomato Sauce** with **Rosemary Potatoes** and **Zucchini**.
- Drizzle over with the **sauce**.

Smoky Chicken with Sweet Potato Mash

Tenderstem Broccoli and Chimichurri

Chimichurri is an uncooked sauce used both as an ingredient in cooking and as a table condiment for cooked meats.

hellofresh

514 calories | 54 protein | 46 carbs | 12 fat

Low Carb | Tips for Kids | Calorie Smart

cook: 30 min

R3235-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2147 / 514
Fats (g)	11.7
of which saturated (g)	6.5
Carbohydrates (g)	46
of which sugars (g)	10.3
Fibers (g)	9.6
Proteins (g)	54
Salt (g)	0.8

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What You'll Need

- Potato masher

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Smoked paprika powder	4 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp

Sweet potato Mash	
Sweet potatoes	800 Grams
Butter 4*	50 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Chimichurri	
Fresh parsley	30 Grams
Fresh coriander	30 Grams
Spring onion	80 Grams
Garlic cloves	2 Piece
Red vinegar	30 ML
Olive oil	10 Tbsp
Chilli flakes	2 Grams
Salt	1 Tsp

Sides	
Tenderstem broccoli	300 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Allergens: *4 Milk

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1. Make mash

- Bring a pot of salted water to the boil.
- Peel and chop the **sweet potatoes** into bite-sized pieces.
- Add them to a pot of salted boiling water.
- Cook over a medium-high heat for 15 min or until soft.
- Once soft, drain the **potatoes**.
- Return them to the pot.
- Add the **butter** and mash until smooth.
- Season with **salt** and **black pepper**.



2. Fry chicken

- Meanwhile, in a bowl combine the **smoked paprika**, **salt** and **oil**.
- Add the **chicken breasts** and toss.
- Heat a large non-stick pan over a medium heat.
- Once hot, add the **chicken**.
- Fry for 5-7 min on each side or until cooked through.
- Transfer the **chicken** onto a plate.
- Reserve the pan.

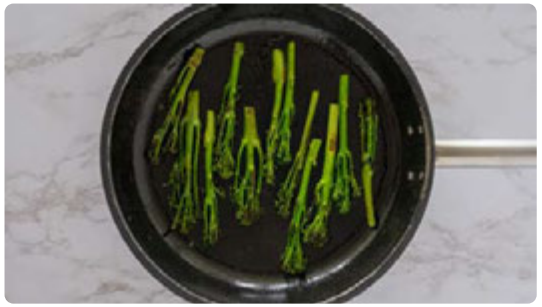
> **Tip!** To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready.



3. Make chimichurri

- Meanwhile, finely chop the **parsley** and **coriander** leaves.
- Trim and finely slice the **spring onion**.
- Peel and mince the **garlic**.
- In a small bowl, combine the **garlic**, **parsley**, **coriander**, **spring onion**, **red vinegar**, **olive oil**, a pinch of **chilli flakes (spicy!)** and **salt**.
- Set the **chimichurri** aside.

> **Tip!** If cooking for kids, remove a portion of the chimichurri and set it aside before adding the chilli flakes.



4. Fry tenderstem

- Trim the **Tenderstem**.
- Return the reserved pan over a medium-high heat with another drizzle of **oil**.
- Once hot, add the **Tenderstem broccoli** with a pinch of **salt**.
- Fry, covered, for 5-7 min stirring frequently or until starting to char slightly.



5. Serve

- Serve the **Smoky Chicken** with **Sweet Potato Mash** and **Tenderstem Broccoli**.
- Spoon the **Chimichurri** over the **chicken**.

> **Tip!** If cooking for kids, slice the chicken and Tenderstem broccoli into bite-sized pieces. Serve the mash, chicken, Tenderstem broccoli and chimichurri separately.

v2. Carrot Cake with Cream Cheese Drizzle

-

-

1267 calories 22 protein 143 carbs 69 fat

Family Friendly

cook: 60 min

R4489-4



Nutritional information

	per serving*
Energy (kJ/kcal)	5284 / 1267
Fats (g)	68.8
of which saturated (g)	35.2
Carbohydrates (g)	143
of which sugars (g)	88.2
Fibers (g)	9.8
Proteins (g)	22
Salt (g)	2.6

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What You'll Need

Oven

Box grater

Whisk

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Dry ingredients	
Plain flour 10*,11*	100 Grams
Baking powder	5 Grams
Baking soda	5 Grams
Salt	0.25 Tsp
Cinnamon powder	10 Grams
Ginger powder	4 Grams
Nutmeg	4 Grams

Wet ingredients	
Butter 4*	50 Grams
Organic Eggs 5*	2 Piece
White sugar	100 Grams
Brown sugar	80 Grams
Sour cream 4*	90 Grams
Vanilla essence	5 ML
Carrot	3 Piece
Walnuts 1*,2*	45 Grams

Cream cheese frosting	
Cream cheese 4*	140 Grams
Butter 4*	20 Grams
Icing sugar	25 Grams
Salt	0.25 Tsp

Allergens: *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs, *1 Peanuts, *2 Tree Nuts

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1. Prep

Preheat the oven to 180°C. Grease a 9x5 inch loaf pan with parchment paper. Peel and finely grate the **carrots**. Roughly chop the **walnuts** into smaller pieces.

Tip! You could also use a X square pan, or X round pan.



2. Mix dry ingredients

Into a large bowl, sift the **flour**, **baking powder**, **baking soda**, **cinnamon**, **ginger**, and **nutmeg**, and a good pinch of **salt**. Whisk until combined, and set aside.

Tip! sifting the flour helps create a fluffier cake crumb that will bake taller.



3. Mix wet ingredients

Melt the **butter** in the microwave. In a large bowl, whisk the oil, melted **butter**, **eggs**, **white sugar**, **brown sugar**, **sour cream**, and **vanilla** until combined.



4. Combine batter

Pour the wet ingredients into the dry ingredients and gently whisk until just combined. Fold in the shredded **carrots** and most of the chopped **walnuts** (reserving some for garnish).

Tip! The batter will be semi-thick. Avoid overmixing.



5. Bake

Spread the cake batter into the prepared loaf pan and bake in the center of the oven for 50-55m. The bread is done when a toothpick inserted in the center comes out clean without any raw batter. Remove the cake from the oven and set aside to cool completely in the pan for 10 min. Once cooled, remove and set on a wire rack or plate.

Tip! If the cake is browning too quickly, loosely cover the top with aluminum foil or parchment paper halfway through baking.



6. Make cream cheese drizzle

Meanwhile, in a medium bowl, add the **cream cheese** and **butter** and whisk well until smooth and creamy. Sift in the **icing sugar**, a pinch of **cinnamon powder**, and a pinch of **salt**. Whisk until combined, then place in the fridge to set. Cool the cake for 10-15 min. Once the cake has cooled, spread the **cream cheese** on top, and sprinkle with extra **walnuts** for garnish.

Tip! Make sure your cake is cool before frosting.

Banoffee Pie

No-Bake Banana and Toffee Pie with a Biscuit Base

Our take on the British classic. A delicious, easy and rich dessert!

hellochef

490 calories | 3 protein | 42 carbs | 35 fat

Family Friendly

cook: 60 min

R4486-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2034 / 490
Fats (g)	34.6
of which saturated (g)	16.4
Carbohydrates (g)	42
of which sugars (g)	27.4
Fibers (g)	2
Proteins (g)	3.3
Salt (g)	0.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Whisk
- Food processor

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 8 servings

Base	
Butter 4*	75 Grams
Digestive biscuits 10*	150 Grams

Toffee	
Butter 4*	75 Grams
Brown sugar	100 Grams
Water	30 ML
Cooking cream 4*	200 ML
Salt	0.25 Tsp

Toppings	
Icing sugar	25 Grams
Banana	2 Piece
Belgian dark chocolate 9*	20 Grams
Whipping cream 4*	200 ML
Vanilla essence	5 ML

Allergens: *4 Milk, *10 Wheat, *9 Soya

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1. Make biscuit base

- Melt **75g butter** in a small pot over a low heat. Use a food processor to blitz the **digestive biscuits** to a fine crumb.
- In a large bowl, combine the melted **butter** and **biscuit crumbs** to form a texture similar to wet sand.
- Add the **crumb** to a round, loose-bottom tin.
- Use the back of a spoon or cup to compact the **crumb** to the base and sides of the tin. Reserve the pot.

Tip! Don't have a food processor? Crush the digestive biscuits in a large ziplock bag using a rolling pin.



2. Make toffee

- Return the reserved pot to a medium heat, add the **brown sugar** and **measured water** and stir to dissolve.
- Add the remaining **75g butter** and mix until melted and fully incorporated.
- Cook the **butter** for 1 min, then carefully add the **cooking cream**.
- Cook the caramel for 3-4 min, stirring constantly until it bubbles and thickens.
- Remove from the heat and allow to cool slightly.

Tip! The toffee is ready when it coats the back of a spoon.



3. Layer toffee

- Pour and spread the **toffee** over the prepared biscuit base.
- Refrigerate for 1 hour (or freeze for 20 min) until the **toffee** and **base** have set.

Tip! The toffee will be liquid and runny when hot. As it cools, it will thicken and set.



4. Prep

- Peel and slice the **bananas** into rounds.
- Using a knife, chop the **dark chocolate** into fine pieces.
- In a separate large bowl, add the **whipping cream**, **icing sugar** and **vanilla essence**.
- Using a whisk or electric beater, whip to form stiff peaks.

Tip! Stiff peaks refers to when you remove the whisk or beaters the peak that forms will keep its shape.



5. Finish pie

- Place the **sliced bananas** in an even layer over the **toffee**.
- Spoon over the **whipped cream**. Sprinkle over the **chocolate** shavings.



6. Serve

- Slice the **Banoffe Pie** into portions and serve!

Harissa Roasted Chicken Thighs

with Chickpea Salad

Harissa brings this dish alive with rich, intense spice flavours.

596 calories | 58 protein | 66 carbs | 14 fat

Calorie Smart

cook: 45 min

R4104-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2494 / 596
Fats (g)	13.8
of which saturated (g)	3.7
Carbohydrates (g)	66
of which sugars (g)	16.6
Fibers (g)	13.4
Proteins (g)	58.1
Salt (g)	3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Skinless boneless chicken thighs	800 Grams
Harissa paste	40 Grams
Coriander cumin powder	8 Grams
Garlic paste	20 Grams
Tomato paste	60 Grams
Salt	1 Tsp
Olive oil	1 Tbsp

Chickpea Salad	
Chickpeas	480 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Fresh mint	10 Grams
Cucumber	2 Piece
Lemon	1 Piece
Olive oil	1 Tbsp
Sumac	8 Grams
Salt	1 Tsp

Roasted veg	
Yellow pepper	2 Piece
Cherry tomatoes	500 Grams
Olive oil	1 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp
Zaatar	10 Grams

Parsley Yogurt	
Fresh parsley	15 Grams
Natural yogurt 4*	340 Grams
Salt	1 Tsp

Allergens: *4 Milk

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1. Prep

Pre heat the oven to 200°C/180°C fan. Deseed and chop the **yellow pepper** into strips. In a large bowl mix the **harissa (spicy!)**, **coriander cumin powder**, **garlic paste**, **tomato paste**, **salt** and **olive oil**. Add **chicken thighs** and coat fully with the **marinade**.

Tip! Leave the chicken to marinate overnight and if you don't like it too spicy, go easy on the harissa.



2. Roast veg

Add the **peppers** and **cherry tomatoes** into an oven proof baking dish. Drizzle with **olive oil** and sprinkle with **salt**, **pepper** and **zaatar**. Roast in the oven for 15 mins.



3. Make salad

Meanwhile, make the **salad**. Drain and rinse the **chickpeas**. Peel and finely slice the **red onion**. Peel and mince the **garlic**. Pick and finely chop the **mint**. Cut the **cucumber** into quarter circles. Cut the **lemon** in half. In a large bowl squeeze in the **lemon** juice (retaining the squeezed fruit), add the **olive oil**, **sumac** and **salt**. Add the other **salad** ingredients, mix well and set aside.

Tip! Don't like it too garlicky, go easy on the garlic.



4. Roast chicken

Place the marinated **chicken** (with any remaining marinade) and squeezed **lemons** on top of the **peppers** and **tomatoes** and roast for a further 20 min.

Tip! Like your chicken a little charred, add an extra 5 min to the cooking time.



5. Make parsley yogurt

Meanwhile, pick and finely chop the **parsley**. In a small bowl add the **yogurt** and **parsley** (saving some for garnish) and mix well. Season with **salt** to taste.

Tip! Mix the yogurt well before adding the parsley to remove any lumps.



6. Serve

Place the roasted **peppers** and **tomatoes** on a plate. Top with the **chicken** and serve with the **chickpea salad**. Enjoy the refreshing **parsley yogurt** to cool down the dish.

Tip! Squeeze the roasted lemons over the dish for an extra citrusy flavour.

Crispy Alaskan Pollock and Olivier Potato Salad

with Green Beans

Enjoy our twist on the classic Eastern European Olivier salad, with potatoes, peas, pickles, and fresh herbs, perfectly paired with crispy, pan-fried fish.

hellochef

687 calories | 48 protein | 51 carbs | 34 fat

Family Friendly

cook: 45 min

R4718-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2870 / 687
Fats (g)	34.4
of which saturated (g)	10.7
Carbohydrates (g)	51
of which sugars (g)	11.1
Fibers (g)	11.6
Proteins (g)	48
Salt (g)	3.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Box grater

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fish	
Alaskan pollock loin 6*	700 Grams
Lemon	1 Piece
Plain flour 10*,11*	50 Grams
Salt	1 Tsp
Black pepper	0.5 Tsp
Olive oil	4 Tbsp
Green beans	375 Grams
Butter 4*	20 Grams

Salad	
Potatoes	600 Grams
Carrot	2 Piece
Organic Eggs 5*	2 Piece
Salt	0.5 Tsp
Green peas	200 Grams
Gherkins	80 Grams
Fresh dill	15 Grams
Fresh chives	15 Grams
Mayonnaise 5*,9*,13*	100 Grams
Sour cream 4*	120 Grams
Dijon mustard 13*	12 Grams
Vegetable seasoning 2*,10*,11*,13*	8 Grams
Black pepper	0.5 Tsp

Allergens: *6 Fish, *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs, *9 Soya, *13 Mustard, *2 Tree Nuts

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1. Prep

- Peel the **potatoes** and **carrot**, and finely chop into small cubes.
- Trim the **green beans**.



2. Boil

- To a large pot, add the **potatoes**, **carrots**, and whole **eggs** (see tip).
- Fill with water and season generously with **salt**.
- Bring to a boil for 5 min, until the **vegetables** have cooked halfway through, then add the **peas**.
- Boil for an additional 5 min until the **peas** have warmed through.
- Remove the **eggs**, then drain and rinse the **vegetables** with cold water. Set aside to cool.

> **Tip!** While this method saves time, feel free to use another pot to boil the eggs separately.



3. Make dressing

- Meanwhile, finely chop the **gherkins**.
- Pick and chop the **dill**.
- Finely chop the **chives**.
- In a large bowl, combine the **mayonnaise**, **sour cream**, **dijon mustard**, **vegetable seasoning**, **gherkins**, **dill**, and **chives**. Mix until creamy.



4. Mix salad

- Peel and finely chop the **eggs** (or keep them sliced in quarters if you prefer).
- Add the **eggs**, **potatoes**, **carrots**, and **peas** to the **dressing**.
- Mix well, and taste for **salt** and **pepper**.
- Set aside in the fridge to chill.



5. Fry fish

- Zest the **lemon**, being careful to avoid its bitter white pith, and slice into **wedges**.
- To a large plate, add the **flour**, **lemon zest**, **salt** and **pepper**. Add the **fish** to coat.
- Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Add the **green beans** with a small splash of **water**, and fry for 2-3 min until cooked through. Finish with a squeeze of **lemon juice**, and transfer to a plate.
- Add the **butter** and a drizzle of **oil**. Fry the **fish** for 2 min on both sides until cooked through.



6. Serve

- Serve the **Crispy Pollock** and **Olivier Potato Salad** with **Green Beans**, and a side of **lemon wedges**.

Spicy Crustless Chicken Taco Pie

with Rocket and Cucumber Salad

Chipotle and smoked paprika powder give this dish warmth and spice!

hellofresh

964 calories | 75 protein | 16 carbs | 67 fat

Low Carb

cook: 40 min

R2125-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4019 / 964
Fats (g)	67.3
of which saturated (g)	36.7
Carbohydrates (g)	16
of which sugars (g)	10.5
Fibers (g)	4.9
Proteins (g)	75
Salt (g)	2.5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

For pie	
Chicken mince	800 Grams
Red onion	2 Pieces
Garlic cloves	8 Pieces
Olive oil	2 Tbsp
Smoked paprika powder	4 Grams
Chipotle powder	2 Grams
Taco seasoning	20 Grams
Black pepper	1 Tsp
Salt	1 Tsp
Organic Eggs 5*	8 Pieces
Cooking cream 4*	200 ML
Grated orange cheddar 4*	120 Grams

Salad	
Romaine lettuce	400 Grams
Rocket	40 Grams
Cucumber	4 Pieces
Olive oil	4 Tbsp
White balsamic vinegar 14*	30 ML
Salt	1 Tsp
Black pepper	0.5 Tsp

Allergens: *5 Eggs, *4 Milk, *14 Sulphur Dioxide

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1. Prep and fry vegetables

Preheat the oven to 220°C/200°C fan. Peel and chop the **onion**. Peel and chop the **garlic**. Heat a large non-stick pan over a medium-high heat with a drizzle of **olive oil**. Once hot, add the **chicken mince** and fry for 4-5 min. Add the **onion** and fry for 3 min further. Add the **garlic**, **smoked paprika**, **chipotle powder**, **taco seasoning**, **black pepper** and **salt**. Cook for 2 min further.



2. Mix and bake

Spread the **chicken** mixture over the base of a pie, quiche or cake dish. In a mixing bowl, combine the **eggs** with the **cooking cream**. Pour the mixture over the **chicken**. Top with the cheese and bake for 20-25 min or until set and browned. Rest for 5 min before serving.



3. Make salad

Meanwhile, rinse the **Romaine lettuce** and **rocket**. Halve the **cucumber** lengthwise and slice it. Transfer the **lettuce**, **cucumber** and **rocket** to a salad bowl. Drizzle with **olive oil** and the **white balsamic vinegar**. Season with **salt** and **black pepper**.



4. Serve

Serve the pie with the salad to the side.

Magic Custard Cake

One simple batter that turns into 3 layers of delicious cake - magic!

hellofresh

1256 calories | 29 protein | 152 carbs | 58 fat

Family Friendly

cook: 30 min

R4479-4



Nutritional information

	per serving*
Energy (kJ/kcal)	5248 / 1256
Fats (g)	58.4
of which saturated (g)	34.3
Carbohydrates (g)	152
of which sugars (g)	115.2
Fibers (g)	1.7
Proteins (g)	29
Salt (g)	1.2

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Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Organic Eggs 5*	4 Piece
Caster sugar	150 Grams
Vanilla essence	5 ML
Butter 4*	100 Grams
Plain flour 10*,11*	100 Grams
Whole milk 4*	400 ML
Icing sugar	50 Grams
Blueberries	125 Grams

Allergens: *5 Eggs, *4 Milk, *10 Wheat, *11 Gluten

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1. Prep

Preheat oven to 180C/160C fan. Grease a 20cmx20cm square cake tin.



2. Whisk egg whites

Beat egg whites until still peaks. Set aside.



3. Make batter

Place the egg yolks and **sugar** in a bowl and beat until it turns pale yellow - about 1 minute. Add **vanilla** and **butter** and beat until combined. Add **flour** and beat until just combined.



4. Add milk

Pour **milk** in slowly while beating. Use a spatula to fold in egg whites. The batter should be thin and almost like pouring cream. Pour batter into prepared cake tin.



5.

bake 40-50 min



6. Serve

Crispy Salmon

with Coconut Rice and Crackle Topping

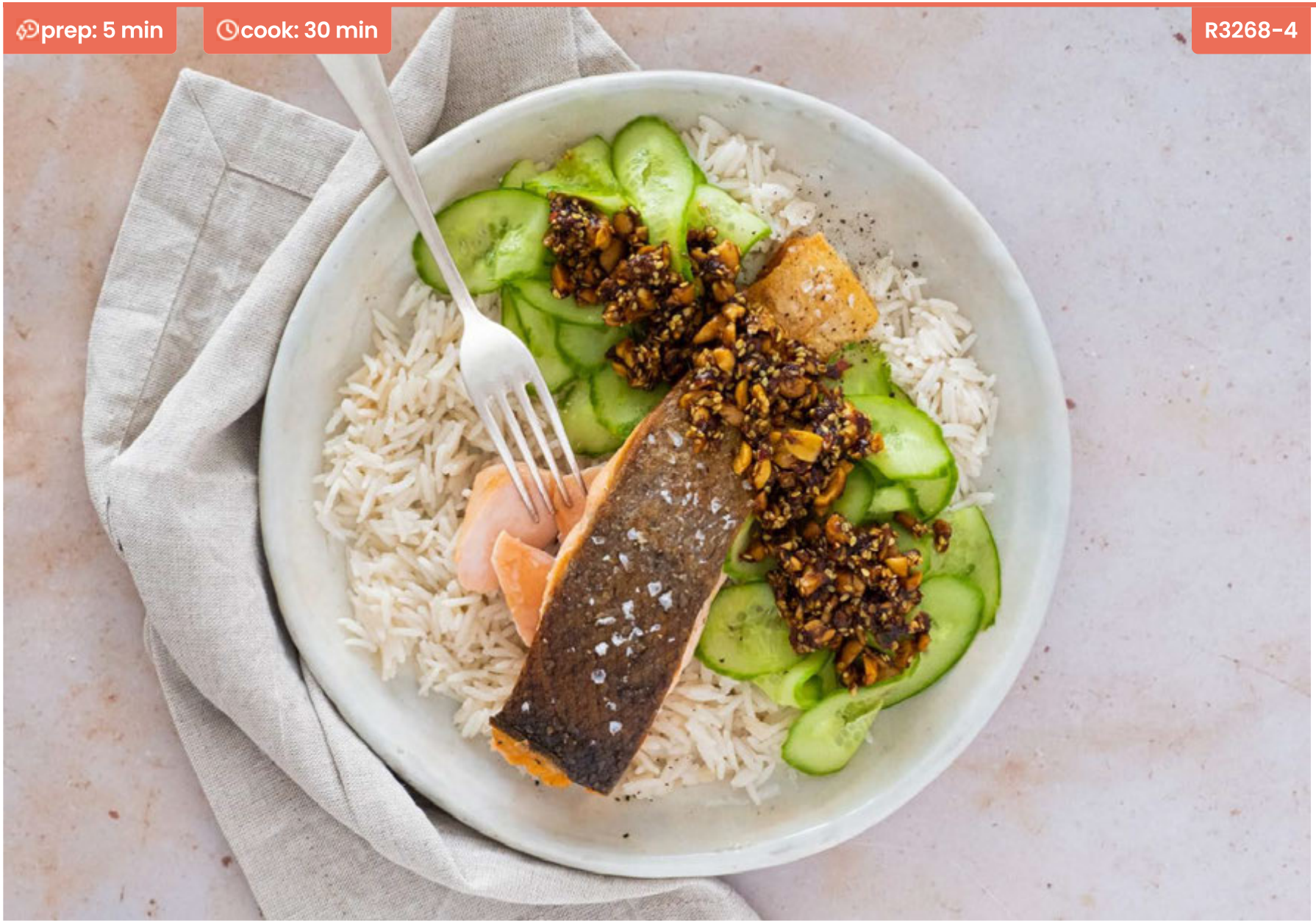
Get ready for some heavenly flavours! The crackle topping is made from crunchy peanuts, sesame seeds, garlic and ginger.

hellochef

932 calories | 52 protein | 97 carbs | 45 fat

Tips for Kids | Quick Prep

prep: 5 min | cook: 30 min | R3268-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3897 / 932
Fats (g)	45
of which saturated (g)	8.6
Carbohydrates (g)	97
of which sugars (g)	11.2
Fibers (g)	7.9
Proteins (g)	51.7
Salt (g)	7.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salmon & cucumber	
Skin-on salmon fillet 6*	700 Grams
Salt	2 Tsp
Olive oil	2 Tbsp
Cucumber	4 Piece
Lime	2 Piece

Rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	700 ML
Coconut flakes	20 Grams

Crackle sauce	
Salted peanuts 1*	120 Grams
Garlic cloves	2 Piece
Ginger	60 Grams
Sesame seeds 3*	20 Grams
Turmeric powder	4 Grams
Chilli flakes	4 Grams
Olive oil	4 Tbsp
Honey	30 Grams
Tamari 9*	44 ML

Allergens: *6 Fish, *1 Peanuts, *3 Sesame Seeds, *9 Soya

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1. Boil rice

Rinse the **rice**. Add the **rice**, a pinch of **salt**, **measured water** and **coconut flakes** to a pot with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pot from the heat and keep covered until serving.



2. Make crackle

Meanwhile, roughly chop the **peanuts**. Peel and grate the **garlic** and the **ginger** directly into a large pan. Place the pan over a medium heat with the **peanuts**, **sesame seeds**, **turmeric powder**, **chilli flakes** (spicy!), **olive oil**, **honey** and **tamari**. Stir for 4-5 min or until the mix thickens. Transfer to a plate and set aside. Reserve the pan.

Tip! Use a rubber spatula to mix the crackle while frying it, and for scraping it from the pan onto a plate.



3. Fry salmon

Portion the **salmon**. Pat the **salmon** skin dry. Sprinkle the skin with **salt**. Wipe the reserved pan clean. Return the pan to medium-high heat with a drizzle of **oil**. Once hot, add the **salmon** skin-side down and cook for 3-4 min. Flip and cook for 3-4 further or until cooked through.



4. Prep cucumber

Meanwhile, slice or shave the **cucumber**. Juice the **lime** into a bowl and add the **cucumber** slices.

Tip! If cooking for kids, reserve some cucumber without the lime.



5. Serve

Divide the **coconut rice** among plates. Serve the fried **salmon** skin side up with the sliced **cucumbers** to the side. Top with the **crackle**.

Tip! If cooking for kids, serve their salmon, rice and the reserved fresh cucumbers separately. Serve some crackle on the side.

Smoky Mushroom Quesadillas

with Salsa and Smashed Avo

These cheesy quesadillas have California written all over them!

hello chef

938 calories | 41 protein | 95 carbs | 52 fat

Family Friendly | Global Eats

cook: 30 min

R3837-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3922 / 938
Fats (g)	52.4
of which saturated (g)	21.4
Carbohydrates (g)	95
of which sugars (g)	9
Fibers (g)	25.4
Proteins (g)	41.2
Salt (g)	3.1

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What You'll Need

- Food processor

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Quesadillas	
Chestnut mushrooms	500 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Chipotle powder	4 Grams
Smoked paprika powder	4 Grams
Wholewheat tortilla wraps 10*,11*	8 Piece
Grated mozzarella 4*	200 Grams
Grated cheddar 4*	120 Grams

Salsa	
Garlic cloves	2 Piece
Large green chilli	2 Piece
Fresh coriander	15 Grams
Cherry tomatoes	300 Grams
Salt	1 Tsp
Olive oil	2 Tbsp

Smashed avo	
Avocado	2 Piece
Lime	2 Piece
Salt	1 Tsp

Allergens: *10 Wheat, *11 Gluten, *4 Milk

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1. Blitz salsa

- Peel the **garlic**.
- Roughly chop the **green chilli** and **coriander**.
- Add the **tomatoes**, **garlic**, **coriander** and **green chilli (spicy!)** to a food processor or blender with a generous pinch of **salt** and a drizzle of **olive oil**.
- Blitz the **salsa** until smooth.

Tip! Sensitive to spice? Go easy on the green chilli.



2. Smash avocado

- Cut the **avocado** in half and remove the stone.
- Scoop the **avocado** out of its skin using a spoon, into a bowl and mash it with a fork.
- Squeeze all of the **lime** juice over the **avocado** and season with **salt**. Set aside.



3. Fry mushrooms

- Clean the **mushrooms** with a cloth, knife or brush (don't wash them with water).
- Roughly chop or tear the **mushrooms**.
- Heat a large pan over medium-high heat with a drizzle of **oil**.
- Fry the **mushrooms** with a pinch of **salt** for 5 min or until browned.
- Add the **chipotle powder (spicy!)**, **smoked paprika** and a splash of water. Fry for 1 min further.
- Transfer the **mushrooms** to a bowl.
- Wipe and reserve the pan.

Tip! Sensitive to spice? Go easy on the chipotle powder.



4. Stuff quesadillas

- Divide the warm **mushroom** filling between the **wraps** and spread it out in an even layer.
- Sprinkle with the **mozzarella** and **cheddar cheese**, fold each wrap in half and press down firmly - these are your **quesadillas**.



5. Fry quesadillas

- Return the reserved pan to medium heat with another drizzle of **oil**.
- Fry the **quesadillas** for 1-2 min on each side until golden.



6. Serve

- Serve the **Smoky Mushroom Quesadillas** with **Smashed Avocado** and **Salsa** to the side.

Chipotle Barbecue Pulled Beef Tacos

with Corn Salsa

Tacos with pulled beef are always a good idea! We've added a salsa made from crunchy sweetcorn.

hello chef

907 calories | 50 protein | 87 carbs | 42 fat

Tips for Kids | Speedy

cook: 20 min

R3563-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3793 / 907
Fats (g)	41.7
of which saturated (g)	18
Carbohydrates (g)	87
of which sugars (g)	19.7
Fibers (g)	5.7
Proteins (g)	49.8
Salt (g)	3.7

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Tacos	
Pulled beef	400 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Smoked paprika powder	4 Grams
Chipotle powder	4 Grams
Barbecue sauce 11*,13*	80 Grams
Water	200 ML
Black pepper	1 Tsp
Grated cheddar 4*	180 Grams
6" tortilla wraps 10*,11*	12 Piece

Corn salsa	
Fresh coriander	15 Grams
Cucumber	2 Piece
Tomatoes	2 Piece
Sweet corn kernels	244 Grams
Olive oil	2 Tbsp
Lime	2 Piece
Salt	1 Tsp

To serve	
Sour cream 4*	120 Grams

Allergens: *11 Gluten, *13 Mustard, *4 Milk, *10 Wheat

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1. Prep

- Pick and finely chop the **coriander** leaves.
- Finely chop the **cucumber** and **tomatoes** into small cubes.
- Peel and finely chop the **red onion**.
- Peel and mince **garlic**.
- Drain the **corn**.



2. Fry

- Heat a large pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **onion** with a pinch of **salt**.
- Fry for 5 min.
- Add the **garlic**, **smoked paprika**, a pinch of **chipotle powder (spicy!)**.
- Fry for 1 min further.

Tip! If cooking for kids, leave out the chipotle.



3. Add pulled beef

- Add the **barbecue sauce**, **measured water** and **pulled beef**.
- Simmer for 5 min.
- Season with **salt** and **pepper** to taste.
- Sprinkle with the **grated cheddar**, cover, and set aside to keep warm.
- Keep the **barbecue pulled beef** aside.

Tip! If cooking for kids, set aside a portion of the barbecue beef sauce and grated cheddar to use as 'sprinkles'



4. Make corn salsa

- Meanwhile, in a large bowl, combine the **olive oil** and a squeeze of **lime** juice with a pinch of **salt** to taste.
- Add the **cucumbers**, **tomatoes**, **corn** and **coriander**.
- Mix the **corn salsa** well.

Tip! If cooking for kids, set aside a portion of the chopped cucumbers, tomatoes, corn and coriander to use as 'sprinkles'.



5. Warm tortillas

- Heat the **tortilla wraps** in the microwave for 30-60 secs or until warm.



6. Serve

- Load the **tortilla wraps** with the **beef** and **corn salsa**.
- Serve the **Chipotle Barbecue Pulled Beef Tacos** with **Corn Salsa**.
- Add a dollop of **sour cream** on top.

Tip! If cooking for kids, serve the barbecue beef, cucumbers, tomatoes, corn and tortillas separately. Serve the sour cream, grated cheddar and coriander as 'sprinkles' to the side.

Baked Lebanese Kibbeh

with Pomegranate Molasses Salad

Kibbeh is a levant classic, consisting of a meat and bulgur wheat mix with fragrantly spiced pine nut filling.

helló chef

766 calories | 49 protein | 69 carbs | 35 fat

Global Eats

cook: 45 min

R4138-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3207 / 766
Fats (g)	35.3
of which saturated (g)	15.6
Carbohydrates (g)	69
of which sugars (g)	16.8
Fibers (g)	16.3
Proteins (g)	49.3
Salt (g)	0.9

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What You'll Need

Oven

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Kibbeh	
Lean beef mince	700 Grams
Fine bulgur wheat 10*,11*	160 Grams
Salt	2 Tsp
Water	140 ML
Red onion	2 Piece
Garlic cloves	4 Piece
Pine nuts 2*	20 Grams
Olive oil	1 Tbsp
Allspice powder	4 Grams
Cumin powder	4 Grams
Cinnamon powder	2 Grams
Black pepper	1 Tsp
Arabic mix masala	12 Grams
Ghee 4*	40 Grams

Salad	
Cherry tomatoes	300 Grams
Cucumber	2 Piece
Fresh parsley	30 Grams
Romaine lettuce	400 Grams
Lemon	2 Piece
Sumac	4 Grams
Salt	0.25 Tsp
Pomegranate molasses	40 Grams

To serve	
Fresh mint	10 Grams
Natural yogurt 4*	340 Grams

Allergens: *10 Wheat, *11 Gluten, *2 Tree Nuts, *4 Milk

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1. Prep

Preheat oven to 200°C/180°C fan. In a bowl, combine the **bulgur wheat**, a pinch of **salt** and **measured water**. Leave for 10-15 min, or until the **water** has been fully absorbed. Once the **water** has been absorbed, fluff up the **bulgur** with a fork and set aside.

Tip! The longer you leave the bulgur soaking the more tender the kibbeh will be.



2. Make filling

Meanwhile, peel and finely chop the **onion** and **garlic**. Heat a large pan over a medium heat. Add the **pine nuts** to the dry pan and toast until slightly browned. Once toasted remove from the pan and set aside. To the same pan add a drizzle of **oil**. Once hot, add the **onion** and fry for 5 min until softened. Add the **allspice**, **cumin**, **cinnamon**, **garlic** with a pinch of **salt** and **pepper** to taste and 1/4 of the **beef mince**. Fry for 3-4 min until the **beef** has fully browned. Once browned, add the **pine nuts** and remove from the heat.



3. Assemble kibbeh

In a large bowl, combine the **bulgur wheat**, remaining 3/4 of lamb **mince**, **arabic masala** with a pinch of **salt** and **pepper** to taste. To a baking dish add half of the **bulgur/beef mix** and firmly pat down to form a bottom layer. Scatter the **filling** mix evenly over the top. Place the remaining **bulgur/beef mix** on top of the **filling** and firmly pat down, covering the **filling** fully - this is now your **kibbeh**.



4. Bake kibbeh

Using a knife, cut the **kibbeh** into slices. Dollop the **ghee** evenly over the top and bake the **kibbeh** in the oven for 20-25 min or until the **beef** is fully cooked.

Tip! Cutting the kibbeh into slices before baking will help with separating it once cooked.



5. Make salad

Meanwhile, finely chop the **tomatoes** and **cucumber** into small cubes. Pick and finely chop the **parsley**. Chop the **lettuce** into bite-sized pieces. Slice the **lemon** into wedges. To a large bowl, add the **tomatoes**, **cucumber**, **parsley** and **lettuce**. Squeeze in the **lemon** juice. Add the **sumac** and a pinch of **salt** and **pomegranate molasses**. Mix well and set aside.

Tip! Toss the salad just before serving to prevent wilting.



6. Serve

Pick and finely chop the **mint**. In a small bowl, combine the **mint** and **yogurt**. Remove the slices of **kibbeh** from the baking dish. Place a slice on a plate, spoon over some of the **yogurt** and serve with the **salad** on the side.

Crispy BBQ Chicken Strips

with Creamy Dill Potato Salad

Experience delicious flavours with none of the guilt! You'll be baking chicken to a crispy perfection and using luscious Greek yogurt as a substitute for mayonnaise.

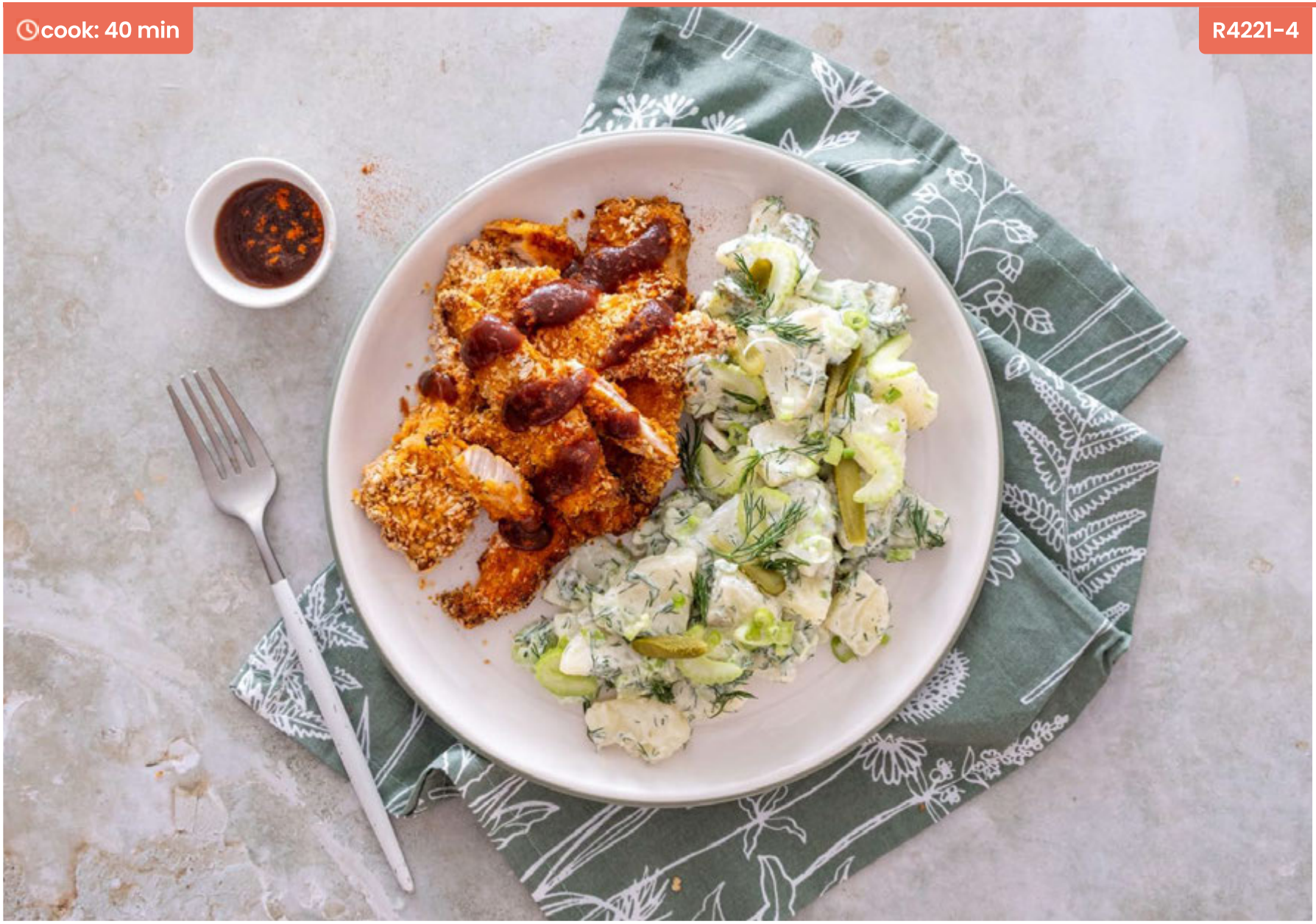
hello chef

600 calories | 61 protein | 66 carbs | 11 fat

Calorie Smart

cook: 40 min

R4221-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2512 / 600
Fats (g)	10.6
of which saturated (g)	4.8
Carbohydrates (g)	66
of which sugars (g)	14.9
Fibers (g)	8.9
Proteins (g)	60.5
Salt (g)	2.5

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What You'll Need

Oven

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Plain flour 10*,11*	20 Grams
Smoked paprika powder	4 Grams
Dried thyme	4 Grams
Garlic onion powder	8 Grams
BBQ spice 15*	4 Grams
Black pepper	0.5 Tsp
Panko bread crumbs 10*,11*,12*	90 Grams
Olive oil	4 Tbsp
Barbecue sauce 11*,13*	120 Grams

Potato Salad	
Potatoes	900 Grams
Greek yogurt 4*	300 Grams
Spring onion	80 Grams
Fresh dill	30 Grams
Celery	2 Piece
Gherkins	80 Grams
Dijon mustard 13*	24 Grams
Vegetable seasoning 2*,10*,11*,13*	10 Grams
Salt	2 Tsp
Black pepper	1 Tsp

Allergens: *10 Wheat, *11 Gluten, *15 Celery, *12 Lupin, *13 Mustard, *4 Milk, *2 Tree Nuts

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1. Boil potatoes

Preheat the oven to 180°C/200°C. Bring a pot of salted water to the boil. Peel and slice the **potatoes** into bite-sized pieces. Add them to the pot and cook for 15-18 min or until soft. Drain and set aside in the fridge to cool.



2. Prep chicken

Meanwhile, add 4 Tbsp of **yogurt** to a large bowl. Mix in 2 tsp of **flour**, **smoked paprika**, **garlic onion powder**, **bbq spice powder**, a pinch of **salt** and **pepper**. Slice the **chicken breast** into long strips, add them to the bowl, and stir to coat. Set aside.



3. Bake chicken

On a large plate, mix the **panko bread crumbs** with the remaining **flour**, **dried thyme**, and a small pinch of **salt** and **pepper**. One by one, press each **chicken strip** into the seasoned **bread crumbs**. Add the **chicken** to a lined baking tray, drizzle with a touch of **olive oil** on top, and bake for 15-18 min or until golden and crispy.

Tip! Got an air fryer? You can bake these at 180°C for 15 min!



4. Make dressing

Meanwhile, trim and finely chop the **spring onion**. Finely chop the **dill**. Thinly slice the **celery**. Finely chop the **gherkins**. In a large mixing bowl, whisk the **yogurt**, **mustard**, **vegetable seasoning**, and a pinch of **salt** and **pepper** until smooth. Add the chopped **vegetables** and mix to combine.



5. Mix salad

Add the drained **potatoes** into the **dressing** and gently fold until incorporated. Taste for **seasoning**, and add **salt** and **pepper** if needed.



6. Serve

Divide the **crispy bbq chicken** amongst plates and drizzle the **bbq sauce** over. Serve with the **dill potato salad** alongside.

For Recipe Dev: Arabic Fattoush Salad

–

-

441 calories 12 protein 98 carbs 4 fat

cook: 30 min

R4614-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1127 / 441
Fats (g)	3.9
of which saturated (g)	0.3
Carbohydrates (g)	98
of which sugars (g)	28.2
Fibers (g)	16.6
Proteins (g)	11.8
Salt (g)	0.8

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salad	
Tomatoes	2 Piece
Cucumber	1 Piece
Green pepper	1 Piece
Red radish	60 Grams
Small Arabic bread 10*,11*	1 Piece
Pomegranate	1 Piece
Romaine lettuce	200 Grams
Fresh mint	10 Grams
Zaatar	8 Grams

Dressing	
Lemon	1 Piece
Sumac	12 Grams
Pomegranate molasses	60 Grams
Olive oil	4 Tbsp

Allergens: *10 Wheat, *11 Gluten

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1. Bake bread

- Preheat oven to 180C. Line a baking sheet with parchment.
- Roughly tear the **Arabic bread**, or slice into squares.
- Drizzle the **bread** with **olive oil** and sprinkle over the **zaatar**.
- Bake for 10 min until crispy



2. Chop vegetables

- Meanwhile, slice the **tomatoes** into wedges.
- Deseed and chop the **green pepper** into bite-sized pieces
- Cut the **cucumber** into rounds
- Thinly slice the **radish**
- Pick the **mint** leaves.
- Chop the **romaine lettuce** into bite-sized pieces
- Deseed the **Pomegranate** over a bowl.



3. Make dressing

- Slice the **lemon** in half.
- In a bowl, combine the **olive oil**, **pomegranate molasses**, **sumac**, and **lemon** juice.



4. Combine

- Add all the vegetables to a large bowl.
- Add the dressing and toss to coat.
- Finally mix in the crispy **bread**.



5. Serve

- Serve the **Arabic** Fattoush Salad.

Sticky Toffee Pudding

with Butterscotch Sauce

This classic British dessert consists of a moist sponge cake made with dates, covered in a warm butterscotch sauce.

hello chef

732 calories | 8 protein | 78 carbs | 44 fat

Family Friendly

cook: 40 min

R4288-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3038 / 732
Fats (g)	43.6
of which saturated (g)	14
Carbohydrates (g)	78
of which sugars (g)	53.4
Fibers (g)	3.7
Proteins (g)	8.1
Salt (g)	1

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Oven
- Whisk
- Potato masher

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Date pudding	
Butter 4*	50 Grams
Organic Eggs 5*	1 Piece
Date paste	160 Grams
Water	125 ML
Baking soda	5 Grams
Brown sugar	20 Grams
Plain flour 10*,11*	100 Grams
Baking powder	5 Grams
Salt	0.25 Tsp

Butterscotch sauce	
Brown sugar	80 Grams
Whipping cream 4*	200 ML
Butter 4*	50 Grams
Vanilla essence	5 ML

To serve	
Walnuts 2*	30 Grams

Allergens: *4 Milk, *5 Eggs, *10 Wheat, *11 Gluten, *2 Tree Nuts

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1. Prep

- Preheat the oven to 180°C/160°C fan.
- Remove the **butter** and **eggs** from the fridge.
- Grease an **18x18cm** oven proof baking dish with butter or oil and set aside.
- Roughly chop the **date paste** and place in a large bowl.
- Add boiled **measured water** and **baking soda** and set aside for 10 min.
- Mash with a potato masher or fork until it resembles a runny porridge.

Tip! Bringing the butter to room temperature ensures easy mixing.



2. Make pudding batter

- Meanwhile, in a second large bowl, add one portion of **butter**, 20g **sugar** and the **egg**.
- Use an electric beater or whisk to mix until well combined - it may look like scrambled eggs if using a whisk.
- Fold in the **flour**, **baking powder** and a pinch of **salt**.
- Add the **date** mixture to form a thick **batter**.

Tip! Use a spatula if the batter gets too thick.



3. Bake

- Spoon the **batter** into the prepared baking dish.
- Bake for 15-20 min or until a skewer or knife inserted into the centre comes out clean.



4. Make butterscotch sauce

- Meanwhile, add the **cream**, remaining **butter**, 80g **sugar** and 1 tsp of **vanilla extract** to a small pot over medium heat.
- Simmer for 2-3 min until the **sauce** begins to thicken, stirring regularly.
- Remove from the heat and cover to keep warm.



5. Chop nuts

- Meanwhile, roughly chop the **walnuts**.

Tip! For extra flavour, toast walnuts in a dry pan over medium heat for 1 min.



6. Serve

- Once the **Sticky Date Pudding** is ready, remove from the oven and use a skewer or knife to poke holes throughout.
- Pour over half the **butterscotch sauce**, reserving some for individual portions.
- Sprinkle the chopped **walnuts** and serve warm.

Tip! Enjoy with your favourite vanilla ice cream.

Halloumi Goujons with Wedges and Coleslaw

–

–

hello chef

1183 calories 39 protein 111 carbs 68 fat

Family Friendly

cook: 30 min

R4586-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4946 / 1183
Fats (g)	68
of which saturated (g)	32
Carbohydrates (g)	111
of which sugars (g)	34.5
Fibers (g)	13.4
Proteins (g)	38.5
Salt (g)	7

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Halloumi 4*	400 Grams
Plain flour 10*,11*	40 Grams
Organic Eggs 5*	2 Piece
Panko bread crumbs 10*,11*,12*	180 Grams
Vegetable seasoning 2*,10*,11*,13*	10 Grams
Black pepper	0.25 Tsp

Chips	
Potatoes	1200 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Black pepper	0.5 Tsp
Smoked paprika powder	4 Grams

Coleslaw	
Carrot	2 Piece
Red cabbage	200 Grams
White cabbage	200 Grams
Mayonnaise 5*,9*,13*	200 Grams
Apple cider vinegar	30 ML
Dijon mustard 13*	12 Grams

Sauce	
Ketchup	160 Grams
Barbecue sauce 11*,13*	160 Grams

Allergens: *4 Milk, *10 Wheat, *11 Gluten, *5 Eggs, *12 Lupin, *2 Tree Nuts, *13 Mustard, *9 Soya

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1. Bake Chips

Preheat the oven to 180C fan. Cut the **potatoes** (skin on) into chips. Place onto a baking tray, drizzle with **oil**, and sprinkle with **salt**, **pepper**, and **smoked paprika**. Bake for 25-30 min.

Tip! If cooking for kids, leave some of the chips seasoned with just salt.



2. Prep

Boil a kettle. Finely chop the chives. Peel and chop the **carrots** into batons. In a small bowl, combine the **panko bread crumbs**, chives and **vegetable seasoning** with a drizzle of **oil**. Mix to form a wet crumb.

Tip! If cooking for kids, prepare some of the crumb without the chives.



3. Bread fish

Drain and pat dry the cod. Cut into portions. Place the cod on a separate lined baking tray. Top the **fish** evenly with the crumb and press it into the **fish** using the back of a spoon



4. Bake fish

Bake the fish for the last 10-12 min of the chip's cooking time.



5. Cook carrots and peas

Heat a pan over a medium-high heat with the pre-boiled water. Add the **carrots** and cook for 3 min. After 3 min, add the peas and cook for a further 2 min until tender. Once cooked, drain and return the veg to the pan with the butter. Cover until serving.

Salmon 'Flammenkuchen'

with Sour Cream and Spinach

Flammenkuchen, or tarte flambée, comes from the French-German border and is commonly made with cured pork (not salmon!).

279 calories | 31 protein | 11 carbs | 13 fat

Family Friendly

cook: 30 min

R3016-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1165 / 279
Fats (g)	13.3
of which saturated (g)	6.9
Carbohydrates (g)	11
of which sugars (g)	7
Fibers (g)	1.7
Proteins (g)	30.7
Salt (g)	0.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Baby spinach	125 Grams
Smoked Salmon Slices [6*]	400 Grams
White onion	2 Pieces
Cream cheese [4*]	40 Grams
Sour cream [4*]	120 Grams
Organic Eggs [5*]	2 Pieces
Salt	1 Tsp
Black pepper	1 Tsp
Olive oil	2 Tbsp
8" tortilla wraps [10*,11*]	4 Pieces

Allergens: *6 Fish, *4 Milk, *5 Eggs, *10 Wheat, *11 Gluten

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1. Prep

Preheat the oven to 200°C/180°C fan. Peel and finely slice the **onion**. Wash and dry the **spinach**. Tear the **salmon** into bite-size pieces.



2. Prep sour cream

In a bowl, whisk the **cream cheese** and **sour cream** with the **eggs** until smooth. Season with **salt** and **pepper**.



3. Toss onion

In a bowl, toss the **spinach** and **onion** with a drizzle of **olive oil**.



4. Bake flammenkuchen

Place the **tortilla wraps** on a baking tray (use multiple if you run out of space). Bake for 4 min. After 4 min, spoon the **sour cream** over the top, spreading it almost to the edges. Top with the **spinach**, **onion** and torn **salmon**. Bake in the oven for 10 min until browned and crispy. Serve immediately.

Hawaiian-inspired Huli Huli Chicken

with Coconut Jasmine Rice and Cucumber Salad

A dish packed with tropical freshness and flavours with a pineapple-BBQ kick!

hellóchef

729 calories | 57 protein | 105 carbs | 13 fat

Tips for Kids | Speedy

cook: 25 min

R3928-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3127 / 729
Fats (g)	13.1
of which saturated (g)	0.8
Carbohydrates (g)	105
of which sugars (g)	26.6
Fibers (g)	4.3
Proteins (g)	56.9
Salt (g)	2.3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Small red chilli	2 Piece
Corn starch	10 Grams
Soy sauce 9*,10*,11*	20 ML
Apple cider vinegar	30 ML
Ginger garlic paste	20 Grams
Brown sugar	10 Grams
Ketchup	32 Grams
Barbecue sauce 11*,13*	80 Grams
Pineapple juice	360 ML
Vegetable oil	2 Tbsp
Salt	1 Tsp

Coconut rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Light coconut milk	400 ML
Water	200 ML

Salad	
Spring onion	80 Grams
Cucumber	2 Piece
Fresh coriander	15 Grams
Lime	2 Piece
Salt	0.5 Tsp

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *13 Mustard

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1. Boil rice

- Rinse the **rice**.
- Add the **rice**, a pinch of **salt**, the **light coconut milk**, and **measured water** to a pot with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from the heat. \
- Keep covered until serving.



2. Prep

- Meanwhile, chop each **chicken breast** in 2-3 pieces.
- Chop the **cucumber** into small cubes.
- Trim and slice the **spring onions**.
- Thinly slice the **red chilli**.
- Pick and finely chop the **coriander** leaves.

Tip! Sensitive to spice? Deseed the red chilli and use only a small amount.



3. Make sauce

- In a bowl, combine 2 tsp of **corn starch**, the **soy sauce**, **apple cider vinegar**, **ginger garlic paste**, **brown sugar**, **ketchup**, **barbecue sauce** and 360 ml **pineapple juice**.
- Set **sauce** aside.



4. Grill chicken

- Heat a large grill pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken** with a pinch of **salt**.
- Grill for 5-7 minutes or until **chicken** is charred and develops some grill marks.
- Add the **sauce** and the **red chilli (spicy!)**.
- Cook for 2-4 min further or until the **chicken** is cooked through and the **sauce** becomes sticky.

Tip! If cooking for kids, grill a plain portion of chicken and set to the side. Reserve some sauce on the side without the red chilli.



5. Make salad

- Meanwhile, slice the **lime** into wedges.
- In a large bowl, combine the **cucumber**, **coriander**, **spring onion**, a squeeze of **lime juice** (reserve some for garnish) and a pinch of **salt** to taste.

Tip! If cooking for kids, set aside a portion of chopped cucumber and coriander to use as 'sprinkles'



6. Serve

- Serve the **Hawaiian-inspired Huli Huli Chicken** with **Coconut Jasmine Rice** and **Cucumber Salad**.
- Garnish with the remaining **lime wedges**.

Tip! If cooking for kids, serve the coconut rice, cooked chicken and cucumber separately. Serve the cooked sauce and coriander as 'sprinkles' to the side.

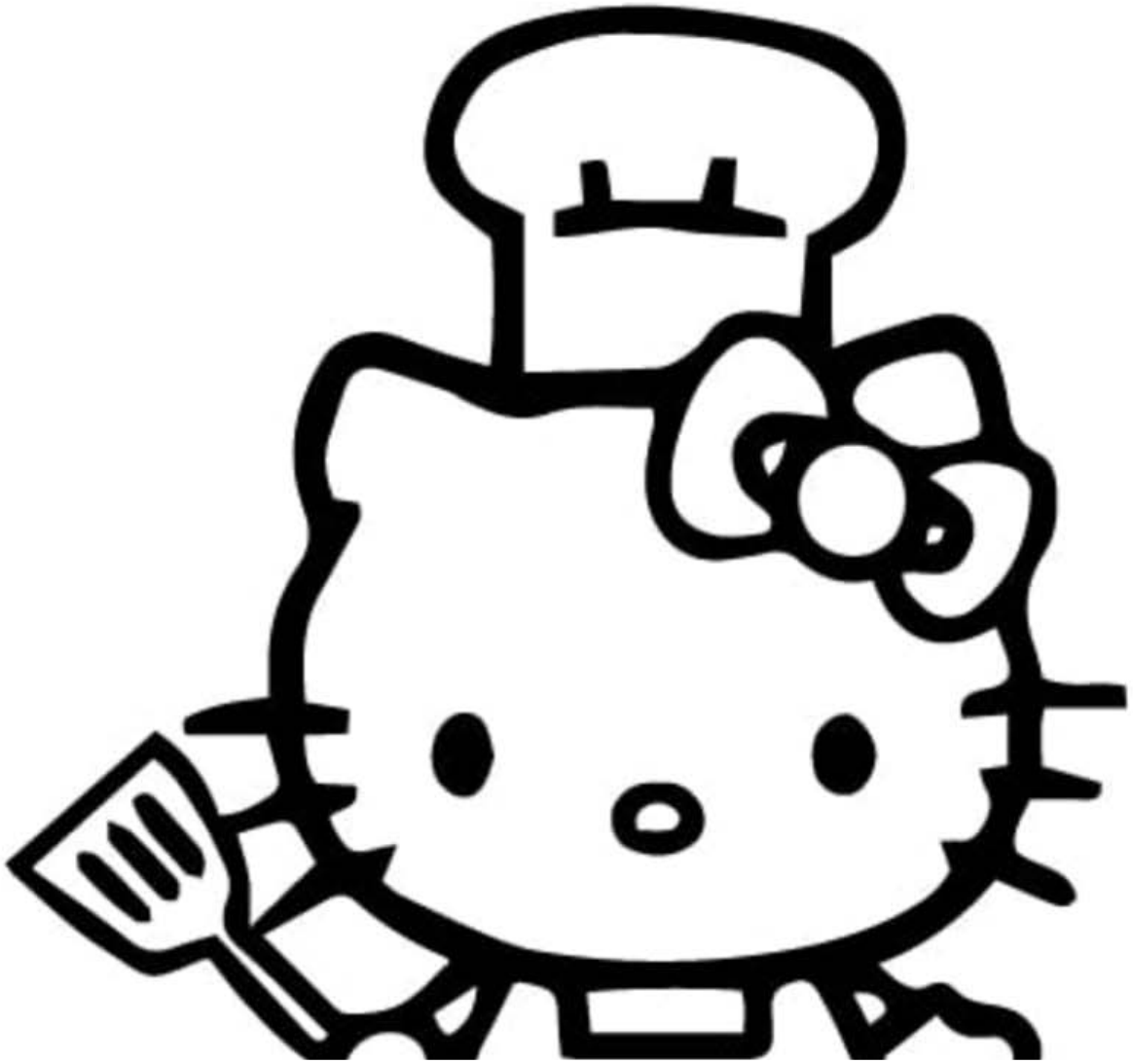
hello chef

586 calories | 59 protein | 44 carbs | 22 fat

Calorie Smart

cook: 35 min

R4378-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2452 / 586
Fats (g)	22.4
of which saturated (g)	3.5
Carbohydrates (g)	44
of which sugars (g)	19.7
Fibers (g)	11.8
Proteins (g)	58.5
Salt (g)	5.4

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Chicken	
Chicken cubes	600 Grams
Red pepper	1 Piece
Carrot	1 Piece
Chinese chilli sauce 9*,10*	40 Grams
Garlic paste	20 Grams
Plum sauce 9*,10*	40 Grams
Corn starch	20 Grams

Cucumbers	
Cucumber	2 Piece
Lime	1 Piece
Rice vinegar	30 ML
Black sesame seeds 3*	5 Grams
Sesame oil 3*,9*	30 ML

Cauli rice	
Cauliflower	800 Grams

Garnish	
Salted peanuts 1*	80 Grams
Fresh coriander	15 Grams

Allergens: *9 Soya, *10 Wheat, *3 Sesame Seeds, *1 Peanuts

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1. Prep

Slice the **lime** into wedges. In a bowl combine the **chicken**, **chinese chilli sauce**, **garlic paste**, **corn starch**, splash of water, and a squeeze of **lime** juice. Mix and set aside. Peel and slice the **carrots** into half moons. Deseed and chop the **red pepper**. Roughly chop the **coriander**.



2. Prep

Grate Cauli



3. Cook Cauli

4. smash cucumber

Slice **cucumber** into thick rounds. Using the back of a knife, slightly bash the **cucumber**. To a bowl, combine the **cucumber**, **sesame oil**, **sesame seeds**, **rice vinegar**, and a pinch of sugar. Set aside.

5. Fry

Heat a large pan, add the **carrots** and **red pepper** until softened. Add the **chicken**. Cook for 5-7 min. Add the **plum sauce** until glazy. Finish with **peanuts**.

6. Serve

Divide the **rice** amongst bowls. Top with **chicken** and serve with smashed **cucumbers**.

Limey Coconut and Chicken Curry

with Jasmine Rice

A mild coconut and citrus curry with snow peas, peppers and red onion, served over jasmine rice!

hello chef

812 calories | 61 protein | 98 carbs | 24 fat

Tips for Kids

cook: 30 min

R3856-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3397 / 812
Fats (g)	23.6
of which saturated (g)	11.4
Carbohydrates (g)	98
of which sugars (g)	11
Fibers (g)	11.6
Proteins (g)	61
Salt (g)	3.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Chicken breast	600 Grams
Salt	1 Tsp
Water	200 ML
Garlic cloves	4 Piece
Snow peas	200 Grams
Red onion	2 Piece
Red pepper	2 Piece
Vegetable oil	2 Tbsp
Red curry paste 7*	40 Grams
Turmeric powder	4 Grams
Coconut milk	400 ML
Soy sauce 9*,10*,11*	30 ML

Jasmine rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML

Garnish	
Lime	2 Piece
Fresh coriander	15 Grams
Large red chilli	2 Piece
Black sesame seeds 3*	20 Grams

Allergens: *7 Crustaceans, *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Boil rice

- Rinse the **rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from the heat.
- Keep covered until serving.



2. Prep

- Meanwhile, peel and mince the **garlic**.
- Trim and halve the **snow peas**.
- Peel the **onion** and slice it into wedges.
- Deseed and roughly chop the **red pepper**.
- Chop the **chicken** into bite-sized pieces.



3. Fry chicken

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken** with a pinch of **salt**.
- Fry for 5 min until browned and cooked through.
- Transfer the **chicken** to a plate.
- Reserve the pan.



4. Simmer

- Return the reserved pan to a medium heat with another drizzle of **oil**.
- Once hot, add the **onion** and **pepper** with a pinch of **salt**.
- Fry for 3 min.
- Add the **garlic**, **red curry paste** (spicy!) and **turmeric**.
- Fry for 1 min further.
- Add the **coconut milk**, **measured water** and **soy sauce**.
- Reduce the heat to medium. Simmer for 5 min further.

Tip! If cooking for kids, go easy on the red curry paste.



5. Prep garnishes

- Meanwhile, slice the **lime** into wedges.
- Pick the **coriander** leaves.
- Finely slice the **red chilli** into rounds.



6. Serve

- Add the **snow peas** and return the **chicken** to the **curry**.
- Simmer for 3 min further.
- Add a squeeze of **lime** juice to taste (reserve the rest for garnish).
- Serve the **Limey Coconut and Chicken Curry** over **Jasmine Rice**.
- Garnish with the **black sesame seeds**, **coriander**, **red chilli** (spicy!) and remaining **lime** wedges.

Tip! If cooking for kids, serve the chicken, vegetables and cooked rice separately. Serve the curry sauce, lime wedges, sesame seeds and coriander as 'sprinkles' to the side.

Orange Chicken with Sesame Broccoli

and Jasmine Rice

No need to order in! This sticky chicken with a zesty orange kick comes together in no time!

hellochef

836 calories | 63 protein | 127 carbs | 14 fat

Family Friendly

cook: 35 min

R4266-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3495 / 836
Fats (g)	14
of which saturated (g)	2.5
Carbohydrates (g)	127
of which sugars (g)	21.8
Fibers (g)	10.8
Proteins (g)	62.9
Salt (g)	3.3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Corn starch	40 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Vegetable oil	3 Tbsp

Orange sauce	
Water	100 ML
Orange	2 Piece
Ginger paste	15 Grams
Rice vinegar	30 ML
Soy sauce 9*,10*,11*	40 ML
Sweet chilli sauce	80 ML
Orange juice	180 ML
Fresh chives	15 Grams

Rice	
Jasmine rice	300 Grams
Water	600 ML
Salt	0.5 Tsp

Broccoli	
Broccoli	800 Grams
Sesame oil 3*,9*	30 ML
Salt	0.5 Tsp
Sesame seeds 3*	10 Grams
Black sesame seeds 3*	5 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Boil rice

Rinse the **jasmine rice**. Add the **rice**, **measured water** and a pinch of **salt** to a pan with a lid and bring to a boil. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Remove from the heat and keep covered until serving.



2. Mix sauce

Meanwhile, in a mixing bowl, whisk 3 Tbsp of **water** with 4 tsp of **corn starch** until smooth. Juice the **fresh orange**. Add the **ginger paste**, **rice vinegar**, **soy sauce**, **sweet chilli sauce**, and the box of **orange juice**. Set aside.

Tip! Love a zingier orange flavour? Add in some orange zest to the sauce!



3. Prep

Trim and chop the **broccoli** into florets. Trim and finely slice the **chives**. Chop the **chicken** into bite-sized pieces. Place the remaining **corn starch** on a plate and season with a good pinch of **salt** and **pepper**. Turn the **chicken** in the **corn starch** and set aside.



4. Stir-fry

Heat a large pan over a medium-high heat. Once hot, add the **sesame oil** and **broccoli** with a pinch of **salt** and stir fry for 3 min until lightly crispy. Add the **black** and **white sesame seeds** and fry with the **broccoli** until toasted. Transfer the **broccoli** to a plate. Add another drizzle of **oil**, add the coated **chicken** and fry for 4-5 min until golden and crispy on each side.



5. Mix

Once the **chicken** is crispy and golden, add the **orange sauce**. Turn up the heat and cook down the **sauce** for 2-3 min until reduced and thickened.

Tip! Adjust the thickness of the sauce to your desired consistency by either cooking it further for a stickier glaze, or keeping it thinner for a saucier finish for rice.



6. Serve

Divide the **rice** amongst bowls, and serve with the **orange chicken** and **sesame broccoli** alongside. Garnish with the **chives**.

Spiced Carrot Loaf Cake with Walnuts and Cream Cheese Drizzle

A deliciously moist carrot cake with warm notes of cinnamon, ginger, and nutmeg. Topped with a velvety cream cheese drizzle - a true classic!

hellochef

458 calories | 7 protein | 52 carbs | 25 fat

Family Friendly

cook: 60 min

R4446-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1907 / 458
Fats (g)	25
of which saturated (g)	13
Carbohydrates (g)	52
of which sugars (g)	29.5
Fibers (g)	3.5
Proteins (g)	7.3
Salt (g)	0.8

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What You'll Need

- Oven
- Box grater
- Whisk

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 8 servings

Dry ingredients	
Plain flour 10*,11*	180 Grams
Baking powder	5 Grams
Baking soda	5 Grams
Cinnamon powder	12 Grams
Ginger powder	5 Grams
Nutmeg	8 Grams
Salt	0.25 Tsp

Wet ingredients	
Carrot	3 Piece
Walnuts 2*	60 Grams
Butter 4*	100 Grams
Organic Eggs 5*	2 Piece
White sugar	100 Grams
Brown sugar	80 Grams
Vanilla essence	5 ML
Sour cream 4*	90 Grams

Cream cheese frosting	
Cream cheese 4*	140 Grams
Butter 4*	20 Grams
Icing sugar	25 Grams

Allergens: *10 Wheat, *11 Gluten, *2 Tree Nuts, *4 Milk, *5 Eggs

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1. Prep

- Preheat the oven to 180°C.
- Grease and line a 20x10cm loaf pan with parchment paper.
- Peel and grate the **carrots** using a box grater.
- Roughly chop the **walnuts** into smaller pieces.

Tip! You could also use a 20cm square or round cake pan to bake the cake.



2. Mix dry ingredients

- In a large bowl, sift the **flour**, **baking powder**, **baking soda**, **cinnamon**, **ginger**, **nutmeg**, and **salt**.
- Whisk until combined, and set aside.

Tip! Sifting dry ingredients helps break up any lumps, and creates a lighter and airier cake that will bake taller.



3. Mix wet ingredients

- In a microwave, melt the **100g** block of **butter**.
- In a separate large bowl, whisk the **eggs**, **white sugar**, and **brown sugar** until well incorporated.
- Add and whisk in the melted **butter** and **vanilla**.
- Finally, stir in the **sour cream** until combined.

Tip! Don't have a microwave? Melt the butter in a small pot.



4. Combine batter

- Using a spatula, add the **dry ingredients** into the **wet ingredients** and gently combine.
- Add the grated **carrots** and the chopped **walnuts** (reserving some for garnish), and gently stir / fold to incorporate.
- Avoid over-mixing the batter.
- The texture and consistency of the batter will be thick.

Tip! The volume of shredded carrots are dependent on their size. Feel free to use 3/4 of the total amount, or up to 2 packed cups in the batter.



5. Bake

- Spread the **cake batter** into the prepared loaf pan and bake in the center of the oven for 45-55 min.
- The cake is done when a toothpick inserted in the center comes out clean without any raw batter.
- Remove the cake from the oven and set aside to cool completely in the pan for 10-15 min.
- Once cooled, remove the cake and set on a plate or board.

Tip! If the cake is browning too quickly, loosely cover the top with aluminum foil or parchment paper halfway through baking.



6. Make cream cheese drizzle

- Meanwhile, in a medium bowl, add the **cream cheese** and **20g of butter** and whisk well until smooth and creamy.
- Sift in the **icing sugar** and whisk until combined.
- Place in the fridge to set.
- Once the cake has cooled, spread the **cream cheese** on top, and garnish with the reserved **walnuts**.

Tip! You can slice and store slices of unglazed cake in the freezer, perfect for lunchboxes and on-the-go snacks!

Beef Bacon and Onion Spaghetti Carbonara

with Side Salad

Put a spin on the classic!

hellochef

989 calories | 58 protein | 112 carbs | 35 fat

Chef's choice | Family Friendly

cook: 25 min

R2933-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4103 / 989
Fats (g)	35.4
of which saturated (g)	14.4
Carbohydrates (g)	112
of which sugars (g)	13.4
Fibers (g)	10.7
Proteins (g)	58.1
Salt (g)	4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pasta	
Spaghetti 10*	500 Grams

Sauce	
Beef bacon	160 Grams
Brown onion	2 Pieces
Olive oil	4 Tbsp
Salt	1 Tsp
Garlic cloves	2 Pieces
Organic Eggs 5*	6 Pieces
Parmesan 4*	90 Grams
Black pepper	1 Tsp
Water	200 ML

Side salad	
Rocket	125 Grams
Cherry tomatoes	500 Grams
Balsamic vinegar 14*	30 ML
Olive oil	3 Tbsp
Salt	0.5 Tsp
Black pepper	0.5 Tsp

Allergens: *10 Wheat, *5 Eggs, *4 Milk, *14 Sulphur Dioxide

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1. Caramelize onion

Peel and finely slice the **onion**. Heat a non-stick pan over a high heat with a drizzle of **oil**. Fry the **onion** with a pinch of **salt** for 5 min until browned. Reduce the heat to low, cover with a lid and cook for 10 min further or until the **onions** have fully softened and caramelized. Transfer the caramelized **onions** to a plate, reserve the pan.



2. Boil spaghetti

Meanwhile, bring a large pot of salted **water** to the boil. Once boiling, add the **spaghetti** and cook for 8-10 min until 'al dente' or cooked to your liking. Drain and reserve a cup of pasta **water**.



3. Fry bacon

Meanwhile, finely slice the **beef bacon**. Peel and crush the **garlic**. Add the **bacon** to the reserved pan. Heat the pan over a medium-low heat and slowly fry the **bacon** for 5-6 min or until the fat has melted and the **bacon** is crispy. Add the **garlic** and fry for a final 1 min. Add the caramelized **onion** (see tips for fussy eaters). Remove the pan from the heat.



4. Mix sauce

Separate the egg whites and egg yolks. Discard the whites, or save them for later use (see pro tip). Add the **egg yolks** to a bowl. Grate the **Parmesan** and add 3/4 of it to the bowl. Season with a pinch of **salt** and **pepper**. Whisk until smooth.



5. Prep salad

Rinse and dry the **rocket**. Quarter the **cherry tomatoes**. Add both to a bowl and set aside. Just before serving, season the side salad with the **balsamic vinegar**, **olive oil** and a small pinch of **salt** and **pepper**.



6. Combine

Whisk 200 ml of the starchy pasta **water** into the **egg** and **Parmesan** mix. Return the **bacon** pan to a medium heat. Add the **Parmesan** mix to the pan and quickly whisk until smooth. Add the **spaghetti** and toss. Divide among plates. Finish with a drizzle of **olive oil**, a grind of **black pepper** and the remaining **Parmesan**. Serve with the side salad.

Aussie Chicken Parma

with Fried Green Beans

Chicken parmigiana (pollo alla parmigiana in Italian!) is known in Australia as Parm, Parma, or Parmi. We hope this dish pays homage to all our Australian customers. Enjoy!

hello chef

592 calories | 65 protein | 49 carbs | 15 fat

Low Carb | Calorie Smart

cook: 45 min

R3211-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2481 / 592
Fats (g)	14.5
of which saturated (g)	7.4
Carbohydrates (g)	49
of which sugars (g)	14.8
Fibers (g)	6.7
Proteins (g)	65.1
Salt (g)	2.9

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven | Rolling pin

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Organic Eggs 5*	2 Piece
Salt	1 Tsp
Black pepper	1 Tsp
Plain flour 10*,11*	60 Grams
Garlic onion powder	8 Grams
Panko bread crumbs 10*,11*,12*	120 Grams
Vegetable oil	2 Tbsp
Grated mozzarella 4*	120 Grams

Tomato sauce	
Brown onion	2 Piece
Garlic cloves	4 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Tomato passata	500 Grams
Dried oregano	4 Grams
Smoked paprika powder	4 Grams
Brown sugar	10 Grams
Chicken stock cube 4*,5*,9*,15*	1 Piece
Water	200 ML

Green beans	
Green beans	300 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *5 Eggs, *10 Wheat, *11 Gluten, *12 Lupin, *4 Milk, *9 Soya, *15 Celery

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1. Prep

Preheat the oven to 200°C/180°C fan. Whisk the **eggs** in a shallow bowl with a pinch of **salt** and **black pepper**. Add the **flour** and the **garlic onion powder** to a second shallow bowl and mix. Add the **panko bread crumbs** to a third shallow bowl. Peel and finely chop the **brown onion**. Peel and mince the **garlic**.

Tip! Adding a pinch of salt and black pepper to the eggs, flour and panko ensures a well seasoned mix.



2. Bread chicken

Wrap the **chicken breasts** in cling film and place them onto a chopping board. Using a rolling pin, bash the **chicken breasts** until almost halved in thickness. One by one, coat the **chicken breasts** in the **seasoned flour** before dipping them in the **beaten egg** and finally coating them in the **panko breadcrumbs**. Place them onto a lined baking tray and set aside.



3. Make sauce

Heat a large pan over a medium-high heat with a drizzle of **oil**. Add the **onion** with a pinch of **salt** and fry for 5 min until softened. Add the **garlic** and fry for 1 min further. Add the **tomato passata**, **oregano**, **smoked paprika**, **brown sugar**, 1 **chicken stock cube** and the **measured water**. Simmer for 5 min until thickened, then pour into a serving jug and set aside. Wipe and reserve the pan.



4. Bake chicken

Return the reserved pan to a medium heat with another drizzle of **oil**. Once hot, add the **breaded chicken** and fry for 4-5 min on each side. Remove from the heat. Wipe and reserve the pan. Place the **chicken** back onto the baking tray and top with the **mozzarella**. Bake in the oven for 5-8 min until the **cheese** is melted and golden.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready!



5. Fry green beans

Meanwhile, trim the **green beans**. Return the reserved pan to a medium-high heat with another drizzle of **oil**. Once hot, add the **green beans** with a pinch of **salt**. Fry for 3-4 min. Remove from the heat and season with **black pepper**.



6. Serve

Divide the **Chicken Parma** among plates and serve the **green beans** and **tomato sauce** to the side.

Greek Eggplant Traybake

with Lemon and Oregano Smashed New Potatoes

Packed with the flavours of Greece.

hello chef

562 calories | 19 protein | 98 carbs | 14 fat

Tips for Kids | Family Friendly | Calorie Smart

cook: 45 min

R4133-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2343 / 562
Fats (g)	14.3
of which saturated (g)	6.2
Carbohydrates (g)	98
of which sugars (g)	19.2
Fibers (g)	20.3
Proteins (g)	19.3
Salt (g)	5.1

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What You'll Need

Oven

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Tray bake

Red onion	2 Piece
Garlic cloves	4 Piece
Yellow pepper	2 Piece
Cherry tomatoes	300 Grams
Eggplant	2 Piece
Chilli flakes	4 Grams
Dried oregano	4 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Kalamata olives	80 Grams
Fresh basil	15 Grams
Feta cheese 4*	200 Grams

Smashed potatoes

New potatoes	1000 Grams
Lemon	2 Piece
Fresh oregano	10 Grams
Olive oil	1 Tbsp
Vegetable seasoning 2*,10*,11*,13*	16 Grams

Allergens: *4 Milk, *2 Tree Nuts, *10 Wheat, *11 Gluten, *13 Mustard

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1. Prep

- Preheat oven to 210°C/190°C fan.
- Peel and chop **onion** into bite-sized pieces.
- Peel and finely chop **garlic**.
- Deseed and chop **pepper** into strips.
- Cut **cherry tomatoes** in half.
- Chop the **eggplant** into wedges.
- Zest the **lemon** using a microplane or fine grater.
- In a large bowl combine the **olive oil**, **garlic**, **chilli flakes (spicy!)**, **dried oregano**, **salt** and **black pepper**.
- Add the **eggplant**, mix well to coat. Set aside.

Tip! If cooking for kids, leave some of the eggplant plain without the marinade.



4. Finish traybake

- Meanwhile, cut the **kalamata olives** in half.
- Pick and finely chop the **basil**.
- Add the **olives**, **basil** and crumble the **feta** over the **veg** and **eggplant**.
- Return to the oven for a further 5-7 min.

Tip! If cooking for kids, leave the olives and feta off the eggplant and veg.



2. Bake

- Cut the zested **lemon** into wedges.
- Add the **onion**, **pepper**, **tomatoes** and **eggplant** to a lined baking tray.
- Drizzle a small amount of **oil** over the **onions**, **tomato** and **peppers**.
- Bake for 18-20 min, or until the **eggplant** is tender.
- Once tender squeeze the juice of the **lemon** over the **eggplant**.

Tip! If cooking for kids, leave some of the pepper and tomatoes raw for serving.



5. Crush potatoes

- Meanwhile, pick and finely chop the **fresh oregano**.
- Partly crush the **potatoes** with a fork or masher.
- Add the **oregano**, **lemon zest** and **olive oil**.
- Mix well and season with the **vegetable seasoning** to taste.

Tip! If cooking for kids, leave some of the potatoes plain without the oregano and lemon zest.



3. Boil potatoes

- Bring a large pan of salted water to the boil.
- Add the **potatoes**.
- Boil for 15-20 min, until tender and starting to fall apart.
- Once cooked drain.
- Return the **potatoes** to the same pan.



6. Serve

- Serve the **Greek Eggplant Traybake with Lemon** and **Oregano Smashed New Potatoes**.

Tip! If cooking for kids, serve the plain eggplant and potatoes, with the raw tomatoes and peppers on the side.

Breakfast Sausage Tacos

with Avocado and Sour Cream

-

1450 calories | 66 protein | 67 carbs | 102 fat

Family Friendly

cook: 30 min

R4443-4



Nutritional information

	per serving*
Energy (kJ/kcal)	6058 / 1450
Fats (g)	102.4
of which saturated (g)	12
Carbohydrates (g)	67
of which sugars (g)	6.2
Fibers (g)	10.7
Proteins (g)	66.4
Salt (g)	7.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Tacos	
Italian sausage [10*]	400 Grams
Organic Eggs [5*]	4 Piece
Whipping cream [4*]	100 ML
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Vegetable oil	1 Tbsp

Avocado	
Lime	2 Piece
Avocado	1 Piece
Fresh coriander	15 Grams
Salt	0.5 Tsp

To serve	
Sour cream [4*]	60 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp
6" tortilla wraps [10*,11*]	6 Piece

Allergens: *10 Wheat, *5 Eggs, *4 Milk, *11 Gluten

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1. Prep

Preheat the oven to 200°C/180°C fan. Slice the **Italian sausages** lengthwise. Peel away the casing and discard. Chop or tear the **sausage meat** into bite-sized pieces. Add it to a lined baking tray and roast for 20 min.



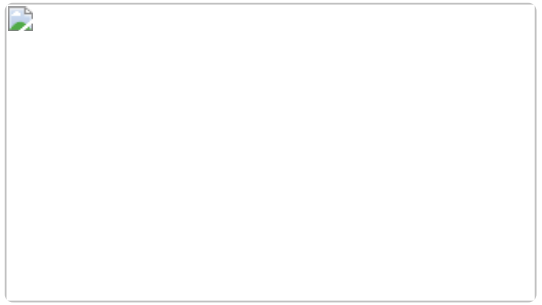
2. Mix eggs

Meanwhile, using a fork or whisk, in a large bowl, combine the **eggs** and **whipping cream**. Season with **salt** and **pepper** to taste.



3. Cut avocado

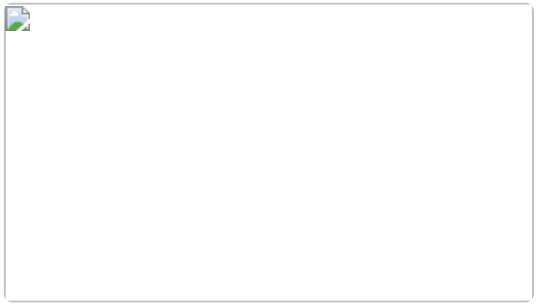
Slice the **lime** into wedges. Finely chop or tear the **coriander** leaves. Cut the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon and chop it into chunks. In a small bowl, combine the **avocado**, **coriander**, a squeeze of the **lime** wedges (reserve the rest for step 6) with a pinch of **salt** to taste. Set aside.



4. Scramble eggs

Heat a large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **eggs** and fry for 1-2 min, scrambling with a spatula as you go. Once cooked to your liking, transfer to a plate.

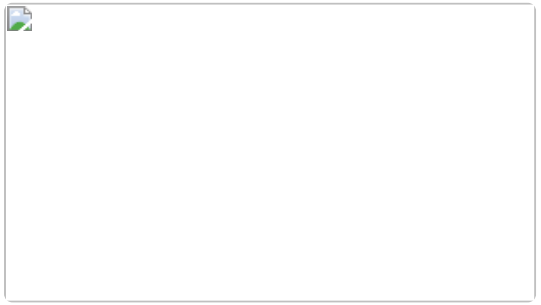
Tip! Wipe and reserve the pan if you prefer using it to warm up your tortillas.



5. Warm tortillas

Heat the **tortillas** in the microwave for 30-60 secs or until warm.

Tip! If using the reserved pan, over a medium-high heat, fry the tortillas in the hot dry pan for 30 sec on each side or until golden brown. Repeat with all of the tortillas.



6. Serve

In a small bowl, combine the **sour cream**, the remaining **lime** wedges with a pinch of **salt** and **pepper** to taste. Load the **tortillas** with the **scrambled eggs**, **roasted sausages** and top with the **avocado salsa**. Serve with dollops of the **sour cream**.

Breaded Baked Chicken

with Garlic Mash and Gravy

-

855 calories | 67 protein | 93 carbs | 23 fat

Tips for Kids

cook: 30 min

R3918-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3579 / 855
Fats (g)	23.2
of which saturated (g)	14.6
Carbohydrates (g)	93
of which sugars (g)	5.2
Fibers (g)	9.1
Proteins (g)	67.3
Salt (g)	3.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Breaded chicken	
Chicken breast	600 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp
Garlic onion powder	8 Grams
Smoked paprika powder	4 Grams
Panko bread crumbs 10*,11*,12*	200 Grams
Plain flour 10*,11*	140 Grams
Organic Eggs 5*	2 Piece

Garlic mash	
Potatoes	1200 Grams
Whole milk 4*	200 ML
Garlic cloves	4 Piece
Butter 4*	50 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Gravy	
Chicken stock cube 4*,5*,9*,15*	2 Piece
Water	300 ML
Black pepper	1 Tsp

Allergens: *10 Wheat, *11 Gluten, *12 Lupin, *5 Eggs, *4 Milk, *9 Soya, *15 Celery

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1. Make mash

Preheat the oven to 200°C/180°C fan. Peel and chop the **potatoes** into bite-sized pieces. Add them to a pan of boiling water with a generous pinch of **salt** and cook over medium heat for 20 min or until soft. Once soft, drain the **potatoes** and return them to the pan. Mash until smooth, gradually adding the **milk** until it reaches your desired consistency. Season with **salt** and **pepper**.



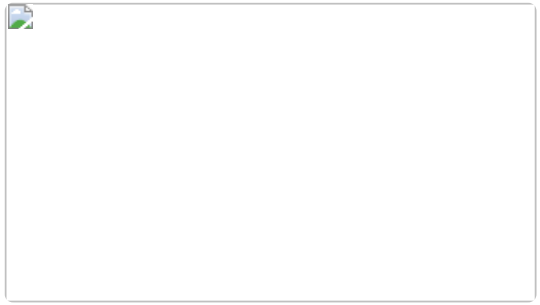
2. Prep

Reserve 2 Tbsp of **flour** in a small separate bowl. Whisk the **eggs** in a shallow bowl with a pinch of **salt** and **black pepper**. Add the remaining **flour**, **smoked paprika** and **garlic onion powder** to a second shallow bowl and mix. Add the **panko bread crumbs** to a third shallow bowl and set aside.



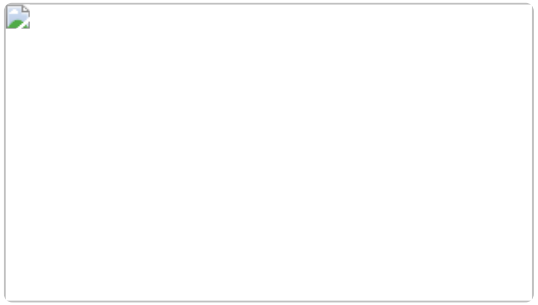
3. Bread chicken

One by one, coat the **chicken breasts** in the seasoned **flour** before dipping them in the beaten **egg** and finally coating them in the **panko breadcrumbs**. Refrigerate until step 5.



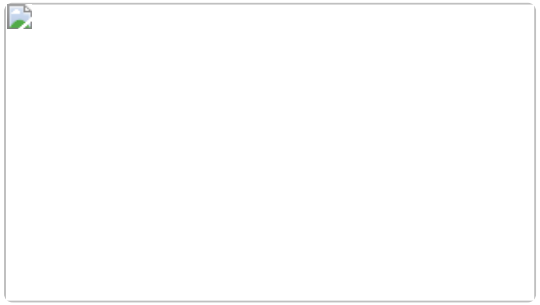
4. Bake chicken

Place the breaded **chicken** onto a baking tray with a drizzle of **oil**. Bake the **chicken** for 15 min or until the **chicken** is cooked through and the breading is golden brown and crispy.



5. Make butter

Meanwhile, peel and mince the **garlic**. Heat a pot over a medium heat with half of the **butter**. Once melted, add the **garlic** and fry for 1 min. Add the **garlic butter** to the mash and mix through. Reserve the pot.



6. Serve

Return the pot a medium heat with the remaining **butter**. Once melted, add the **flour** and stir for 1 min until a paste forms. Gradually whisk in the **measured water** and 1 **chicken stock cube**. Cook for 2-3 min until thickened. Season generously with **black pepper**. Set aside.

South African Milk Tart

A creamy vanilla custard with a sweet biscuit base and a dusting of cinnamon - a taste of home for South Africans and a sweet treat for all.

hello chef

342 calories | 7 protein | 34 carbs | 19 fat

Family Friendly

cook: 20 min

R4493-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1426 / 342
Fats (g)	19.3
of which saturated (g)	11.5
Carbohydrates (g)	34
of which sugars (g)	20.4
Fibers (g)	1.3
Proteins (g)	7.3
Salt (g)	0.6

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What You'll Need

- Whisk
- Food processor

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 8 servings

Biscuit base	
Digestive biscuits 10*	150 Grams
Butter 4*	75 Grams

Custard filling	
Whole milk 4*	800 ML
Butter 4*	30 Grams
Organic Eggs 5*	2 Piece
Plain flour 10*,11*	20 Grams
Corn starch	30 Grams
White sugar	100 Grams
Vanilla essence	5 ML
Cinnamon powder	4 Grams

Allergens: *10 Wheat, *4 Milk, *5 Eggs, *11 Gluten

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1. Make biscuit base

- Grease a 20-25cm round or medium-sized rectangular dish. Using a food processor, blitz the **digestive biscuits** into fine crumbs.
- Place 75g **butter** in the microwavable bowl and heat for 20-30 sec until melted.
- In a large bowl, combine the **biscuit crumbs** and **melted butter**.
- Using the back of a spoon, compact the **biscuit mix** into the base of the dish.
- Refrigerate while the **filling** is prepared.

Tip! If you do not have a food processor, place biscuits in a ziplock sandwich bag and crush with a rolling pin.



2. Warm milk

- Meanwhile, heat the **milk** and 30g **butter** over low heat to just below boiling.
- Once it is warm and the **butter** is melted, remove from the heat.



3. Prepare egg mixture

- In a large bowl, whisk together the **eggs**, **flour**, **corn starch**, **sugar** and **vanilla essence** for 1 min until light and airy.



4. Cook custard

- Slowly add 1-2 cups of the **warmed milk** to the **egg mixture**, whisking continuously.
- Pour the warmed **egg mixture** back into the pot and return to a low heat, whisking continuously for 5-6 min until the **custard** has thickened.
- Pour onto the **biscuit base** and cover with cling film. Allow to set in the fridge for 3-4 hours or overnight.

Tip! Allow the cling film to touch the custard to avoid the top of the tart drying out.



5. Dust with cinnamon

- Once set, remove the **Milk Tart** from the fridge.
- Remove the cling film and dust generously with **cinnamon**.



6. Serve

- Slice into portions and serve the **South African Milk Tart** chilled.

Crunchy Korean Beef Mince and Veggie Stir-fry

with Jasmine Rice

Rushing home hungry? This dinner will be ready in 20 minutes. If you have more time, add a fried egg on top - Korean style!

hello chef

777 calories | 49 protein | 91 carbs | 29 fat

Quick Prep

prep: 5 min | cook: 20 min | R3003-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3248 / 777
Fats (g)	28.6
of which saturated (g)	8.9
Carbohydrates (g)	91
of which sugars (g)	6.6
Fibers (g)	6.3
Proteins (g)	49.3
Salt (g)	2.7

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stir-fry	
Lean beef mince	700 Grams
Orange pepper	2 Piece
Small zucchini	4 Piece
Sugar snap peas	200 Grams
Spring onion	80 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Sesame oil 3*,9*	30 ML
Ginger garlic paste	20 Grams
Gochujang 9*	20 Grams
Soy sauce 9*,10*,11*	40 ML
Brown sugar	10 Grams
Sesame seeds 3*	20 Grams
Water	20 ML

Rice	
Jasmine rice	300 Grams
Water	600 ML
Salt	1 Tsp

To serve	
Chilli flakes	2 Grams

Allergens: *3 Sesame Seeds, *9 Soya, *10 Wheat, *11 Gluten

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1. Boil rice

Rinse the **jasmine rice**. Add the **rice**, **measured water** and **salt** to a pan with a lid and bring to a boil. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pan from heat and keep covered until serving.



2. Prep vegetables

Meanwhile, de-seed and roughly chop the **pepper**. Halve the **zucchini** lengthwise, then slice it into half moons. Trim the **sugar snap peas**. Trim and finely slice the **spring onion**.



3. Fry vegetables

Heat a non-stick pan over a high heat with a drizzle of **vegetable oil**. Add the **pepper**, **zucchini**, **sugar snap peas** and half of the **spring onion** (reserve the rest for garnish), and fry with a pinch of **salt** for 2-3 min until slightly softened. Transfer to a bowl and set aside.



4. Fry beef

Return the pan to a high heat with a second drizzle of **oil**. Once the pan is hot, add the **beef mince** and fry for 5 min until well browned. Add the **sesame oil**, **ginger garlic paste**, **gochujang paste** (spicy!), **soy sauce**, **brown sugar**, **sesame seeds** and 1-2 Tbsp of **water**. Fry for 2-3 min further until starting to crisp.



5. Combine

Return the **vegetables** to the pan and cook for a final 1 min, giving everything a good toss. Check the seasoning and add a second pinch of **salt**, if needed.



6. Serve

Serve the **beef mince** and **vegetable stir-fry** over the cooked **jasmine rice**. Garnish with the remaining **spring onion** and a sprinkling of **chilli flakes** (spicy!).

Breaded Goats Cheese Salad

with Beetroot and Pecans

Enjoy a mix of nutty rocket, earthy beetroot, tangy goat cheese and sweet pecans.

646 calories | 31 protein | 48 carbs | 40 fat

Low Carb

cook: 30 min

R2804-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2707 / 646
Fats (g)	40.4
of which saturated (g)	17.9
Carbohydrates (g)	48
of which sugars (g)	16.2
Fibers (g)	5.4
Proteins (g)	30.8
Salt (g)	1.9

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04-383-93-99

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Cheese	
Rind-on goats cheese barrel 4*	360 Grams
Plain flour 10*,11*	50 Grams
Organic Eggs 5*	2 Pieces
Panko bread crumbs 10*,11*,12*	120 Grams
Vegetable oil	2 Tbsp

Salad	
Cooked beetroot	400 Grams
Rocket	125 Grams
Baby spinach	125 Grams

Candied pecans	
Agave syrup	20 Grams
Honey	40 Grams
Water	10 ML
Pecan nuts 2*	80 Grams

Dressing	
Fresh chives	30 Grams
White balsamic vinegar 14*	30 ML
Olive oil	4 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *4 Milk, *10 Wheat, *11 Gluten, *5 Eggs, *12 Lupin, *2 Tree Nuts, *14 Sulphur Dioxide

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1. Bread cheese

Preheat the oven to 200°C/180°C fan. Slice each goat **cheese barrel** into 10-12 pieces. Add the **flour**, **eggs** and **panko bread crumbs** to three separate shallow bowls. Whisk the **eggs**. Turn the **cheese** slices, one by one, in the **flour**, before dipping them in the **eggs** and finally coating them in **bread crumbs**. Transfer to a plate and refrigerate until step 4.



2. Roast pecans

Combine the **agave syrup** and **honey** with a splash of **water** in a bowl. Add the **pecan nuts** and toss until fully coated. Line an oven tray with **baking paper**. Place the coated **pecan nuts** on the lined baking tray, drizzle in the **syrup** and roast for 3-5 min. Watch them carefully so they don't burn! Set aside to cool.



3. Make dressing

Finely chop the **chives**. Add the **chives**, the **balsamic vinegar**, **olive oil**, **salt** and **black pepper** to a jar or bowl. Whisk or shake until fully combined - this is your **dressing**.



4. Tumble greens

Drain the **beetroots** and pat them dry with kitchen paper. Slice the **beetroots**. In a large bowl, toss the **rocket** and **baby spinach** in the **dressing**. Set aside.



5. Fry cheese

Heat a non-stick pan over a medium-high heat with a generous drizzle of **vegetable oil**. Once hot, add the **breaded cheese** and cook for 3 min on either side or until golden and crispy. If frying in batches, place the fried cheeses on a baking tray and keep warm in the oven.



6. Serve

Layer the **rocket** and **spinach** mix and the **beetroot** slices onto individual plates. Top with the fried goat **cheese** and garnish with the candied **pecan nuts**.

9 oz Fillet Cheese Steak

with Onion, Garlic Mash and Peas

This hearty Irish supper is worth every minute it takes to prepare!

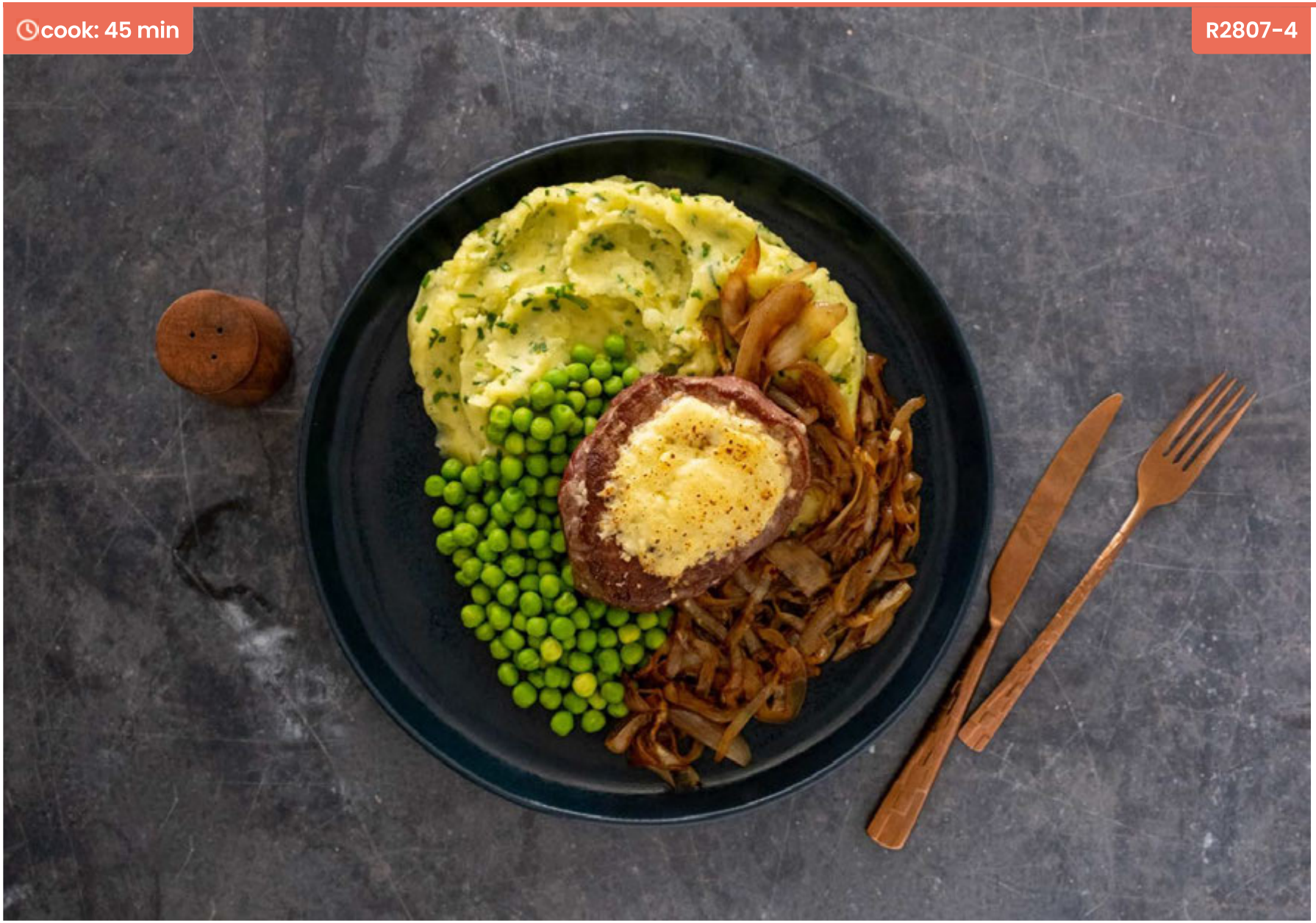
hello chef

919 calories | 69 protein | 55 carbs | 48 fat

Gourmet | Family Friendly

cook: 45 min

R2807-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3831 / 919
Fats (g)	48.3
of which saturated (g)	25.8
Carbohydrates (g)	55
of which sugars (g)	11.6
Fibers (g)	11.8
Proteins (g)	69.4
Salt (g)	1.9

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What You'll Need

- Oven
- Box grater
- Potato masher

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steaks	
Grass-fed fillet steak	1000 Grams
Mature cheddar 4*	120 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Mash	
Potatoes	1200 Grams
Garlic cloves	6 Piece
Butter 4*	100 Grams
Fresh chives	30 Grams
Salt	2 Tsp
Black pepper	1 Tsp

Onion	
Brown onion	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
White sugar	15 Grams

Peas	
Green peas	500 Grams
Salt	1 Tsp

Allergens: *4 Milk

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1. Start mash

- Preheat the oven to 200°C/180°C.
- Remove the **steaks** from the fridge.
- Peel and chop the **potatoes**.
- Add them to a pan of salted boiling water.
- Cook the **potatoes** over a medium heat for 15-20 min or until fully softened.
- Drain and leave to steam dry in a colander for 5 min.



2. Prep

- Meanwhile, peel and mince the **garlic** into a small bowl.
- Add the **butter**.
- Heat in the microwave for 30 secs or until melted.
- Grate the **mature cheddar**.
- Finely chop the **chives**.



3. Caramelise onion

- Peel and slice the **onions**.
- Heat a pan over a medium heat with a drizzle of **oil**.
- Fry the **onions** with a pinch of **salt** for 15 min until lightly browned.
- Add the **sugar**.
- Reduce the heat to low, cover with a lid and cook for 5 min further or until the **onions** have fully softened and caramelised. Keep warm.



4. Finish mash

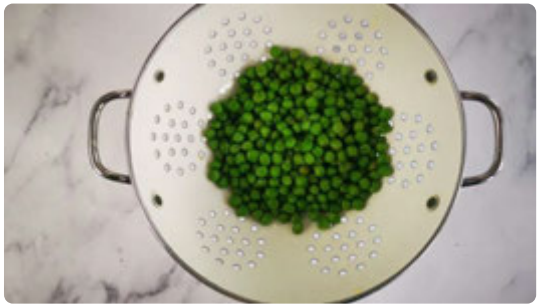
- Return the drained **potatoes** to the pan.
- Add the **garlic butter**, **salt** and **pepper**.
- Mash until smooth.
- Mix through the **chives**.
- Keep warm.

Tip! Make sure to check the mash for salt before serving. Got fussy eaters? Prepare a batch of mash without the garlic or chives.



5. Fry steaks

- Pat the **steaks** dry with kitchen paper, rub them with **oil** and season with **salt**.
- Heat a large pan over a high heat.
- Once very hot, add the **steaks** and fry them for 3 min on each side.
- Place on a baking tray and top with the **cheddar cheese**.
- Finish cooking them in the oven for 8-10 min or until cooked to your liking.
- Transfer the **steaks** to a plate and leave them to rest for 10 min.
- Once rested, season generously with **salt**.



6. Boil peas

- Meanwhile, add the **green peas** to a pot with a pinch of **salt** and cover with boiling water.
- Cook the **peas** over a medium heat for 2 min until tender. Drain.
- Finish the rested **cheese steaks** with a grind of **black pepper** and the **caramelised onions**.
- Serve the **garlic mash** and **peas** to the side.

Teriyaki Chicken with Cauliflower Rice
and Greens

Did you know that Teriyaki is a cooking technique, not a sauce? 'Teriyaki' cooked food is commonly grilled and then glazed with soy.

hello chef

495 calories | 56 protein | 41 carbs | 13 fat

Low Carb | Calorie Smart

cook: 30 min

R3836-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2071 / 495
Fats (g)	12.9
of which saturated (g)	2.4
Carbohydrates (g)	41
of which sugars (g)	21.3
Fibers (g)	9.1
Proteins (g)	56
Salt (g)	3.2

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What You'll Need

- Food processor

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Teriyaki Chicken	
Chicken breast	800 Grams
Lime	2 Piece
Ginger paste	20 Grams
Soy sauce 9*,10*,11*	40 ML
Sweet soy sauce 9*,10*,11*,14*	40 ML
Chilli flakes	4 Grams
Honey	30 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Sesame oil 3*,9*	30 ML
Sesame seeds 3*	20 Grams

Cauliflower Rice	
Cauliflower	800 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Sides	
Snow peas	200 Grams
Sugar snap peas	200 Grams
Spring onion	80 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *3 Sesame Seeds

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1. Prep

- Trim the **snow peas** and **sugar snap peas**.
- Trim and finely slice the **spring onion**.
- Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains.



2. Make teriyaki sauce

- Slice the **lime** in half.
- In a small bowl, combine the **ginger paste**, both **soy sauces**, a pinch of **chilli flakes (spicy!)**, the **honey** and the **lime** juice.
- Keep the **teriyaki sauce** aside.

Tip! Sensitive to spice? Go easy on the chilli flakes.



3. Fry chicken

- Chop the **chicken** into bite-sized strips.
- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken** strips with a pinch of **salt**.
- Fry for 3-5 min until golden.
- The **chicken** does not need to be cooked at this point.
- Transfer to a plate.
- Wipe and reserve the pan.



4. Fry greens

- Return the reserved pan to a medium-high heat with another drizzle of **oil**.
- Once hot, add the **snow peas** and **sugar snap peas**.
- Fry for 2-3 min.
- Add the **teriyaki sauce** and the **chicken**.
- Fry for 2-3 min further until the **sauce** has thickened.
- Remove from the heat.
- Add the **sesame oil** and **sesame seeds**.



5. Fry cauli rice

- Meanwhile, heat a separate large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **cauliflower** with a pinch of **salt**.
- Fry for 5-7 min.



6. Serve

- Serve the **Teriyaki Chicken** on **Cauliflower Rice** with **Greens**.
- Drizzle any leftover **sauce** from the pan over the **chicken**.
- Garnish with the **spring onion**.

Low Carb Shepherd's Pie
with Cauliflower Mash

A British classic - made low carb.

hellochef

862 calories | 66 protein | 46 carbs | 53 fat

Low Carb

cook: 60 min

R3258-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3597 / 862
Fats (g)	53
of which saturated (g)	27.1
Carbohydrates (g)	46
of which sugars (g)	23.8
Fibers (g)	13.3
Proteins (g)	66.4
Salt (g)	5.4

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What You'll Need

- Oven
- Box grater
- Food processor

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Lamb sauce	
Lamb mince	700 Grams
Red onion	2 Piece
Chicken stock cube 4*,5*,9*,15*	1 Piece
Garlic cloves	4 Piece
Carrot	2 Piece
Tomato paste	140 Grams
Tomato passata	400 Grams
Worcestershire sauce 6*,11*	60 ML
Brown sugar	10 Grams
Black pepper	1 Tsp
Green peas	200 Grams

Cauliflower mash	
Cauliflower	1200 Grams
Butter 4*	50 Grams
Parmesan 4*	60 Grams
Salt	2 Tsp
Black pepper	1 Tsp

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *6 Fish, *11 Gluten

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1. Simmer cauliflower

- Preheat the oven to 200°C/180°C fan.
- Chop the **cauliflower** into small florets.
- Bring a large pot of salted water to a boil.
- Add the **cauliflower**.
- Cook, covered, for 10-12 min until soft.
- Drain.



2. Prep

- Meanwhile, peel and finely chop the **onion** and **garlic**.
- Peel and grate the **carrot**.
- Grate the **Parmesan**.



3. Fry lamb

- Heat a pan over a medium-high heat with a drizzle of **oil**.
- Fry the **lamb mince** and **onion** with a pinch of **salt** for 5-7 min.
- Add the **garlic**, **tomato paste**, grated **carrots**, **tomato passata**, 1 **stock cube**, **Worcestershire sauce**, **sugar** and **pepper**.
- Reduce the heat to low.
- Cover with a lid and simmer for 10 min.

Tip! Make sure the pan is hot before adding the lamb. This will ensure it browns nicely!



4. Make mash

- Meanwhile, add the drained **cauliflower** and **butter** to a food processor.
- Blitz for 1-2 min until very smooth.
- Add half of the **Parmesan** and season generously with **salt** and **pepper**.



5. Bake

- Add the **green peas** to the **lamb**.
- Season with **salt** and **pepper** according to taste.
- Pour the **lamb sauce** into a baking dish.
- Spoon the **cauliflower** over the top.
- Smooth the surface with a spatula.
- Sprinkle with the remaining **Parmesan**.
- Bake for 20 min.



6. Serve

- Once baked, set the **pie** aside to rest for 5 min.
- Serve the **Low Carb Shepherd's Pie** with **Cauliflower Mash**.

Sri Lankan Lentil and Vegetable Curry

with Basmati Rice

Enjoy this mild and creamy curry that lends itself to being made more spicy.

hello chef

868 calories | 29 protein | 142 carbs | 29 fat

cook: 30 min

R2323-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3629 / 868
Fats (g)	29.4
of which saturated (g)	12.4
Carbohydrates (g)	142
of which sugars (g)	18.7
Fibers (g)	19.9
Proteins (g)	28.7
Salt (g)	0.6

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What You'll Need

- Box grater

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Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Rice	
Basmati rice	300 Grams
Water	600 ML

Vegetable curry	
Red onion	2 Piece
Carrot	4 Piece
Garlic cloves	4 Piece
Cauliflower	400 Grams
Tomatoes	4 Piece
Ginger	60 Grams
Large red chilli	2 Piece
Olive oil	4 Tbsp
Cinnamon stick	2 Piece
Coriander cumin powder	8 Grams
Turmeric powder	4 Grams
Black pepper	1 Tsp
Chilli powder	4 Grams
Red lentils	160 Grams
Coconut milk	400 ML
Water	400 ML
Vegetable stock cube 15*	2 Piece
Salt	1 Tsp

To serve	
Fresh coriander	15 Grams
Cashew nuts 1*,2*	80 Grams

Allergens: *15 Celery, *1 Peanuts, *2 Tree Nuts

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1. Boil rice

- Add the **rice**, a pinch of **salt** and the **measured water** to a pan with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed.
- Once cooked, remove the pan from the heat.
- Keep covered until serving.
- Fluff with a fork before serving.



2. Prep vegetables

- Meanwhile, peel and chop the **onions** and **carrots**.
- Peel and mince the **garlic**.
- Separate the **cauliflower** into florets.
- Chop the **tomatoes**.
- Peel and grate the **ginger**.
- Finely chop the **chilli**.



3. Fry vegetables

- Heat a pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **onion**, **carrots**, **cauliflower** and **tomatoes**.
- Fry for 5 min.
- Add the **garlic**, **ginger**, **chilli** (spicy!), **cinnamon sticks**, **coriander cumin powder**, **turmeric**, **black pepper** and **chilli powder** (spicy!).
- Cook for 2 min further.



4. Simmer

- Add the **lentils**, **coconut milk**, **measured water** and **vegetable stock cube**.
- Simmer for 15 min, stirring occasionally, until the **lentils** are soft.
- Add a splash of water, if needed.
- Season to taste with **salt**.



5. Serve

- Roughly chop the **coriander**.
- Serve the **Sri Lankan Lentil and Vegetable Curry** over the **Basmati Rice**.
- Garnish with the **coriander** and **cashew nuts**.

Tip! Have leftovers? Serve with naan, pita or Arabic bread the next day!

Chicken Milanese with Creamy Lemon Pasta

The term Milanese refers to the method where meat is pounded to an even thickness and coated in breadcrumbs before being fried.

hello chef

1180 calories | 69 protein | 143 carbs | 38 fat

Family Friendly

cook: 35 min

R3689-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4926 / 1180
Fats (g)	37.6
of which saturated (g)	22.7
Carbohydrates (g)	143
of which sugars (g)	8.6
Fibers (g)	11.8
Proteins (g)	69
Salt (g)	3.9

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What You'll Need

- Box grater
- Rolling pin

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Organic Eggs 5*	2 Piece
Salt	1 Tsp
Black pepper	1 Tsp
Plain flour 10*,11*	100 Grams
Smoked paprika powder	4 Grams
Garlic onion powder	8 Grams
Panko bread crumbs 10*,11*,12*	120 Grams
Vegetable oil	2 Tbsp

Pasta & sauce	
Linguine 10*,11*	500 Grams
Water	300 ML
Garlic cloves	4 Piece
Spinach	300 Grams
Parmesan 4*	60 Grams
Fresh parsley	15 Grams
Lemon	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Cooking cream 4*	400 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Black pepper	1 Tsp

Allergens: *5 Eggs, *10 Wheat, *11 Gluten, *12 Lupin, *4 Milk, *9 Soya, *15 Celery

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1. Prep breading

- Whisk the **eggs** in a shallow bowl with a pinch of **salt** and **black pepper**.
- In a second shallow bowl mix the **flour**, **smoked paprika** and **garlic onion powder** together.
- Add the **panko bread crumbs** to a third shallow bowl.

Tip! Adding a pinch of salt and black pepper to the eggs, flour and panko ensures a well seasoned mix.



2. Bread chicken

- Wrap the **chicken breasts** in cling film.
- Place them on a chopping board.
- Using a rolling pin, bash the **chicken breasts** until almost halved in thickness.
- One by one, coat the **chicken breasts** in the seasoned **flour**.
- Then dip them in the beaten **egg**.
- Finally, coat them in the **panko breadcrumbs**.
- Refrigerate until step 6..



3. Boil linguine

- Bring a large pot of salted water to the boil.
- Once boiling, add the **linguine**.
- Cook for 8-10 min until 'al dente' or cooked to your liking.
- Reserve 300 ml of the pasta **water** from the pot.
- Drain.



4. Prep sauce

- Meanwhile, peel and mince the **garlic**.
- Trim the **spinach** and discard the stalks.
- Roughly chop the **spinach** leaves.
- Grate the **Parmesan**.
- Finely chop the **parsley** leaves.
- Wash the **lemon** thoroughly and grate its **zest** with a fine blade, taking care to avoid its bitter white pith.



5. Make sauce

- Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **spinach** and **garlic** with a pinch of **salt**.
- Fry for 2 min until the **spinach** begins to wilt.
- Add the **cream**, 300 ml reserved **pasta water** and 1 **stock cube**.
- Cook for 3-5 min or until the **sauce** begins to thicken.
- Remove the pan from the heat and add the **Parmesan**, 1 tsp **lemon zest** and a generous squeeze of **lemon**.
- Season with **salt** and **black pepper**.



6. Serve

- Meanwhile, heat a generous drizzle of **oil** in a second pan over a medium-high heat.
- Add the **chicken** and reduce the heat to medium.
- Fry for 3-5 min on each side or until golden brown and cooked through.
- Drain on kitchen paper to remove any excess **oil**.
- Add the **linguine** to the **sauce** along with the **parsley**.
- Toss.
- Slice the **chicken**.
- Serve the **Chicken Milanese** on top of the **Creamy Lemon Pasta**.

Pad See Ew

with Chicken and Greens

Traditionally made with flat rice noodles, we use fettuccine to make this classic Thai street food dish!

hellochef

812 calories | 61 protein | 101 carbs | 17 fat

Family Friendly

cook: 30 min

R3193-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3393 / 812
Fats (g)	16.8
of which saturated (g)	4.1
Carbohydrates (g)	101
of which sugars (g)	21.8
Fibers (g)	5.3
Proteins (g)	60.6
Salt (g)	5.8

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stir-fry	
Chicken breast	600 Grams
Spinach	400 Grams
Garlic cloves	4 Piece
Spring onion	80 Grams
Vegetable oil	2 Tbsp
Organic Eggs 5*	4 Piece
Salt	1 Tsp
Sesame oil 3*,9*	30 ML

Sauce	
Soy sauce 9*,10*,11*	20 ML
Sweet soy sauce 9*,10*,11*,14*	40 ML
Dark soy sauce 9*,10*,11*	40 ML
Oyster sauce 8*,10*	40 Grams
Brown sugar	20 Grams
Rice vinegar	30 ML
Chicken jus 15*	300 ML

Vegan fettuccine 10*	375 Grams

Allergens: *5 Eggs, *3 Sesame Seeds, *9 Soya, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *8 Molluscs, *15 Celery

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Egg, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur dioxide and Celery.**



1. Boil noodles

Bring a large pot of salted water to the boil. Once boiling, add the **fettuccine** and cook for 10 min. Drain.



2. Prep

Meanwhile, wash and roughly chop the **spinach**. Peel and finely mince the **garlic**. Trim and finely chop the **spring onion**. Chop the **chicken** into bite sized pieces.



3. Make sauce

In a bowl or jug, combine the **soy sauces**, **oyster sauce**, **sugar** and **rice vinegar** with the **chicken jus** (see pro tip!). This is your **stir-fry sauce**.



4. Stir-fry

Heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken** pieces and fry for 5-6 min until golden. Add the **spinach** and **garlic** and cook for 2 min further until wilted. Push everything to the side of the pan and add the **eggs**. Scramble and cook for 2 min. Season with **salt**, then pour everything into a bowl and set aside. Reserve the pan.



5. Finish stir-fry

Add the **stir-fry sauce** to the reserved pan. Cook over a medium heat for 5 min until reduced. Once cooked, add the drained **fettuccine** to the frying pan along with the **chicken**, **spinach** and **egg**. Toss until well coated. Remove from the heat.



6. Serve

Stir the **sesame oil** through the **noodles**. Divide the **stir-fry** among bowls and garnish with the **spring onion**. Serve immediately.

Indian Khagina: Spiced Eggs

with Dal

This dish is also known as Hyderabadi Anday ka Khagina - a famous Hyderabadi dish prepared with eggs, tomatoes, onions and spices. Enjoy!

hello chef

845 calories | 46 protein | 89 carbs | 37 fat

Low Carb

cook: 35 min

R3632-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3531 / 845
Fats (g)	36.7
of which saturated (g)	18
Carbohydrates (g)	89
of which sugars (g)	16.4
Fibers (g)	18.2
Proteins (g)	46.1
Salt (g)	1.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Egg khagina	
Brown onion	2 Piece
Small green chilli	2 Piece
Tomatoes	4 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Ginger garlic paste	30 Grams
Turmeric powder	4 Grams
Coriander powder	4 Grams
Water	200 ML
Organic Eggs 5*	8 Piece
Crispy onions	40 Grams

Dal	
Red lentils	400 Grams
Water	500 ML
Coconut milk	400 ML
Honey	30 Grams
Vegetable stock cube 15*	2 Piece
Fresh coriander	15 Grams
Butter 4*	20 Grams
Lime	1 Piece

Allergens: *5 Eggs, *15 Celery, *4 Milk

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1. Make dal

Heat a large pot over a medium heat. Once hot, add the **lentils**, **measured water**, **coconut milk**, **honey** and **vegetable stock cube**. Bring to a boil, cover with a lid and reduce the heat to low. Simmer for 15 min until the **lentils** are soft.



2. Prep

Meanwhile, peel and finely chop the **onions**. Finely slice the **green chilli (spicy!)**. Roughly chop the **tomatoes** and **coriander**.

Tip! Not a fan of spice? Go easy on the green chilli.



3. Start khagina

Heat a large pan over a medium heat with a drizzle of **oil**. Once hot, add the **onions**, **tomatoes** and **green chilli (spicy!)** with a pinch of **salt**. Fry for 5 min or until soft. Add the **ginger garlic paste**, **turmeric powder**, **coriander powder** and fry for 1 min further. Add the **measured water** and, using a spatula, gently mash the **onion mixture**.

Tip! Mash the onion mixture gently, not completely.



4. Add eggs

Reduce the heat to low and, using a spatula, evenly spread the mixture over the bottom of the pan. Use a spoon to make 8 grooves in the **onion mixture**. Crack an **egg** into each groove and season with **salt**. Cover the pan with a lid and cook for 5 min or until the **eggs** are cooked to your liking – this is your **egg khagina**.



5. Season dal

Once the **lentils** are cooked, stir through half of the **coriander** leaves, the salted **butter** and a squeeze of **lime** juice. Add a splash of **water** if needed.



6. Serve

Divide the **dal** and **khagina** among plates. Top with the remaining **coriander** and the **crispy onions**.

Tip! Serve the dish with warm roti for a carby version.

Lemon Pepper Cod

with Cauli Rice, Chop Salad and a Creamy Dill Dressing

This winning dinner is nutritionally dense but also calorie smart!

hello chef

419 calories | 43 protein | 38 carbs | 13 fat

Family Friendly | Calorie Smart

cook: 30 min

R4730-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1749 / 419
Fats (g)	12.7
of which saturated (g)	5.6
Carbohydrates (g)	38
of which sugars (g)	15.3
Fibers (g)	7.7
Proteins (g)	43.3
Salt (g)	1.3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fish	
Cod fillet 6*	700 Grams
Plain flour 10*,11*	40 Grams
Lemon pepper seasoning 13*,15*	8 Grams
Salt	0.5 Tsp
Butter 4*	30 Grams
Cauli rice	
Cauliflower	800 Grams
Vegetable seasoning 2*,10*,11*,13*	8 Grams
Dill dressing	
Natural yogurt 4*	340 Grams
Fresh dill	30 Grams
Garlic powder	2 Grams
Salad	
Cucumber	2 Piece
Tomatoes	2 Piece
Red onion	2 Piece
Fresh coriander	30 Grams
Kalamata olives	80 Grams
Dried oregano	4 Grams
Olive oil	4 Tbsp
Red vinegar	30 ML

Allergens: *6 Fish, *10 Wheat, *11 Gluten, *13 Mustard, *15 Celery, *4 Milk, *2 Tree Nuts

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1. Make cauli rice

- Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains.
- Heat a saucepan over a medium heat with a drizzle of **oil**.
- Fry the **cauliflower** rice with **vegetable seasoning** for 5 min. Season with **salt** and **pepper** to taste.
- Remove from the heat and keep covered until serving.



2. Make dressing

- Finely chop a handful of **dill**.
- In a small bowl, combine the **yogurt**, **dill** and a pinch of **garlic powder**, to taste.
- Season with a pinch of **salt** and **pepper**.



3. Make salad

- Cut the **cucumber** into small bite-sized pieces.
- Chop the **tomato** into small bite-sized pieces.
- Finely dice the **onion**.
- Pick and finely chop the **coriander**.
- Roughly chop the **olives**.
- In a large bowl, combine the **cucumber**, **tomato**, **onion**, **coriander**, **olives**, **oregano**, a pinch of **salt** and **pepper**.
- Add **olive oil** and **red vinegar**. Mix well.



4. Flour fish

- Pat the **cod fillets** dry with kitchen paper.
- On a large plate combine **flour**, **lemon pepper seasoning** and a pinch of **salt**.
- Dust the **cod** in the seasoned **flour**.



5. Fry cod

- Heat a large non-stick pan over a medium-high heat with a drizzle of **oil** and **butter**.
- Fry the **cod** for 2-3 min on either side until golden in colour and cooked through.

Tip! You can tell when white fish is cooked by checking if the flesh flakes easily.



6. Serve

- Serve the **Lemon Pepper Cod** over a bed of **Cauli Rice**, with a spoonful of **Chop Salad** and a dollop of **Creamy Dill Dressing**.

Cheat's Makhani Dal

with Kachumber Salad

Punjabi dal makhani is traditionally made with black lentils. To speed things up, we're using brown lentils and canned beans instead!

hellochef

1024 calories | 37 protein | 126 carbs | 38 fat

cook: 40 min

R2733-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4290 / 1024
Fats (g)	38.4
of which saturated (g)	24
Carbohydrates (g)	126
of which sugars (g)	26.3
Fibers (g)	27.1
Proteins (g)	37
Salt (g)	2.6

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Dal	
Canned lentils	530 Grams
Red kidney beans	480 Grams
White onion	2 Piece
Small green chilli	2 Piece
Cardamom pods	8 Piece
Coconut oil	20 ML
Ginger garlic paste	40 Grams
Tomato paste	70 Grams
Garam masala	10 Grams
Smoked paprika powder	4 Grams
Water	1000 ML
Vegetable stock cube 15*	2 Piece
Nutritional yeast	8 Grams
Plant based cream	400 ML

Salad	
Lemon	2 Piece
Shallots	2 Piece
Cucumber	2 Piece
Cherry tomatoes	300 Grams
Fresh coriander	30 Grams
Black pepper	0.5 Tsp

Rice	
Basmati rice	300 Grams
Salt	1 Tsp
Water	600 ML

Allergens: *15 Celery

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1. Prep

- Drain and rinse the **lentils** and **kidney beans**.
- Peel and finely chop 1 **onion**.
- Finely chop the **green chilli**.
- Split the **cardamom pods** open with the back of a knife.



2. Fry

- Heat a large pot over a medium heat with the **coconut oil**.
- Fry the **onion** with a pinch of **salt** for 7-8 min until softened.
- Add the **ginger garlic paste**, **green chilli (spicy!)**, **cardamom pods**, **garam masala**, **tomato paste** and **smoked paprika**.
- Fry for 2 min further.



3. Simmer

- Add the **lentils**, **kidney beans**, **measured water**, **stock cube** and **nutritional yeast**.
- Simmer, covered, for 20-25 min, stirring occasionally, until the **lentils** are softened and falling apart.
- Once the mixture has reduced, add the **plant based[cream**.
- Cook for 8-10 min until creamy.

Tip! Makhani dal is often finished with cream or butter - to keep things vegan, we've used plant based cream instead.



4. Boil rice

- Meanwhile, add the **basmati rice**, **salt** and **measured water** to a pan with a lid and bring to a boil over a high heat.
- Lower the heat and cover.
- Cook for 12-14 min or until the **water** is absorbed and the **rice** is cooked.
- Remove the pan from the heat.
- Keep covered until serving.
- Before serving, fluff with a fork.



5. Prep

- Meanwhile, juice 1 **lemon** into a bowl.
- Peel and finely chop the **shallots**.
- Chop the **cucumber** into bite-size pieces.
- Halve the **cherry tomatoes**.
- Finely chop the **coriander**.
- Add all ingredients to the bowl with the **lemon juice**.
- Season with **salt** and **pepper** and give everything a good mix.



6. Serve

- Serve the **Cheat's Makhani Dal** over the **rice** with the **Kachumber Salad** to the side.

Tip! Remove cardamom pods before serving. These are unpleasant to bite into.

Prep Ahead Bacon and Mushroom Frittatas

with Sour Cream Dressing

The ideal on-the-go breakfast snack that is packed with protein! Frittatas are egg-based dishes that are similar to omelettes and crustless quiches and are filled with additional ingredients.

hellofresh

324 calories | 20 protein | 5 carbs | 25 fat

Family Friendly

cook: 30 min

R4550-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1351 / 324
Fats (g)	25.2
of which saturated (g)	7.1
Carbohydrates (g)	5
of which sugars (g)	1.6
Fibers (g)	0.9
Proteins (g)	20
Salt (g)	1.3

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What You'll Need

Oven | Whisk

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Frittatas	
Mushroom	250 Grams
Beef bacon	60 Grams
Baby spinach	40 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Organic Eggs 5*	6 Piece
Whipping cream 4*	100 ML
Dried oregano	2 Grams
Vegetable seasoning 2*,10*,11*,13*	5 Grams
Foil muffin cup	8 Piece

To serve	
Fresh chives	15 Grams
Salt	0.25 Tsp
Black pepper	0.25 Tsp
Sour cream 4*	60 Grams

Allergens: *5 Eggs, *4 Milk, *2 Tree Nuts, *10 Wheat, *11 Gluten, *13 Mustard

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1. Prep

- Preheat the oven to 200°C/180°C fan.
- Finely chop the **chives**.
- Finely chop the **mushrooms**.
- Chop the **bacon** into small bite-sized pieces.



2. Fry

- Heat a large frying pan over a medium-high heat with a drizzle of oil.
- Fry the **bacon** and **mushrooms** for 6-8 min.
- Add the **baby spinach** and cook for 2-3 min until wilted.
- Season with **salt** and **pepper** to taste.



3. Make egg mix

- Meanwhile, in a large bowl, whisk together the **eggs**, **dried oregano**, half of the **chives** and **cream** with the **vegetable seasoning**, and a pinch of **salt** and **pepper**
- Whisk for 1-2 minutes to incorporate air.

Tip! Incorporating air in the eggs helps the frittatas to be light and fluffier in texture.



4. Bake

- Lightly oil the **muffin cups**.
- Divide the **bacon**, **mushroom** and **spinach** filling between the **foil cups**.
- Evenly pour over or spoon the **egg mixture**.
- Bake in the oven for 18-20 min or until cooked through and golden brown.
- The centre should not be wobbly, and a toothpick or skewer inserted into the centre should come out clean.

Tip! If using one large baking dish, bake for an extra 10-15 min or until fully cooked.



5. Making dressing

- In a small bowl, combine the **sour cream** and the remaining **chives**.
- Season with a pinch of **salt** and **pepper** to taste.

Tip! These are perfect for an on-the-go breakfast snack. Hot, warm or cold.



6. Serve

- Serve the **Bacon and Mushroom Frittatas** with the **Sour Cream Dressing** or with your favourite dip/sauce.

Tip! Store in an airtight container, in the fridge and consume within 2 days. To reheat, microwave for 30 sec to 1 min or until warm.

Pan-fried Seabream with Parmesan Risotto

Risotto, originally from Northern Italy, is made with arborio rice which is more starchy than most long grain varieties.

hello chef

712 calories | 53 protein | 92 carbs | 21 fat

Global Eats

cook: 45 min

R3412-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2970 / 712
Fats (g)	20.9
of which saturated (g)	11.9
Carbohydrates (g)	92
of which sugars (g)	8.1
Fibers (g)	5.8
Proteins (g)	53.1
Salt (g)	1.1

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What You'll Need

- Box grater

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Seabream	
Seabream 6*	660 Grams
Salt	2 Tsp
Vegetable oil	2 Tbsp
Butter 4*	50 Grams

Risotto	
Water	1400 ML
Vegetable stock cube 15*	2 Piece
Brown onion	2 Piece
Garlic cloves	2 Piece
Lemon	1 Piece
Parmesan 4*	60 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Arborio rice	320 Grams
Black pepper	1 Tsp

To serve	
Rocket	40 Grams

Allergens: *6 Fish, *4 Milk, *15 Celery

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1. Prep

- Boil the **measured water**.
- Add the **vegetable stock cube** and boiled water to a jug and set aside for step 3.
- Peel and finely dice the **onion**.
- Peel and mince the **garlic**.
- Wash the **lemon** and grate the zest with a fine blade - take care to avoid the bitter pith.
- Grate the **Parmesan**.



2. Start risotto

- Heat a non-stick pan over a medium heat with a drizzle of **olive oil**.
- Fry the **onion** with a pinch of **salt** for 5-6 min until softened.
- Once softened, add the **garlic** and **arborio rice** and cook for 1 min further, stirring to coat the grains in the **oil**.



3. Stir

- Add 1/3 of the **stock** and stir continuously until it has absorbed.
- Continue to add the **stock**, a little at a time for 20 min or until all the **stock** is absorbed and the **rice** is cooked 'al dente'.
- Add more water as required (see pro tip!)

Tip! The amount of stock you will require, depends on the size of your pan and the heat over which you simmer the risotto. Make sure to adjust the amount accordingly.



4. Fry seabream

- After 10 min, pat the **seabream** fillets dry with kitchen paper and season the skin with **salt**.
- Heat a large non-stick pan with a drizzle of **vegetable oil** over a medium-high heat.
- Fry the **seabream**, skin-side down for 4 min or until crispy.



5. Add butter

- Once crispy, flip the **seabream** and add the **butter** to the pan with a pinch of **salt**.
- Cook for 2 min further until the **seabream** is cooked through and the **butter** is beginning to **brown**.
- Remove the pan from the heat.



6. Finish risotto

- Once the **risotto** is cooked, add the grated **Parmesan** and 2 tsp of the **lemon** zest.
- Add a squeeze of **lemon juice** and adjust **salt** and **pepper**, to taste.
- Serve the **Seabream** on top of the **Parmesan Risotto**.
- Pour over any remaining **butter** and garnish with the **rocket**.

Re-Costed: Chicken and Mushroom Risotto

Risotto, originally from Northern Italy, is made with arborio rice which is more starchy than most long grain varieties.

hellofresh

798 calories | 61 protein | 97 carbs | 23 fat

Family Friendly | Weekly classic

cook: 45 min

R4333-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3330 / 798
Fats (g)	23.3
of which saturated (g)	7.3
Carbohydrates (g)	97
of which sugars (g)	8
Fibers (g)	6.7
Proteins (g)	61.2
Salt (g)	3.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Chicken breast	600 Grams
Water	1400 ML
Chicken stock cube 4*,5*,9*,15*	2 Piece
Brown onion	2 Piece
Garlic cloves	4 Piece
Chestnut mushrooms	500 Grams
Olive oil	2 Tbsp
Butter 4*	40 Grams
Arborio rice	320 Grams
Fresh parsley	15 Grams
Grated Parmesan 4*,5*	120 Grams
Lemon	1 Piece
Salt	1 Tsp
Black pepper	0.5 Tsp

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Prep

Boil the **measured water**. Add the **stock cube** and boiled water to a jug and set aside. This is your **chicken stock**. Peel and finely dice the **onion**. Peel and mince the **garlic**. Roughly chop or tear the **mushrooms**. Chop the **chicken** into bite-sized pieces.



2. Start risotto

Heat a pot or pan over a medium heat with a drizzle of **olive oil**. Once hot, add the **mushrooms** and fry for 5-6 min or until browned. Once softened, add the **onion** and **butter** and cook for 3 min further. Add the **garlic** and **Arborio rice** and cook for 1 min further, stirring to coat the grains in the **oil**.



3. Simmer

Add 1/3 of the **chicken stock** and stir continuously until it has absorbed. Continue to add the **stock**, a little at a time for 20 min or until all the **stock** is absorbed and the **rice** is cooked 'al dente' – this is your **risotto**. Meanwhile, finely chop the **parsley**.

Tip! The amount of stock you will require, depends on the size of your pan and the heat over which you simmer the risotto. Make sure to adjust the amount accordingly.



4. Cook chicken

Meanwhile, heat a second pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken** pieces and cook for 5-7 min until cooked through.



5. Finish risotto

Once the **risotto** is cooked, add the **chicken**, Grana padano, half of the chopped **parsley** (reserve the rest for garnish!) and a squeeze of **lemon** juice. Season with **salt** and **pepper**.



6. Serve

Divide the **risotto** among bowls and garnish with the remaining **fresh parsley**.

Porcini Mushroom Risotto

with Truffle Oil and Cashew Cream Cheeze

Enjoy this luxurious vegan supper for that special night in!

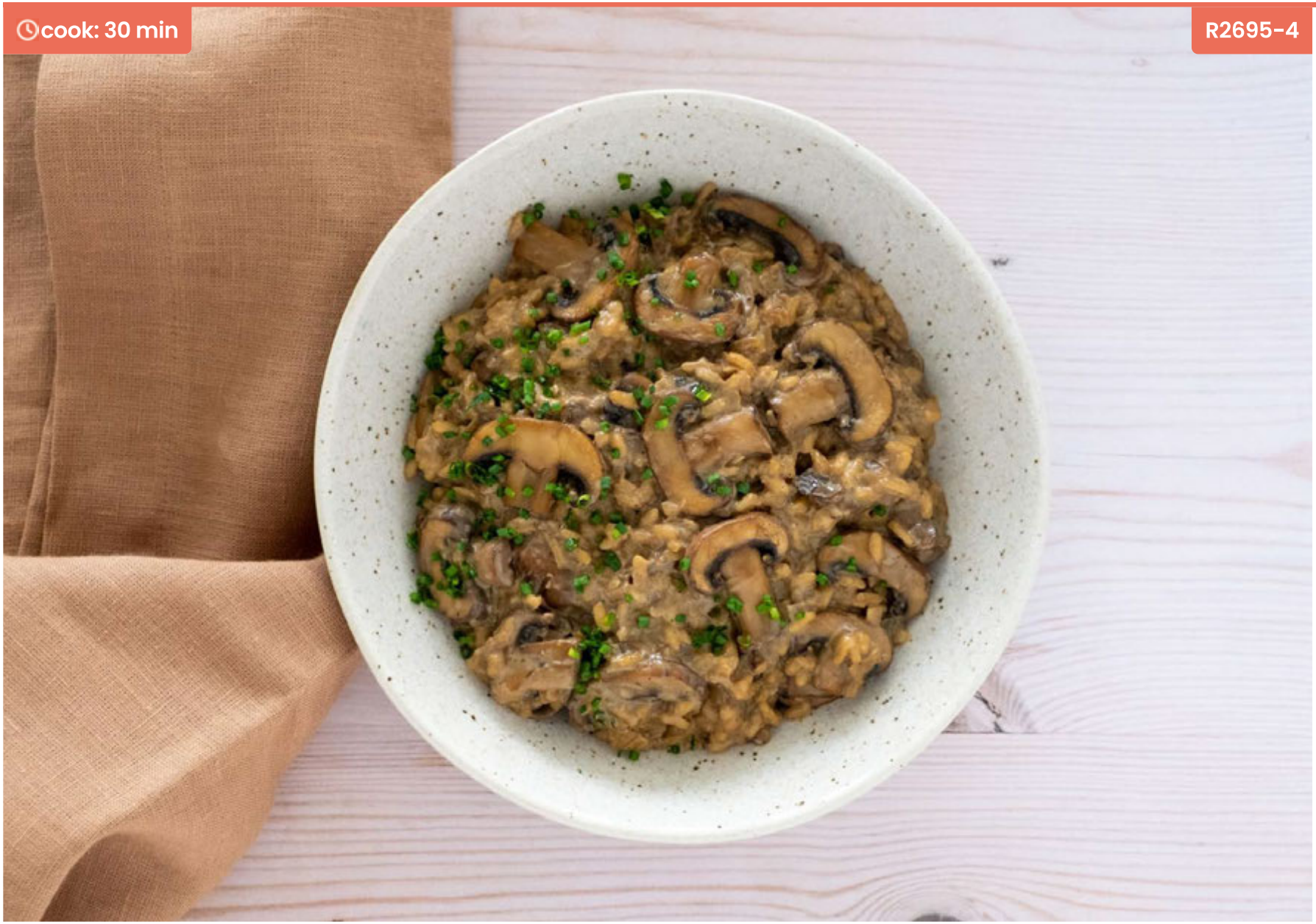
hellochef

581 calories | 19 protein | 97 carbs | 12 fat

Calorie Smart

cook: 30 min

R2695-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2424 / 581
Fats (g)	12.3
of which saturated (g)	4
Carbohydrates (g)	97
of which sugars (g)	5.1
Fibers (g)	4.5
Proteins (g)	19.3
Salt (g)	1.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Risotto	
Water	1400 ML
Dried porcini mushrooms	40 Grams
Mushroom stock cube	2 Piece
Chestnut mushrooms	500 Grams
Shallots	2 Piece
Garlic cloves	4 Piece
Olive oil	4 Tbsp
Salt	1 Tsp
Arborio rice	320 Grams
Cashew cream cheeze 2*	110 Grams
Black pepper	1 Tsp

To serve	
Fresh chives	30 Grams
Truffle oil	30 ML

Allergens: *2 Tree Nuts

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1. Prep ingredients

- Boil the **measured water**.
- Add the **dried porcini mushrooms** and **stock cube**.
- Set the **mushroom stock** aside.
- Clean and roughly chop the **chestnut mushrooms**.
- Peel and finely slice the **shallots**.
- Peel and mince the **garlic**.



2. Fry mushrooms

- Heat a pan over a medium-high heat with a drizzle of **olive oil**.
- Once hot, add the **chestnut mushrooms**.
- Fry for 5-6 min until browned.



3. Start risotto

- Reduce the heat to low.
- Add the **shallots**, **garlic** and a pinch of **salt**.
- Cook for 2 min.
- Add the **Arborio rice**.
- Cook for 1 min further, stirring to coat the grains in the **oil**.



4. Simmer

- Add 1/3 of the **stock** and stir continuously until it has absorbed.
- Continue to add the **stock**, along with the **porcini mushrooms**, a little at a time.
- Continue for 20 min or until all the **stock** is fully absorbed and the **rice** is cooked 'al dente'.



5. Finish risotto

- Once ready, fold in the **cream cheeze**.
- Season generously with **black pepper**.
- Check the seasoning.



6. Serve

- Chop the **chives**.
- Serve the **Porcini Mushroom Risotto** with **Truffle Oil** and **Cashew Cream Cheeze**.
- Sprinkle **chives** over the top.
- Drizzle with the **Truffle Oil**.

Tip! Truffle is a strong flavour - add it to taste.

Cauliflower Kung Pao
with Peanuts

Be mesmerised by cauliflower! This cruciferous vegetable is so versatile that it can easily play the leading role in Kung Pao, a Chinese dish which originated in the Sichuan province.

hello chef

694 calories | 20 protein | 126 carbs | 20 fat

cook: 30 min

R4027-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2904 / 694
Fats (g)	19.6
of which saturated (g)	3.1
Carbohydrates (g)	126
of which sugars (g)	31.3
Fibers (g)	11.5
Proteins (g)	19.7
Salt (g)	7.5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Cauliflower	
Cauliflower	600 Grams
Vegetable oil	2 Tbsp
Sweet soy sauce 9*,10*,11*,14*	30 ML
Rice vinegar	30 ML
Corn starch	10 Grams

Stir-fry	
Carrot	2 Piece
Red pepper	2 Piece
Ginger	60 Grams
Spring onion	80 Grams
Large red chilli	2 Piece
Fresh chives	15 Grams
Garlic paste	20 Grams
Chilli flakes	4 Grams
Hoisin sauce 3*,9*,10*	60 Grams
Soy sauce 9*,10*,11*	40 ML
Sesame oil 3*,9*	30 ML
Water	150 ML
Brown sugar	20 Grams
Black pepper	1 Tsp
Unsalted peanuts 1*	80 Grams
Vegetable oil	3 Tbsp

Rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *3 Sesame Seeds, *1 Peanuts

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1. Bake cauliflower

- Preheat the oven to 200°C/180°C fan.
- Roughly chop the **cauliflower** into small florets.
- Halve any bigger florets.
- Transfer the **cauliflower** onto a lined baking tray.
- Drizzle with **oil**, and bake for 10 min.
- Meanwhile, combine the **sweet soy sauce**, **rice vinegar** and 2 tsp of **corn starch** in a small bowl.
- Once the **cauliflower** has baked for 10 min, drizzle the **sauce** over it and toss.
- Continue baking for 5 min further.



2. Boil rice

- Meanwhile, rinse the **rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover,
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from the heat.
- Keep covered until serving.



3. Prep veg and sauce

- Meanwhile, peel the **carrot**.
- Halve lengthwise and chop the halves diagonally to thin slices.
- Deseed and chop the **red pepper**.
- Peel and grate the **fresh ginger**.
- Slice the **spring onion** and the **red chilli** (spicy!).
- Finely chop the **chives**.
- In a bowl, combine the **ginger**, **garlic paste**, **chilli flakes** (spicy!), **hoisin sauce**, **soy sauce**, **sesame oil**, **measured water**, **sugar**, **black pepper** and 2 tsp of **corn starch**.
- Mix well.
- Set the **stir-fry sauce** aside.



4. Toast peanuts

- Heat a large pan (without oil) over medium heat.
- Once hot, add the **peanuts**, and toast for 2 min, stirring, until lightly browned.
- Transfer to a plate. Set aside.
- Reserve the pan.

Tip! Toasting the nuts in a dry pan intensifies their flavour.



5. Stir-fry

- Return the reserved pan to medium-high heat with a drizzle of **oil**.
- Add the **carrot**, **red pepper**, half of the **spring onion** and half of the **red chilli** (spicy!).
- Stir-fry for 1 min.
- Add the **stir-fry sauce** and half of the chopped **chives**. Stir-fry for 1 min further.
- Add the baked **cauliflower** with its **marinade**, and the toasted **peanuts**.
- Toss well to coat.

Tip! Use your largest pan (or wok) to make it easier and quicker to stir-fry all the ingredients together.



6. Serve

- Serve the **Cauliflower Kung Pao with Peanuts** on the **jasmine rice**.
- Garnish with the remaining **spring onion**, **red chilli** (spicy!) and **chives**.

Lemon Garlic Chicken

with Greek Potato Salad

Who can resist a flavour-packed potato salad! Try our take on it, Greek style, with tangy green apples paired with salty feta and capers.

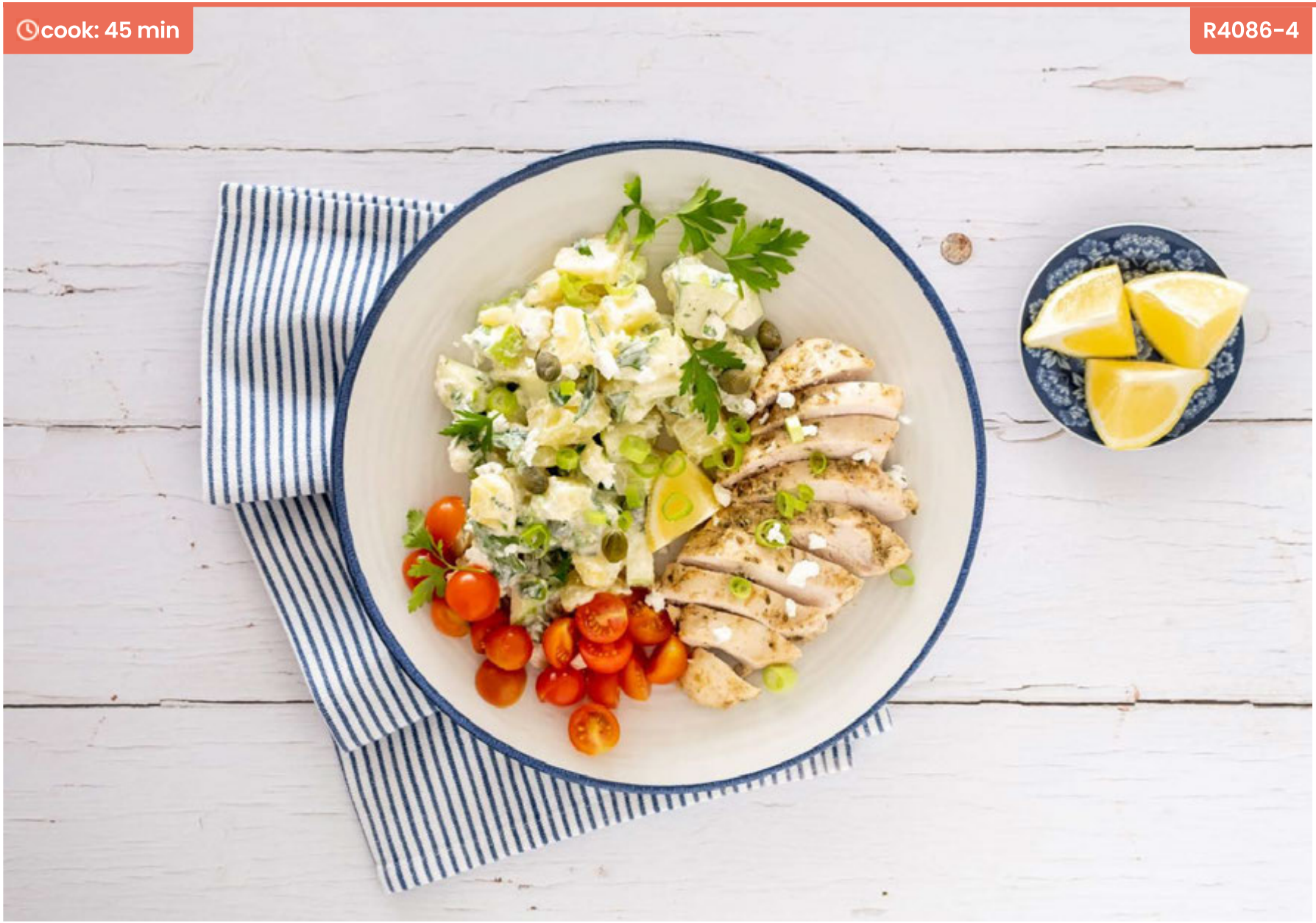
hello chef

600 calories | 63 protein | 65 carbs | 11 fat

Tips for Kids | Calorie Smart

cook: 45 min

R4086-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2512 / 600
Fats (g)	10.7
of which saturated (g)	4.9
Carbohydrates (g)	65
of which sugars (g)	24.8
Fibers (g)	13
Proteins (g)	62.9
Salt (g)	3.9

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Potato salad	
Potatoes	900 Grams
Natural yogurt 4*	340 Grams
Green apple	2 Piece
Spring onion	80 Grams
Fresh parsley	15 Grams
Feta cheese 4*	100 Grams
Dijon mustard 13*	9 Grams
White balsamic vinegar 14*	22 ML
White sugar	10 Grams
Olive oil	1 Tbsp
Salt	2 Tsp
Capers	40 Grams
Black pepper	0.5 Tsp

Chicken	
Chicken breast	600 Grams
Garlic cloves	3 Piece
Lemon	1 Piece
Cumin powder	4 Grams
Dried oregano	4 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

To serve	
Cherry tomatoes	300 Grams

Allergens: *4 Milk, *13 Mustard, *14 Sulphur Dioxide

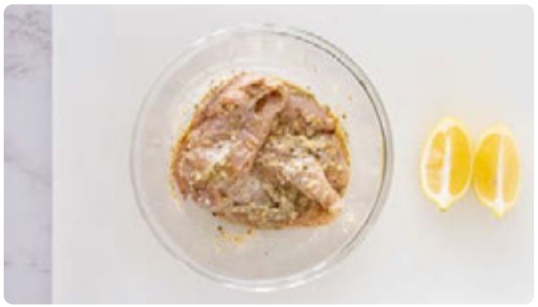
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1. Boil potatoes

- Preheat the oven to 200°C/180°C fan.
- Bring a large pot of salted water to the boil.
- Peel and chop the **potatoes** into bite-sized pieces.
- Add them to the pot. Cook for 15-20 min or until tender-firm.
- Drain and pour onto a tray or a large piece of baking paper to cool.

Tip! Don't overcook the potatoes. Otherwise they will break too much when you are mixing your potato salad.



2. Marinate chicken

- Meanwhile, peel and finely mince the **garlic**.
- Slice the **lemon** into wedges.
- In a large bowl, combine the **chicken** with 2 Tbsp of **natural yogurt** (reserving the rest for the potato salad), **garlic**, juice from half of the **lemon** wedges, **cumin**, **oregano**, a drizzle of **oil**, **salt** and **pepper**.
- Mix well.
- Set aside to marinate.

Tip! If cooking for kids, reserve some of the chicken, coat it with oil and season with a pinch of salt. Bake separately.



3. Prep vegetables

- Halve the **apples**, remove the stem and core.
- Chop them into small cubes.
- Thinly slice the **spring onion**.
- Pick and roughly chop the **parsley**.
- Slice the **cherry tomatoes** in half.

Tip! If cooking for kids, reserve some apple slices and cherry tomatoes to serve separately.



4. Bake

- Add the marinated **chicken** onto a lined oven tray.
- Bake in the oven for 15-20 min or until cooked through.
- After baking, let the **chicken** rest for 5 min before slicing.

Tip! The resting of the chicken sets the meat's juices and allows the fibres to relax, leaving the end result more tender and your plate less messy.



5. Make potato salad

- Meanwhile, in a large bowl, combine the **natural yogurt**, crumbled **feta cheese**, **dijon mustard**, **white balsamic vinegar**, **sugar** and a drizzle of **oil** with a pinch of **salt**.
- Whisk until smooth.
- Fold in the cooled **potato cubes**, **parsley**, **apples**, **capers** and most of the **spring onion** (reserving the rest for garnish).
- Season the **potato salad** with **salt** and **pepper** to taste.

Tip! If cooking for kids, reserve some boiled potato cubes to serve separately.



6. Serve

- Serve the **Lemon Garlic Chicken** with **Greek Potato Salad** and **cherry tomatoes** on the side.
- Garnish with the remaining **spring onion** and any remaining **lemon** wedges.

Tip! If cooking for kids, serve the potato cubes, plain chicken, and the reserved apple and cherry tomatoes separately.

Scandi Fish Cakes

with Remoulade and Salad

French in origin, remoulade is both creamy and tangy all at once – ours is packed with zingy capers and fragrant curry powder.

637 calories | 52 protein | 28 carbs | 40 fat

Low Carb

cook: 45 min

R3320-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2658 / 637
Fats (g)	39.5
of which saturated (g)	13.2
Carbohydrates (g)	28
of which sugars (g)	9.1
Fibers (g)	9.6
Proteins (g)	52.4
Salt (g)	1.8

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Food processor

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fish cakes	
Cod fillet 6*	700 Grams
Small zucchini	2 Piece
Red onion	2 Piece
Organic Eggs 5*	4 Piece
Almond flour 1*,2*	80 Grams
Fresh dill	15 Grams
Vegetable oil	4 Tbsp
Butter 4*	50 Grams
Vegetable stock cube 15*	2 Piece

Salad	
Romaine lettuce	400 Grams
Lemon	1 Piece
Cucumber	1 Piece
Sunflower seeds	40 Grams

Remoulade	
Mayonnaise 5*,9*,13*	50 Grams
Sour cream 4*	120 Grams
Capers	40 Grams
Salt	2 Tsp
Black pepper	1 Tsp
Turmeric powder	4 Grams

Allergens: *6 Fish, *5 Eggs, *1 Peanuts, *2 Tree Nuts, *4 Milk, *15 Celery, *9 Soya, *13 Mustard

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1. Blend

Peel and roughly chop the **red onion**. Roughly chop the **zucchini** and **cod**. Add the **red onions**, **cod**, **zucchini**, **eggs**, **almond flour**, crumbled **stock cube** and **dill** (save some for garnish) to a food processor. Blitz until smooth.
.



2. Make cakes

With clean hands, divide the mixture into 16 pieces and shape each piece into a fish cake. Refrigerate



3. Remoulade

Meanwhile, roughly chop the **capers**. Add the **capers**, **mayonnaise**, **sour cream** to a bowl with a pinch of **turmeric**, **salt** and **pepper**. Add a splash of water to loosen. Mix. Refrigerate.



4. Fry

Remove the **cod** cakes from the fridge. Heat a non-stick pan over a medium heat with a drizzle of **oil** and the **butter**. Once hot, add the cakes and fry for 4 min or until starting to brown all over. Cover with a lid and cook 2 min further or until cooked through, golden and crispy.



5. Salad

Meanwhile, chop or shred the **lettuce**. Chop the **cucumber**. Toss the **lettuce**, **cucumber** and the **sunflower seeds** in a squeeze of **lemon** juice and a drizzle of olive **oil**. Season with **salt** and **pepper**.



6. Serve

Serve the fish cakes with the remoulade and salad on the side. Garnish with the remaining **dill**.

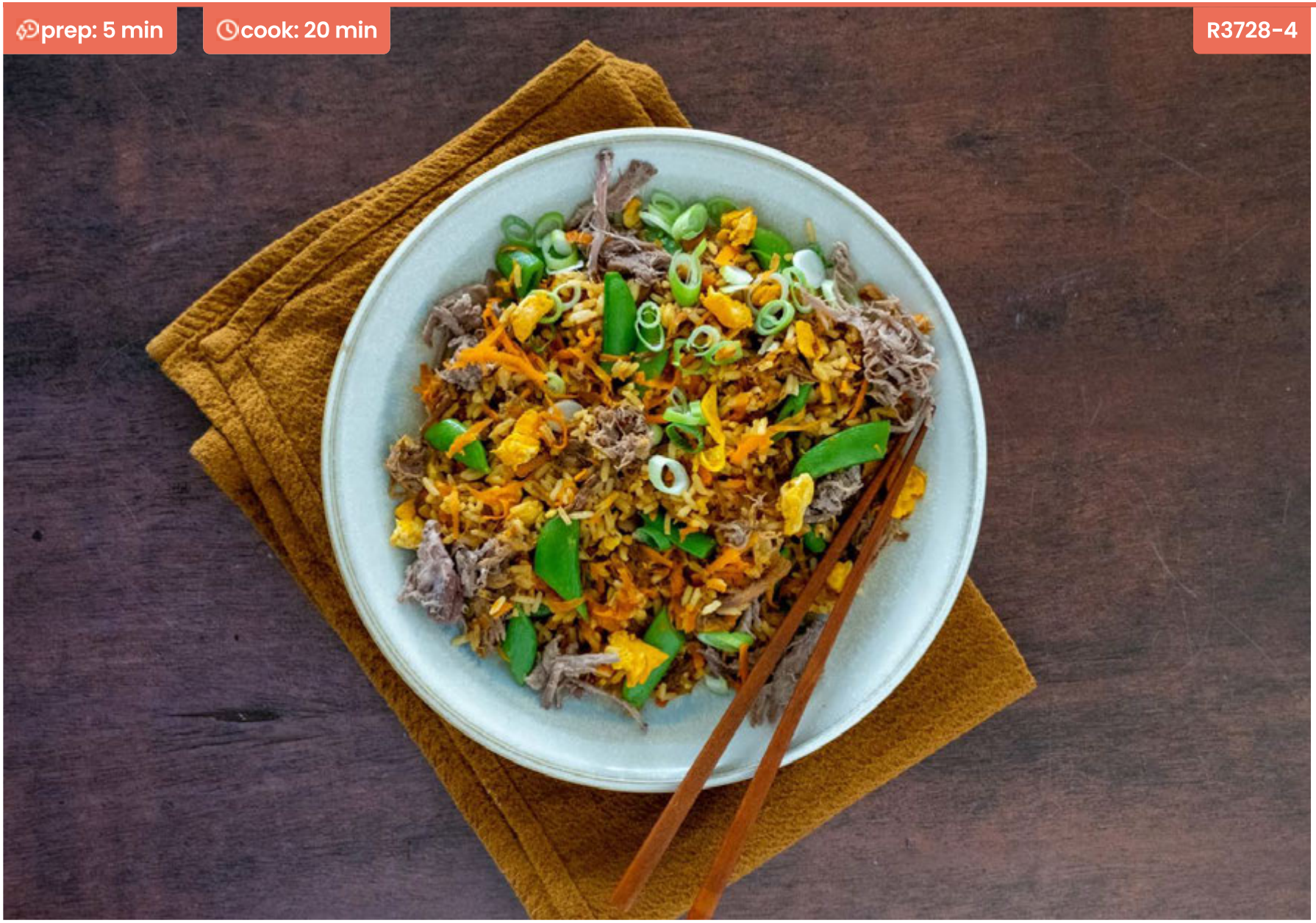
Pulled Beef Egg Fried Rice

Fried rice was invented sometime during the Sui dynasty in Yangzhou, located within the eastern Jiangsu province of China.

642 calories | 41 protein | 93 carbs | 16 fat

Tips for Kids | Quick Prep | Speedy

prep: 5 min | cook: 20 min | R3728-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2684 / 642
Fats (g)	16
of which saturated (g)	5.7
Carbohydrates (g)	93
of which sugars (g)	13.2
Fibers (g)	5.4
Proteins (g)	41
Salt (g)	2.3

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What You'll Need

- Box grater

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fried rice	
Pulled beef	400 Grams
Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML
Carrot	2 Piece
Sugar snap peas	200 Grams
Spring onion	80 Grams
Vegetable oil	2 Tbsp
Organic Eggs 5*	2 Piece
Soy sauce 9*,10*,11*	30 ML
Sweet soy sauce 9*,10*,11*,14*	30 ML
Sriracha sauce	28 Grams

Allergens: *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide

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1. Boil rice

- Rinse the **rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pan with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pan from heat.
- Reserve until Step 5.

Tip! This recipe works best with cold rice that's been cooked the day before. Simply cook the rice, store in the fridge and then add it to the stir fry the next day.



2. Prep

- Meanwhile, peel and grate the **carrot**.
- Trim the **sugar snap peas**.
- Trim and finely chop the **spring onion**.

Tip! If cooking for kids, set aside a portion of the carrots and sugar snap peas to fry separately. Reserve a portion of the spring onion to use as 'sprinkles'



3. Scramble egg

- Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **eggs**.
- Stir-fry for 1-2 min, scrambling with a spatula as you go.

Tip! If cooking for kids, keep some of the scrambled egg aside.



4. Fry veg

- Add the **carrots**, **snap peas** and the **pulled beef** to the pan with a pinch of **salt**.
- Fry for 5 min or until the **vegetables** begin to soften.

Tip! If cooking for kids, heat a separate pan over a medium heat with a drizzle of oil. Once hot, add a portion of the carrots and snap peas and fry separately for 6 min for your children. After 6 min, transfer the vegetables onto a plate. Return the pan to a medium heat and add a portion of the pulled beef fry for 5 min.



5. Add rice

- Once the **rice** is cooked, add the **rice** to the pan followed by the **soy sauce**, **sweet soy sauce**, **sriracha (spicy!)** and **spring onion** (reserve some for garnish).
- Fry for 1 min and toss to coat.

Tip! If cooking for kids, keep a portion of the rice to the side before adding to the pan.



6. Serve

- Serve the **Pulled Beef Egg Fried Rice**.
- Garnish with the remaining **spring onion**.

Tip! Plate the carrots, snow peas, scrambled egg and pulled beef separately on your child's plate with a portion of the plain rice to the side. Serve the reserved spring onion on the side as "sprinkles".

Miso Roasted Eggplant and Cauli Rice

with Pak Choi, Baby Corn and Pickled Radish

Miso is a fermented soybean paste, that adds a deep umami flavour.

helló chef

367 calories | 18 protein | 56 carbs | 13 fat

Calorie Smart

cook: 40 min

R4725-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1226 / 367
Fats (g)	13.3
of which saturated (g)	1.5
Carbohydrates (g)	56
of which sugars (g)	23.9
Fibers (g)	17.6
Proteins (g)	17.7
Salt (g)	1.7

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What You'll Need

Oven | Box grater

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Eggplant	
Long Eggplant	750 Grams
Brown sugar	15 Grams
Ginger	60 Grams
Garlic cloves	3 Piece
Miso paste 9*	60 Grams
Black sesame seeds 3*	10 Grams
Sesame seeds 3*	10 Grams
Cauli rice	
Cauliflower	800 Grams
Veg	
Fresh baby corn	225 Grams
Baby pak choi	6 Piece
Red radish	125 Grams
Rice vinegar	30 ML
Fresh coriander	15 Grams
Dressing	
Lime	2 Piece
Tahini 3*	60 Grams
Soy sauce 9*,10*,11*	20 ML
Agave syrup	20 Grams
Chilli flakes	2 Grams

Allergens: *9 Soya, *3 Sesame Seeds, *10 Wheat, *11 Gluten

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1. Bake eggplant

- Preheat the oven to 200°C/180°C fan.
- Cut the **eggplants** in half lengthways.
- Place the **eggplants** on a lined baking tray and drizzle with **oil**.
- Bake for 20-25 min until soft.



2. Prep

- Cut the **baby corn** and **pak choi** in half.
- Trim and cut the **radish** into rounds.
- In a small bowl, combine the **rice vinegar** and **radish** rounds with a pinch of both **salt** and **brown sugar** (saving the rest of the **sugar** for the **glaze**).
- Peel and grate the **ginger** and **garlic**.
- In a separate small bowl, combine the **miso**, **ginger**, **garlic** and **brown sugar** with 4 Tsp of **water** - this is your **glaze**.



3. Cook cauli rice

- Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains.
- Heat a frying pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **cauliflower** with a pinch of **salt** and stir-fry for 5 min.
- Keep warm until serving.



4. Cook veg

- Heat a large frying pan over a medium-high heat with drizzle of **oil**.
- Fry the **pak choi** and **baby corn** with a pinch of **salt** for 3-4 min.
- Add a splash of **water** and cover.
- Cook for a further 2 min until tender.



5. Glaze

- Once the **eggplants** are soft, brush with the **glaze** on the cut side.
- Sprinkle with the **black** and **white sesame seeds**.
- Bake for a further 8-10 min on high heat.



6. Serve

- Meanwhile, cut the **lime** into wedges.
- In a small bowl, combine the **tahini**, **soy sauce**, **agave syrup** 4 Tsp **water**.
- Add a squeeze of **lime** [**juice** and **chilli flakes** (spicy!) to taste.
- Serve the **Miso Roasted Eggplant and Cauli Rice with Pak Choi, Baby Corn and Pickled Radish** with the **sesame dressing** drizzled over.
- Garnish with the **coriander** leaves.

Korean-style Chicken Bites

with Sesame Slaw and Sushi Rice

Enjoy this delicious Korean supper with crispy chicken and sticky sushi rice!

hellochef

980 calories | 60 protein | 116 carbs | 31 fat

Tips for Kids | Global Eats

cook: 40 min

R3387-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3866 / 980
Fats (g)	31.3
of which saturated (g)	3.3
Carbohydrates (g)	116
of which sugars (g)	22.8
Fibers (g)	8.7
Proteins (g)	60.3
Salt (g)	4

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Rice	
Sushi rice	300 Grams
Salt	1 Tsp
Water	600 ML
Rice vinegar	30 ML

Fried chicken	
Chicken breast	600 Grams
Plain flour 10*,11*	20 Grams
Corn starch	30 Grams
Vegetable oil	2 Tbsp
Gochujang 9*	20 Grams
Garlic cloves	3 Piece
Soy sauce 9*,10*,11*	40 ML
Ketchup	16 Grams
Honey	30 Grams

Sesame slaw	
Carrot	4 Piece
Cucumber	2 Piece
Spring onion	80 Grams
Sweet soy sauce 9*,10*,11*,14*	30 ML
Tahini 3*	40 Grams
Mayonnaise 5*,9*,13*	75 Grams
Lime	2 Piece
Sesame oil 3*,9*	30 ML
Black sesame seeds 3*	20 Grams

Allergens: *10 Wheat, *11 Gluten, *9 Soya, *14 Sulphur Dioxide, *3 Sesame Seeds, *5 Eggs, *13 Mustard

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1. Cook rice

- Rinse the **sushi rice** in cold water.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pan with a lid and bring to a boil over a high heat.
- Once boiling, lower the heat, cover, and cook for 15 min or until the water is absorbed and the **rice** is tender.
- Once cooked, remove the pan from the heat and allow to cool slightly.
- Once cooled, fold in the **rice vinegar**.

Tip! If cooking for kids, set aside a portion of the rice before adding the rice vinegar.



2. Prep chicken

- Meanwhile, chop the **chicken** into bite-sized pieces and place it in a bowl.
- Add the **flour** and **corn starch** and toss until coated.



3. Fry

- Heat a large pan over medium-high heat with a drizzle of **oil**.
- Add the coated **chicken** and cook for 5-6 min on each side until crispy and cooked through.
- Transfer to a plate.
- Wipe the pan clean and save it for step 5.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready.



4. Make salad

- Meanwhile, peel the **carrot**.
- Continue peeling until you are left with a pile of **carrot** ribbons.
- Slice them into thin sticks.
- Chop the **cucumber** into thin sticks.
- Trim and finely slice the **spring onion**.
- Combine the **sweet soy sauce**, **tahini**, **mayonnaise**, **lime juice** and **sesame oil** in a large bowl.
- Tumble the **cucumber** and **carrot** in the **sesame dressing**.

Tip! If cooking for kids, reserve a portion of the cucumber and carrot keeping them plain. Reserve a portion of the sesame dressing.



5. Toss chicken

- Peel and mince the **garlic**.
- Return the reserved pan to medium heat.
- Add the **garlic**, **Gochujang (spicy!)**, **soy sauce**, **ketchup**, **honey** and a splash of water.
- Cook for 2 min.
- Toss the **chicken** through the **sauce** until coated and warmed through.

Tip! If cooking for kids, keep a portion of chicken plain.



6. Serve

- Serve the **Korean-style Chicken Bites** with the **Sticky Sushi Rice** and **Sesame Slaw** to the side.
- Garnish with the **sesame seeds** and **spring onions**.

Tip! If cooking for kids, plate the plain chicken, cucumber, carrot and rice separately. Serve the sesame seeds, spring onion and the reserved sesame dressing to the side.

Market Side: Cauliflower Cheese

-

hellofresh

489 calories | 30 protein | 20 carbs | 34 fat

cook: 30 min

R4611-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2030 / 489
Fats (g)	33.5
of which saturated (g)	16.2
Carbohydrates (g)	20
of which sugars (g)	8.6
Fibers (g)	4.1
Proteins (g)	30.3
Salt (g)	1.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 2 servings

Cauliflower Cheese	
Cauliflower	400 Grams
Butter 4*	10 Grams
Plain flour 10*,11*	10 Grams
Whole milk 4*	200 ML
Cheddar cheese 4*,10*,11*,13*	100 Grams
Grated Parmesan 4*	45 Grams
Nutmeg	1 Grams
Black pepper	0.25 Tsp
Salt	0.25 Tsp

Allergens: *4 Milk, *10 Wheat, *11 Gluten, *13 Mustard

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1. Prep

- –



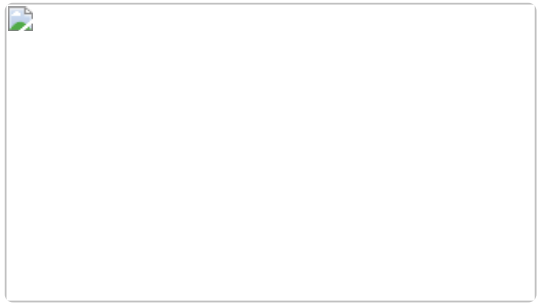
2. Cook cauli

Place the **cauliflower** florets in a oven-proof baking dish. Bake for 15-20 min, until tender and slightly charred.



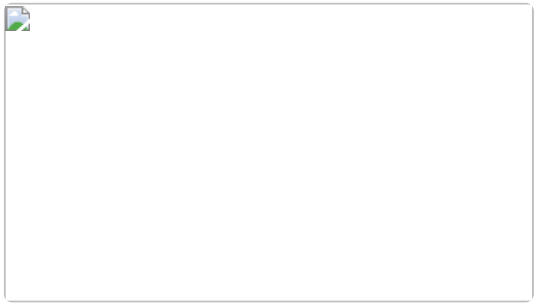
3. Make sauce

Meanwhile, heat a pot over a medium heat. Once hot, add the **butter** and **flour**. Cook, stirring continuously, for 1 min or until a sandy paste has formed. Gradually whisk in the **milk** and cook for 3 min further or until the sauce has thickened. Add the **cheddar** and half of the **parmesan** and whisk until combined. Season with a pinch of **nutmeg**, **salt** and **pepper** to taste.



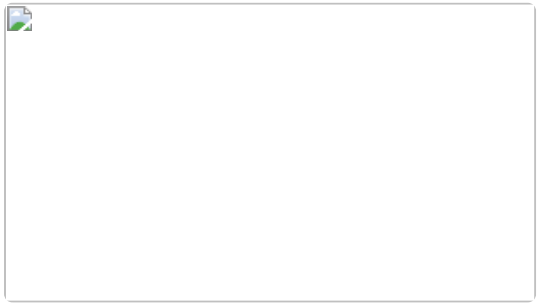
4. Assemble

Add the boiled **cauliflower** to an oven-proof baking dish. Pour over the **cheese** sauce. Sprinkle over the remaining **grated parmesan** with a pinch of **pepper**.



5. Bake

Bake for 15-18 min, or until the **cauliflower** is tender and the top is golden.



6. Serve

Bombay Potatoes and Chickpeas

with Seedy Green Beans and Chapatis

In this recipe you'll simmer potatoes in mildly spiced tomatoes and serve them with chapatis.

hello chef

905 calories | 36 protein | 136 carbs | 30 fat

cook: 30 min

R3360-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3785 / 905
Fats (g)	29.9
of which saturated (g)	8.4
Carbohydrates (g)	136
of which sugars (g)	18.2
Fibers (g)	25.9
Proteins (g)	35.6
Salt (g)	2.8

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Potatoes	
Potatoes	1200 Grams
Red onion	2 Piece
Tomatoes	2 Piece
Chickpeas	480 Grams
Vegetable oil	2 Tbsp
Ginger garlic paste	30 Grams
Cumin seeds	4 Grams
Turmeric powder	4 Grams
Coriander powder	4 Grams
Vegetable stock cube [15*]	2 Piece
Garam masala	10 Grams
Tomato paste	70 Grams
Brown sugar	10 Grams
Chilli powder	2 Grams
Fresh coriander	15 Grams

Beans	
Green beans	500 Grams
Curry leaves	12 Piece
Cashew nuts [1*,2*]	80 Grams
Salted vegan butter	40 Grams
Water	75 ML
Nigella seeds [3*,13*]	20 Grams
Sesame seeds [3*]	20 Grams
Salt	1 Tsp
Chapati [10*,11*]	8 Piece

Allergens: *15 Celery, *1 Peanuts, *2 Tree Nuts, *3 Sesame Seeds, *13 Mustard, *10 Wheat, *11 Gluten

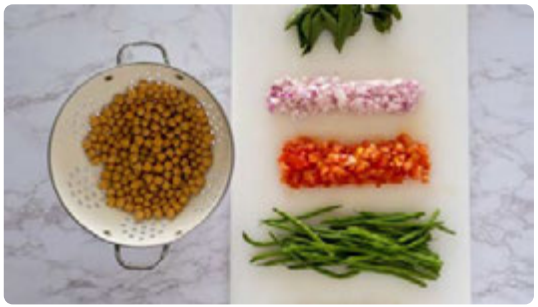
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1. Boil potatoes

Peel and chop the **potatoes** into bite-size cubes. Add them to a pan of salted boiling water. Cook the **potatoes** over a medium heat for 15 min or until soft. Once soft, drain and leave them to steam dry in a colander (reserve the pot, no need to wash it).

Tip! Add the potatoes to cold water and bring to a boil from there. It'll take longer, but the potatoes will cook more evenly.



2. Prep

Meanwhile, peel and finely chop the **onion**. Finely chop the **tomatoes**. Drain the **chickpeas**. Trim the **green beans**. Pick the **curry leaves**. Finely chop the **cashew nuts**.



3. Fry

Heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **onion** with pinch of **salt**. Fry for 5 min. Add the **ginger-garlic paste**, **cumin seeds**, **turmeric**, **coriander powder**, **stock cube** and **garam masala**. Fry for 2 min. Add the **tomato paste**, **tomatoes**, **brown sugar** and **chickpeas**. Cook for 5-8 min.



4. Cook green beans

Meanwhile, return the empty pot to a medium-high heat with the **butter** and **measured water**. Once boiling, add the **green beans** and **curry leaves**. Cover and cook for 2 min. Add the **nigella seeds**, **sesame seeds**, chopped **cashew nuts** and a generous pinch of **salt**. Cover with a lid and cook for 5 min.



5. Toss potatoes

Add the cooked **potatoes** to the spiced **tomatoes** with a pinch of **chilli powder (spicy!)**. Cook for 2 min. Microwave the **chapatis** for 30 sec until hot.



6. Serve

Tear the **fresh coriander** over the **Bombay potatoes** and serve the **beans** and **chapatis** alongside.

Spaghetti Carbonara

with Beef Bacon and Salad

This Italian classic originates from Rome. Purists look away now, we've added a dash of cream for extra creaminess!

hellochef

1121 calories | 54 protein | 115 carbs | 51 fat

Family Friendly | Speedy

cook: 20 min

R3093-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4646 / 1121
Fats (g)	50.8
of which saturated (g)	19.6
Carbohydrates (g)	115
of which sugars (g)	15.4
Fibers (g)	11
Proteins (g)	54.3
Salt (g)	4.7

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What You'll Need

Whisk

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Carbonara	
Beef bacon	160 Grams
Garlic cloves	2 Piece
Spaghetti 10*	500 Grams
Water	200 ML
Organic Eggs 5*	4 Piece
Cooking cream 4*	200 ML
Grated Parmesan 4*	60 Grams
Black pepper	1 Tsp
Salt	1 Tsp
Fresh parsley	15 Grams

Salad	
Romaine lettuce	400 Grams
Cherry tomatoes	300 Grams
Cucumber	2 Piece
Olive oil	4 Tbsp
Wholegrain mustard 13*	30 Grams
Honey	30 Grams
White balsamic vinegar 14*	30 ML
Salt	1 Tsp
Black pepper	1 Tsp
Kalamata olives	80 Grams

Allergens: *10 Wheat, *5 Eggs, *4 Milk, *13 Mustard, *14 Sulphur Dioxide

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1. Fry bacon

Finely slice the **beef bacon**. Peel and mince the **garlic**. Heat a pan over a medium-low heat and add the **beef bacon**. Gently fry for 5-6 min or until the fat has melted and the **beef bacon** is crispy. Add the **garlic** and fry for a final 1 min. Remove the pan from the heat and set aside.



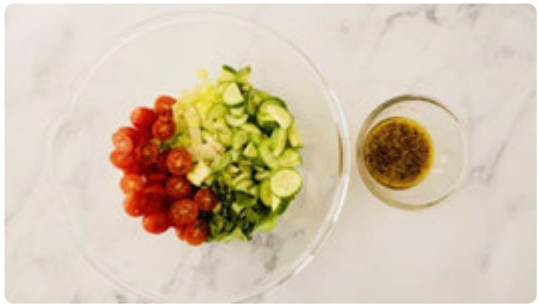
2. Cook pasta

Meanwhile, bring a large pot of water to the boil. Once boiling, add the **spaghetti** and cook for 8-10 min until 'al dente' or cooked to your liking. Drain and reserve a cup of **pasta water**.



3. Make sauce

Meanwhile, whisk the **eggs**, **cream** and **grated Parmesan** until smooth. Season very generously with **black pepper** and **salt**. Set aside.



4. Prep salad

Meanwhile, wash and roughly chop the **lettuce**. Halve the **tomatoes** and slice the **cucumber**. Whisk the **olive oil**, **mustard**, **honey** and **balsamic vinegar**. Season with **salt** and **pepper**. Set aside - this is your **dressing**.



5. Finish pasta

Return the drained **spaghetti** to the reserved pan with the **beef bacon**. Add 200ml of **pasta cooking water** and the **egg-cream** mixture to the pot. Mix well until the **sauce** coats the **spaghetti**.

Tip! Make sure the pan isn't too hot when you add your sauce, or the egg will scramble!



6. Serve

Toss the **lettuce**, **tomatoes**, **cucumber** and **olives** in the **dressing**. Divide the **pasta** among plates. Garnish with the **fresh parsley** leaves and a grind of **black pepper**.

Peri Peri Chicken Burger

with Cajun Fries and Sriracha Mayo

Talk about a mid-week treat!

hellochef

1117 calories | 67 protein | 117 carbs | 42 fat

Family Friendly

cook: 40 min

R4506-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4691 / 1117
Fats (g)	42.2
of which saturated (g)	6.8
Carbohydrates (g)	117
of which sugars (g)	10.5
Fibers (g)	15
Proteins (g)	66.8
Salt (g)	3.3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Lime	2 Piece
Smoked paprika powder	4 Grams
Paprika powder	4 Grams
Chipotle powder	2 Grams
Dried oregano	4 Grams
Garlic onion powder	8 Grams
Brown sugar	10 Grams
Red vinegar	30 ML

Fries	
Potatoes	1200 Grams
Cajun spice	12 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Vegetable oil	2 Tbsp

Dip	
Mayonnaise 5*,9*,13*	200 Grams
Ketchup	16 Grams
Sriracha sauce	14 Grams

To serve	
Ciabatta 10*,11*	4 Piece
Vegetable oil	1 Tbsp
Tomatoes	2 Piece
Baby gem lettuce	2 Piece

Allergens: *5 Eggs, *9 Soya, *13 Mustard, *10 Wheat, *11 Gluten

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1. Bake fries

- Preheat the oven to 200°C/180°C fan.
- Chop the **potatoes** into fries.
- Place the **fries** on a baking tray.
- Sprinkle with the **cajun seasoning, salt, pepper** and a drizzle of **oil**.
- Bake for 30-35 min.



2. Marinate chicken

- Zest and juice the **lime**.
- In a large bowl, mix together the **smoked paprika**, **paprika**, **chipotle powder**, **dried oregano**, **garlic onion powder**, **brown sugar**, **lime zest**, **red vinegar** and **juice**.
- Add the **chicken breasts** and coat in the **marinade**.



3. Bake chicken

- Place the marinated **chicken** on a separate lined baking tray and bake for the remaining 15-18 min of the **fries** cooking time.



4. Prep toppings

- Place the **ciabatta bread** in the oven for 5 min.
- Remove and allow to cool slightly before cutting in half.
- Drizzle each half with a small amount of **oil**.
- Heat a large frying pan over a medium-high heat and toast the **bread** until golden.
- Slice the **tomatoes**.
- Seperate the **lettuce** leaves.



5. Make sauce

- In a small bowl, combine the **mayonnaise**, **ketchup** and **sriracha**.



6. Serve

- Serve the **Peri Peri Chicken Burger** packed with **Sriracha Sauce**, **Lettuce** and **Tomatoes**.
- Save any left over **sauce** for dipping the **cajun fries** in.

Satay Chicken Skewers

with Jasmine Rice and Pickled Cucumber

Satay is a Southeast Asian dish of seasoned, skewered and grilled meat, served with a peanut sauce.

hello chef

976 calories | 67 protein | 102 carbs | 38 fat

Tips for Kids

cook: 30 min

R3237-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4085 / 976
Fats (g)	38.3
of which saturated (g)	13.7
Carbohydrates (g)	102
of which sugars (g)	13.9
Fibers (g)	10.8
Proteins (g)	66.9
Salt (g)	5.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Satay Chicken	
Chicken breast	600 Grams
Curry powder	4 Grams
Turmeric powder	4 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Bamboo skewers	12 Piece

Satay Sauce	
Red onion	2 Piece
Garlic cloves	4 Piece
Large red chilli	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Soy sauce 9*,10*,11*	20 ML
Peanut butter 1*,9*	60 Grams
Coconut milk	400 ML

Jasmine Rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML

To serve	
Cucumber	2 Piece
Rice vinegar	30 ML
Brown sugar	10 Grams
Salt	1 Tsp
Carrot	2 Piece
Fresh coriander	15 Grams
Salted peanuts 1*	80 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *1 Peanuts

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1. Prep

- Peel and finely chop the **red onion** and **garlic**.
- Finely chop the **red chilli**.
- Heat a pot over a medium heat with a drizzle of **oil**.
- Fry the **onion**, **garlic** and **chilli (spicy!)** with a pinch of **salt** for 5 min.
- Meanwhile, chop the **chicken** into bite-sized pieces.
- Add the **chicken** to a bowl with the **oil**, **curry powder**, **turmeric** and **salt**.

Tip! If cooking for kids, leave out the chilli when frying the onion and garlic. Go easy on the spices or set aside a few chicken pieces and keep them plain.



2. Simmer

- Add the **soy sauce**, **peanut butter** and **coconut milk** to the pot with the **onion**, **garlic** and **red chilli**.
- Bring to a simmer and reduce the heat to low.
- Simmer, stirring occasionally for 5-7 min.
- Set the **satay sauce** aside.



3. Prep sides

- Meanwhile, roughly chop the **cucumber**.
- Add to a bowl with the **rice vinegar**, **sugar** and **salt**.
- Peel and slice the **carrots** into thin sticks.
- Finely chop the **coriander** leaves.

Tip! If cooking for kids, keep a portion of the cucumber plain and set aside before adding the vinegar.



4. Boil rice

- Rinse the **jasmine rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pan with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pan from heat.
- Keep covered until serving.



5. Fry skewers

- Meanwhile, thread the **chicken** pieces onto the **skewers**.
- Heat a drizzle of **oil** in a pan over a high heat.
- Once hot, add the **skewers**.
- Fry for 2 min on each side, then cover and cook for 2 min further until cooked through.
- Pour half of the **satay sauce** into the pan, coating the **chicken** as you go.
- Cook for 2 min further.

Tip! If cooking for kids, thread the plain chicken pieces onto skewers and fry separately.



6. Serve

- Serve the **Satay Chicken Skewers** on top of the **Jasmine Rice** and **Pickled Cucumber**
- Drizzle with remaining **satay sauce** or serve on the side.
- Garnish with the **peanuts** and **fresh coriander**.

Tip! If cooking for kids, remove the chicken from the skewers before serving. Place the rice, cucumber and carrots separately with the satay sauce and peanuts on the side as 'sprinkles'.

Italian Sausage and Vegetable Traybake

with Green Pesto Dressing

A simple, one-pan supper celebrating the herbs and spices well known to Italian cuisine.

hello chef

1017 calories | 48 protein | 70 carbs | 60 fat

Family Friendly | Low Carb

cook: 40 min

R4510-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4245 / 1017
Fats (g)	60.3
of which saturated (g)	2.7
Carbohydrates (g)	70
of which sugars (g)	19.3
Fibers (g)	15.7
Proteins (g)	48
Salt (g)	6.7

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What You'll Need

Oven

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Traybake	
Italian sausage [10]*	800 Grams
Sweet potatoes	800 Grams
Red pepper	2 Piece
Broccoli	400 Grams
Carrot	2 Piece
Olive oil	2 Tbsp
Garlic paste	20 Grams
Cumin seeds	4 Grams
Fennel seeds	4 Grams
Dried oregano	4 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp

To serve	
Fresh parsley	30 Grams
Lemon	1 Piece
Green pesto [2]*,[4]*	100 Grams

Allergens: *10 Wheat, *2 Tree Nuts, *4 Milk

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1. Prep

- Preheat oven to 200°C/180°C fan.
- Chop the **Italian sausage** into thirds.
- Peel and chop the **sweet potatoes** into small, bite-sized pieces.
- Deseed the **red pepper** and cut into smaller bite-sized pieces.
- Cut the **broccoli** into individual florets.
- Peel the **carrot** and cut into bite-sized pieces.

Tip! Remove sausage from the casing and chop into bite-sized pieces for added crispy texture.



2. Bake

- Add the chopped **sweet potatoes** and **carrot** to the baking tray.
- In a small bowl combine the **olive oil**, **garlic paste**, **cumin seeds**, **fennel seeds**, **dried oregano**, **salt** and **pepper**.
- Add half the **herb mix** to the **vegetables** on the tray and toss to mix well. Ensure everything is well coated.
- Roast for 10 min.



3. Add sausage

- After 10 min, add the **sausage**, **broccoli** and **red pepper** to the baking tray.
- Add the rest of the **herb mix** to the tray and toss to ensure even coating.
- Return to the oven and roast for a further 15-20 min until the **sausage** and **vegetables** are nicely browned and cooked through.



4. Make dressing

- Pick the leaves of the **parsley** and roughly chop.
- Cut the **lemon** in half.
- In a small bowl, combine the **green pesto** with half the **parsley** and a squeeze of **lemon juice**, to taste.



5. Serve

- Serve the **Italian Sausage and Vegetable Traybake** with dollops of **Green Pesto Dressing**, a sprinkling of **fresh parsley** and a squeeze of **lemon juice**.
- Buon Appetito.

Classic Braised Beef Bourguignon

with Mashed Potatoes

A rich and slow-cooked braised beef stew inspired by the French region of Bourgogne (aka Burgundy!).

hello chef

630 calories | 61 protein | 68 carbs | 14 fat

Family Friendly



Nutritional information

	per serving*
Energy (kJ/kcal)	2632 / 630
Fats (g)	14.1
of which saturated (g)	6.5
Carbohydrates (g)	68
of which sugars (g)	13.6
Fibers (g)	12.9
Proteins (g)	60.7
Salt (g)	3.8

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What You'll Need

- Potato masher

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Bourguignon	
Steak strips	700 Grams
Carrot	2 Piece
Mushroom	500 Grams
White onion	1 Piece
Garlic cloves	4 Piece
Salt	1 Tsp
Black pepper	0.5 Tsp
Plain flour 10*,11*	30 Grams
Vegetable oil	2 Tbsp
Dried bay leaves	2 Piece
Tomato paste	70 Grams
Water	500 ML
Balsamic vinegar 14*	30 ML
Brown sugar	10 Grams
Beef stock cube 4*,5*,9*,11*,15*	2 Piece
Fresh thyme	10 Grams
Fresh parsley	15 Grams

Potato mash	
Potatoes	1200 Grams
Salt	2 Tsp
Butter 4*	30 Grams
Black pepper	1 Tsp

Allergens: *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Prep

Peel and chop the **carrots** into small bite-sized pieces. Clean the **mushrooms** with a damp cloth and chop into bite-sized pieces. Peel and finely chop the **garlic** and 1 **onion**.



2. Prep beef

Pat the **steak strips** really dry with paper towels. Season with a good pinch of **salt** and **pepper**, and mix in the **flour**.



3. Fry beef

Heat a large pot over a high heat with a good drizzle of **oil**. Once hot, add the **steak strips** in small batches, and fry for 2-3 min until deeply browned. Transfer the **steak strips** to a plate and reserve the pot.

Tip! Make sure the pot is really hot before adding the beef. Otherwise, it will stew, and not brown. You want to develop deep and rich flavour at this stage.



4. Make stew

Add another drizzle of **oil** with the **mushrooms**, **onion** and **carrots** with a pinch of **salt** and fry for 5 min until the **mushrooms** brown. Add the **garlic**, **bay leaves**, and **tomato paste**. Fry for 1 min further. Add the **steak strips** back, the **measured water**, **balsamic vinegar**, **brown sugar**, **stock cube**, and either 0.5 or full bundle of **thyme** (to taste). Bring to a simmer, reduce the heat to medium and cook covered for 30-35 min until the **steak** is tender.

Tip! Add a splash of water to the stew if it reduces too quickly.



5. Make mash

Meanwhile, peel and chop the **potatoes** into bite-sized pieces. Add them to a pan of boiling water with a generous pinch of **salt** and cook over medium heat for 20 min or until soft. Once soft, drain the **potatoes** and return them to the pan. Mash until smooth, add the **butter**, and season with **salt** and **pepper**.



6. Serve

Roughly chop the **parsley** and stir into the stew. Divide the **mashed potatoes** amongst plates and top with the **beef bourguignon**.

Green Four Veg Risotto

with Pesto

Risotto, originally from Northern Italy, is made with arborio rice which is more starchy than most long grain varieties.

hello chef

560 calories | 22 protein | 94 carbs | 17 fat

Family Friendly | Calorie Smart

cook: 30 min

R3021-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2334 / 560
Fats (g)	17
of which saturated (g)	2.8
Carbohydrates (g)	94
of which sugars (g)	9.4
Fibers (g)	7.3
Proteins (g)	21.5
Salt (g)	1.1

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Box grater

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Risotto	
White onion	2 Piece
Garlic cloves	4 Piece
Small zucchini	2 Piece
Water	1200 ML
Vegetable stock cube 15*	2 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Arborio rice	320 Grams
Baby spinach	80 Grams
Thin asparagus	500 Grams
Green peas	200 Grams
Green pesto 2*,4*	60 Grams
Cream cheese 4*	40 Grams
Grated Parmesan 4*	60 Grams
Black pepper	1 Tsp

Allergens: *15 Celery, *2 Tree Nuts, *4 Milk

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1. Prep

- Peel and finely chop the **onion**.
- Peel and mince the **garlic**.
- Grate the **zucchini**.
- Boil the **measured water** and dissolve the **stock cube** in it.



2. Cook onion

- Heat a large non-stick pan over a medium-low heat with a drizzle of **oil**.
- Once hot, add the **onion** with a pinch of **salt** and cook for 6-7 min or until softened.



3. Add rice

- Once softened, add the **Arborio rice**, **zucchini** and **garlic**.
- Cook for 1 min further, stirring to coat the grains in **oil**.
- Add 1/3 of the **stock** and stir continuously until it has absorbed.
- Continue to add the **stock**, a little at a time for 20 min or until all the **stock** is absorbed and the **rice** is cooked 'al dente'.



4. Prep

- Meanwhile, wash the **spinach**.
- Trim and roughly chop the **asparagus**.



5. Add

- Once the **rice** grains are 'al dente', add the **peas**, **asparagus** and **baby spinach**.
- Cook for 3 min further or until the **asparagus** is tender and the **spinach** is wilted.

Tip! Like pasta, risotto is traditionally served 'al dente'. If you prefer a softer finish, cook the risotto for 5-10 min longer.



6. Serve

- Finally, stir the **pesto**, **cream cheese** and **grated Parmesan** through the **risotto**.
- Serve the **Green Four Veg Risotto with Pesto** with a drizzle of good quality **olive oil** (optional) and finish with a generous grind of **black pepper**.

Chicken Penne Arrabbiata

'Arrabbiata' means 'angry' in Italian, and refers to the spiciness of the sauce. We've made this one milder and kid-friendly!

hellofresh

833 calories | 64 protein | 124 carbs | 11 fat

Family Friendly

cook: 30 min

R3120-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3484 / 833
Fats (g)	10.5
of which saturated (g)	0.5
Carbohydrates (g)	124
of which sugars (g)	20.6
Fibers (g)	14.2
Proteins (g)	64.2
Salt (g)	1.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Blender

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pasta	
Chicken breast	600 Grams
Carrot	2 Piece
Red onion	2 Piece
Garlic cloves	4 Piece
Fresh basil	15 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Tomato paste	70 Grams
Dried oregano	4 Grams
Chilli flakes	4 Grams
Tomato passata	400 Grams
Cherry tomatoes	300 Grams
Vegetable stock cube 15*	2 Piece
Water	200 ML
Honey	30 Grams
Penne 10*,11*	500 Grams

To serve	
Grated Parmesan 4*,5*	60 Grams

Allergens: *15 Celery, *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs

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1. Prep

Peel and grate the **carrots**. Peel and finely slice the **onion**. Peel and roughly chop the **garlic cloves**. Pick the **basil** leaves and finely chop half of them. Reserve the remaining for garnish.



2. Start sauce

Heat a large saucepan over a medium heat with a drizzle of **oil**. Once hot, add the **onion** with a pinch of **salt** and fry for 5 min. Add the **carrots**, **garlic**, **tomato paste**, **dried oregano** and **chilli flakes (spicy!)**. Fry for 1 min further. Add the **tomato passata**, **cherry tomatoes**, chopped **basil**, **vegetable stock cube**, **measured water** and **honey**. Bring to a boil and simmer, covered, for 10 min.

Tip! Sensitive to spice? Go easy on the chilli flakes.



3. Cook pasta

Meanwhile, bring a large pot of salted water to the boil. Once boiling, add the **pasta** and cook for 8-10 min until 'al dente' or cooked to your liking. Drain and set aside.



4. Fry chicken

Meanwhile, slice the **chicken** into bite-sized strips. Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken** with a pinch of **salt** and fry for 5-7 min on each side until golden and cooked through.



5. Blend sauce

Meanwhile, after 10 min, using a handheld blender, blitz the **sauce** until smooth.



6. Serve

Add the cooked **pasta** to the **Arrabbiata sauce**, stir through and divide among bowls. Top with the **chicken** strips and garnish with **grated Parmesan** and the remaining **basil**.

Black Pepper Tofu

with Jasmine Rice

The takeaway classic even quicker and tastier!

hello chef

664 calories | 41 protein | 109 carbs | 17 fat

Speedy

cook: 25 min

R4359-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2776 / 664
Fats (g)	16.8
of which saturated (g)	2.4
Carbohydrates (g)	109
of which sugars (g)	11.1
Fibers (g)	12.3
Proteins (g)	40.9
Salt (g)	2.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Tofu	
Firm tofu 9*	600 Grams
Corn starch	40 Grams
Black pepper sauce 9*,10*	180 Grams
White sugar	10 Grams
Soy sauce 9*,10*,11*	30 ML
Rice vinegar	30 ML
Vegetarian oyster sauce 9*	40 Grams
Ginger garlic paste	20 Grams
Vegetable oil	2 Tbsp
Veg	
Broccoli	600 Grams
Red pepper	2 Piece
Rice	
Jasmine rice	300 Grams
Water	700 ML
Salt	1 Tsp
To serve	
Spring onion	80 Grams
Sesame seeds 3*	5 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Cook rice

- Rinse the **jasmine rice**.
- Add the **rice**, measured **water** with a pinch of **salt** to a pot with a lid and bring to a boil.
- Once boiling, reduce the heat to low and cover.
- Cook for 12-14 min or until the **water** is absorbed and the **rice** is cooked.
- Remove from the heat.
- Keep covered until serving.



2. Prep

- Trim off the **broccoli** florets, discarding the woody end.
- Deseed and slice the **pepper**.
- Trim and finely slice the **spring onion**.
- Drain and pat dry the **tofu**.
- Chop it into bite-sized cubes.
- Place the **tofu** in a bowl and sprinkle the **corn starch** over each side.



3. Make sauce

- In a bowl, combine the **black pepper sauce**, **soy sauce**, **sugar**, **rice vinegar**, **vegetarian oyster sauce** and **ginger garlic paste**.
- Set the **sauce** aside.



4. Fry tofu

- Heat a large pan over a medium-high heat with a generous drizzle of **oil**.
- Once hot, add the **tofu**.
- Fry for 3-5 min, turning regularly until golden and crispy.
- Once cooked, transfer to a plate.
- Wipe and reserve the pan.



5. Finish stir fry

- Return the reserved pan to a medium-high heat with another drizzle of **oil**.
- Add the **broccoli** and **peppers**.
- Fry for 3-5 min until slightly softened.
- Add the stir fry **sauce** and **tofu**. Toss to coat.
- Fry for 1-2 min until the **tofu** is warmed through.



6. Serve

- Serve the **Black Pepper Tofu** with **Jasmine Rice**.
- Garnish with **sesame seeds** and **spring onions**.

Blistered Cherry Tomato Risotto

with Whipped Goat Cheese

Risotto is all about building layers of flavour. In this version the acidity of the tomatoes is balanced with the sweetness of the honey and the creaminess of the goat cheese.

hello chef

571 calories | 21 protein | 96 carbs | 18 fat

Calorie Smart

cook: 45 min

R3660-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2385 / 571
Fats (g)	18
of which saturated (g)	11.3
Carbohydrates (g)	96
of which sugars (g)	13
Fibers (g)	5.6
Proteins (g)	21.4
Salt (g)	1.2

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Tomato risotto	
Water	1400 ML
Vegetable stock cube [15*]	2 Piece
Red onion	2 Piece
Garlic cloves	4 Piece
Fresh basil	15 Grams
Olive oil	2 Tbsp
Cherry tomatoes	300 Grams
Salt	1 Tsp
Arborio rice	320 Grams
Tomato paste	70 Grams
Smoked paprika powder	4 Grams
Honey	30 Grams
Black pepper	1 Tsp

Whipped goat cheese	
Soft goat cheese [4*]	250 Grams
Sour cream [4*]	120 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *15 Celery, *4 Milk

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1. Prep

Boil the **measured water**. Add the **stock cube** and boiled **water** to a jug and set it aside. This is your **stock**. Peel and finely chop the **red onion**. Peel and mince the **garlic**. Finely chop half of the **basil** (reserve the rest for garnish).



2. Fry tomatoes

Heat a large pan over a medium heat with a drizzle of **olive oil**. Add the **cherry tomatoes** with a pinch of **salt** and cook, covered, for 10-15 min stirring occasionally or until the **tomatoes** begin to soften and their skins split.



3. Start risotto

Meanwhile, heat a second pan with another drizzle of **oil**. Add the **onions** with a pinch of **salt** and cook for 5-6 min or until softened. Once softened, add the **garlic** and **Arborio rice** and cook for 1 min further, stirring to coat the grains in the **oil**.



4. Stir risotto

Add the **tomato paste**, **smoked paprika** and 1/3 of the **stock** and stir continuously until it has absorbed. Continue to add the **stock**, a little at a time for 20 min or until all the **stock** is absorbed and the **rice** is cooled 'al dente'. If you run out of **stock**, add more water.



5. Whip cheese

Meanwhile, to a bowl, add the **goat cheese** and **sour cream**. Using a spatula, break up the **goat cheese**. Add a splash of water to loosen then whip until smooth. Season with a pinch of **salt** and **pepper**.



6. Serve

Remove the **risotto** from the heat and stir through half of the blistered **tomatoes**, the chopped **basil** and **honey**. Season with a crack of **black pepper**. Divide the **tomato risotto** amongst bowls and top with the **whipped goat cheese** and the remaining blistered **cherry tomatoes**. Garnish with the remaining **basil** leaves.

Tip! Not a fan of goat cheese? Top the risotto with burrata instead.

Dijon Baked Salmon

with Roasted Potatoes and Buttered Broccoli

Like all oily fish, salmon is rich in omega-3 fatty acids, making it an excellent promoter of heart and brain health.

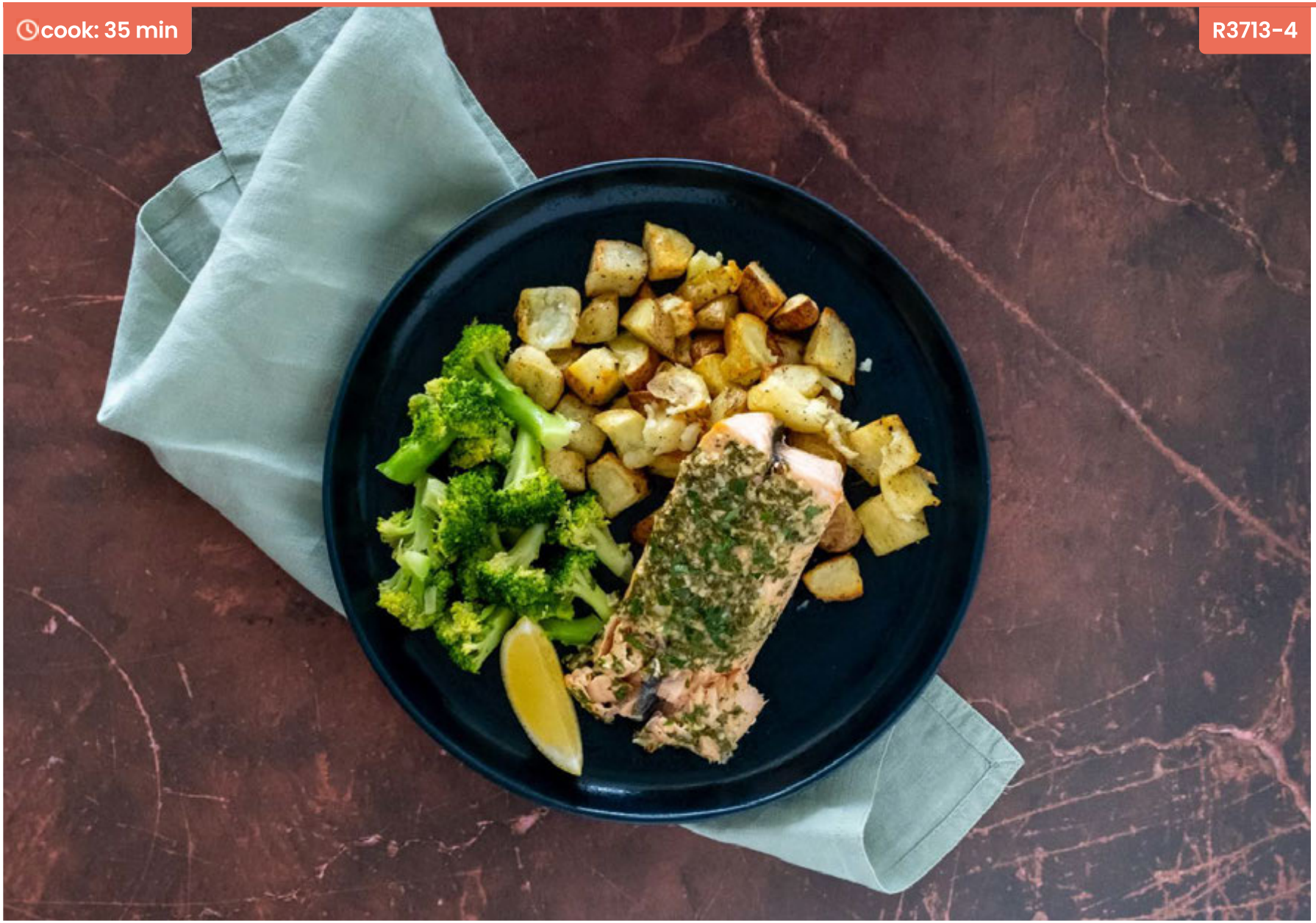
hellochef

698 calories | 47 protein | 58 carbs | 35 fat

Family Friendly

cook: 35 min

R3713-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2913 / 698
Fats (g)	34.5
of which saturated (g)	10.8
Carbohydrates (g)	58
of which sugars (g)	7.3
Fibers (g)	14.2
Proteins (g)	47.3
Salt (g)	0.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Dijon salmon

Skin-on salmon fillet 6*	700 Grams
Lemon	2 Piece
Garlic cloves	6 Piece
Fresh parsley	15 Grams
Olive oil	2 Tbsp
Dijon mustard 13*	24 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Roasted potatoes

Potatoes	1200 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Buttered broccoli

Broccoli	600 Grams
Butter 4*	50 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *6 Fish, *13 Mustard, *4 Milk

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1. Roast potatoes

- Preheat the oven to 220°C/200°C fan.
- Chop the **potatoes** (skins on) into small bite-sized pieces.
- Add them onto a large baking tray with a drizzle of **vegetable oil** and a generous pinch of **salt** and **black pepper**.
- Roast for 25-30 min until golden and crisp.

Tip! For even roasting, turn the potatoes half way through cooking.



2. Prep marinade

- Meanwhile, slice the **lemon** into wedges.
- Peel and mince the **garlic**.
- Pick and finely chop the **fresh parsley** (reserve some for garnish).
- In a small bowl, add the chopped **parsley**, **garlic**, **olive oil**, a squeeze of **lemon** juice (reserve some for serving) and the **mustard**.
- Season with **salt** and **black pepper** and mix well.



3. Butterfly salmon

- Portion the **salmon** into individual **fillets**.
- Using a sharp knife, make a deep incision along each **salmon fillet**, lengthways.
- The incision should reach to the skin of the **salmon**, but not slice through it.
- Finally, turn each **salmon** piece out as though opening a book.
- The intact **salmon** skin should function much like a book's spine.



4. Bake salmon

- Place the **salmon fillet** onto a second baking tray.
- Evenly spread the **lemon Dijon marinade** over the **salmon fillets**.
- Bake for 8-10 min or until the **salmon** is cooked through.

Tip! Cook your salmon for a couple of min less for a medium finish. Keeping it slightly pink inside will ensure it doesn't dry out.



5. Cook broccoli

- Meanwhile, separate the **broccoli** into small florets.
- Cook the **broccoli** in lightly salted boiling water for 4 min or until tender.
- Drain once cooked.
- Return the **broccoli** to the pot and add the **butter**.
- Season with **salt** and **black pepper** and mix well.



6. Serve

- Serve the **Dijon Baked Salmon** with **Roasted Potatoes** and **Buttered Broccoli**.
- Garnish with the remaining **fresh parsley** and **lemon** wedges.

Sesame Crusted Chicken

with Vegetable Garlic Fried Rice

Up your fried rice game by adding garlic and serving it with crisp sesame crusted chicken.

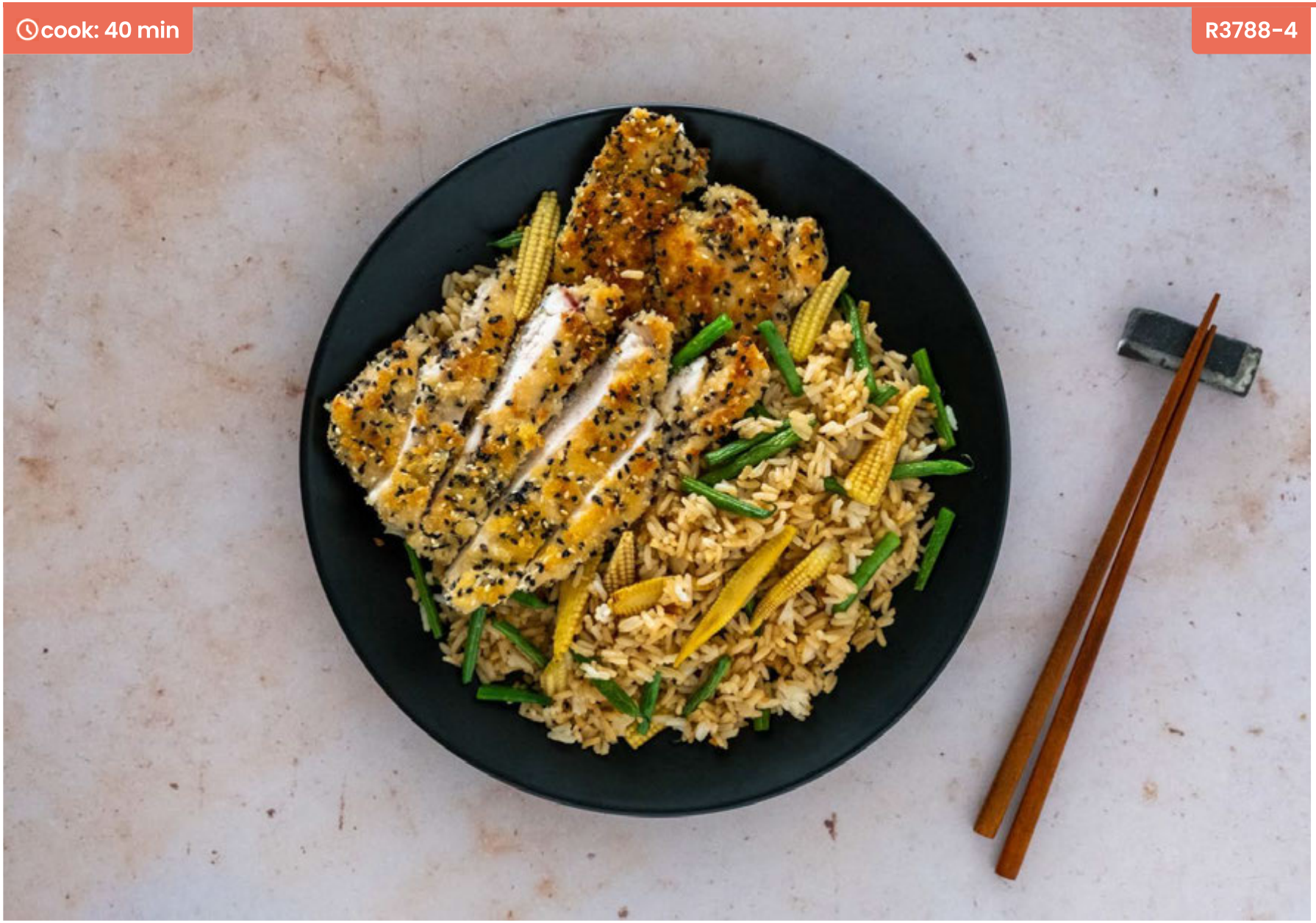
hello chef

779 calories | 67 protein | 108 carbs | 13 fat

Tips for Kids

cook: 40 min

R3788-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3293 / 779
Fats (g)	13
of which saturated (g)	3.7
Carbohydrates (g)	108
of which sugars (g)	3.1
Fibers (g)	6.8
Proteins (g)	66.9
Salt (g)	2.3

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What You'll Need

- Rolling pin

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Sesame chicken	
Chicken breast	600 Grams
Organic Eggs 5*	2 Piece
Salt	1 Tsp
Black pepper	1 Tsp
Plain flour 10*,11*	50 Grams
Garlic onion powder	8 Grams
Panko bread crumbs 10*,11*,12*	120 Grams
Sesame seeds 3*	20 Grams
Black sesame seeds 3*	20 Grams
Vegetable oil	2 Tbsp

Fried rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML
Green beans	375 Grams
Fresh baby corn	225 Grams
Garlic cloves	6 Piece
Vegetable oil	2 Tbsp
Soy sauce 9*,10*,11*	40 ML

Allergens: *5 Eggs, *10 Wheat, *11 Gluten, *12 Lupin, *3 Sesame Seeds, *9 Soya

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1. Boil rice

Rinse the **rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pot from heat and keep covered until serving.

Tip! This recipe works best with cold rice that's been cooked the day before. Simply cook the rice, store in the fridge and then add it to the stir fry the next day.



4. Prep

Trim and roughly chop the **green beans**. Chop the **baby corn** into bite-sized pieces. Peel and mince the **garlic**.

Tip! If cooking for kids, set aside a portion of the green beans and baby corn. Fry them plain separately and set them aside before adding the soy sauce.



2. Prep breading

Meanwhile, whisk the **eggs** in a shallow bowl with a pinch of **salt** and **black pepper**. Add the **flour** and **garlic onion powder** to a second shallow bowl and mix. Add the **panko bread crumbs** and the **white** and **black sesame seeds** to a third shallow bowl.

Tip! If cooking for kids, set aside a portion of the bread crumbs and keep them plain.



5. Fry chicken

Meanwhile, heat a large pan over a medium-high heat with a drizzle of **oil** Once hot, add the **chicken** and reduce the heat to medium. Fry for 3-5 min per side or until golden brown and cooked through. Drain on kitchen paper to remove any excess **oil**. Wipe the pan dry and reserve.

Tip! If cooking for kids, fry the plain chicken breasts first before adding the sesame crusted chicken.



3. Bread chicken

Wrap the **chicken breasts** in cling film and place them on a chopping board. Using a rolling pin, bash the **chicken breasts** until almost halved in thickness. One by one, coat the **chicken breasts** in the **seasoned flour** before dipping them in the beaten **egg** and finally coating them in the **sesame panko breadcrumbs**. Refrigerate until step 5.

Tip! If cooking for kids, bread their chicken with the reserved plain bread crumbs.



6. Serve

Return the reserved pan to a medium heat with a drizzle of **oil**. Once hot, add the **green beans** and **baby corn**. Fry for 5-7 min until the vegetables are tender. Add the **soy sauce** and **garlic** and fry for 1 min further. Add the cooked **rice** and toss to coat. Remove the pan from the heat. Divide the **garlic fried rice** among plates and top with the **sesame chicken**.

Tip! If cooking for kids, set aside a portion of the plain jasmine rice. Slice the chicken into bite-sized pieces and serve them with the plain vegetables alongside.

Beef Meatball and Mushroom Stroganoff

with Dill Potato and Cucumber Salad

All the comforting classic flavours of this popular Russian dish, made lighter with a side salad.

hello chef

598 calories | 46 protein | 46 carbs | 25 fat

Calorie Smart

cook: 35 min

R3997-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2502 / 598
Fats (g)	25.4
of which saturated (g)	11.2
Carbohydrates (g)	46
of which sugars (g)	13.2
Fibers (g)	6.5
Proteins (g)	46.3
Salt (g)	4.3

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04-825-44-00
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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meatballs	
Lean beef mince	700 Grams
Mushroom	500 Grams
White onion	2 Piece
Garlic cloves	2 Piece
Fresh chives	15 Grams
Garlic onion powder	8 Grams
Panko bread crumbs 10*,11*,12*	20 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Olive oil	2 Tbsp
Plain flour 10*,11*	20 Grams
Water	400 ML
Beef stock cube 4*,5*,9*,11*,15*	1 Piece
Worcestershire sauce 6*,11*	30 ML
Sour cream 4*	120 Grams
Dijon mustard 13*	24 Grams

Potato Cucumber Salad	
Potatoes	600 Grams
Fresh dill	15 Grams
Cucumber	2 Piece
White vinegar	45 ML
White sugar	10 Grams
Olive oil	1 Tbsp
Salt	1 Tsp

Allergens: *10 Wheat, *11 Gluten, *12 Lupin, *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *6 Fish, *13 Mustard

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1. Boil Potatoes

- Bring a pot of salted water to the boil.
- Peel and chop the **potatoes** into small bite-sized pieces.
- Add them to the pot and cook for 5-7 min or until soft.
- Drain and keep chilled in the fridge until step 5..



2. Prep

- Clean the **mushrooms** with a cloth, knife or brush (don't wash them).
- Slice the **mushrooms**.
- Peel and finely slice the **onion**.
- Peel and chop the **garlic**.
- Finely chop the **chives**.



3. Fry meatballs

- To a large bowl, add the **beef mince**, the **garlic onion powder**, **panko**, **salt**, **pepper**, and the **chives** (reserve some for garnish).
- With clean hands, knead until all the ingredients are fully combined.
- Divide the mixture into 20 pieces and shape each piece into a **meatball**.
- Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Fry the **meatballs** for 3-4 min or until browned all over.
- The **meatballs** do not have to be fully cooked at this point.



4. Simmer

- Once browned, transfer the **meatballs** to a plate.
- To the same pan, add another drizzle of **oil**.
- Fry the **mushrooms** and **onions** for 5-7 min until browned.
- Add the **garlic** and fry for 1 min further.
- Add the **flour** and stir well, then add the **measured water**, 1 **beef stock cube**, and **Worcestershire sauce**.
- Whisk in the **sour cream** and **mustard**.
- Return the **meatballs** to the pan, cover and gently simmer for 5-7 min or until the **meatballs** are cooked through.



5. Make Salad

- Meanwhile, pick and finely chop the **dill**.
- Chop the **cucumber** into half moons.
- In a large bowl, combine the **vinegar**, **sugar**, **dill**, **olive oil**, with a pinch of **salt**.
- Stir until the **sugar** dissolves, then add the chilled **potatoes** and **cucumber**.
- Gently toss until coated.



6. Serve

- Serve the **Beef Meatball and Mushroom Stroganoff** with the **Dill Potato and Cucumber Salad** alongside.
- Garnish with remaining **chives**.

Greek Lemon Oregano Seabream

with Roasted Potatoes and Olive Salad

Lemon, honey, olives and oregano are all staples in Greek cuisine! Here we've used them to flavour delicious fish and classic potatoes.

hellochef

502 calories | 49 protein | 62 carbs | 9 fat

Calorie Smart

cook: 45 min

R3688-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2100 / 502
Fats (g)	9.3
of which saturated (g)	1.4
Carbohydrates (g)	62
of which sugars (g)	10.7
Fibers (g)	16.1
Proteins (g)	49.4
Salt (g)	0.8

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Seabream	
Seabream 6*	660 Grams
Lemon	2 Piece
Salt	1 Tsp
Black pepper	1 Tsp

Potatoes	
Potatoes	1200 Grams
Olive oil	4 Tbsp
Salt	0.5 Tsp
Garlic cloves	4 Piece
Fresh oregano	10 Grams

Olive salad	
Olive oil	4 Tbsp
Apple cider vinegar	30 ML
Wholegrain mustard 13*	30 Grams
Honey	30 Grams
Salt	1 Tsp
Black pepper	0.5 Tsp
Romaine lettuce	400 Grams
Fresh zaatar	20 Grams
Kalamata olives	80 Grams

Allergens: *6 Fish, *13 Mustard

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1. Roast potatoes

- Preheat the oven to 200°C/180°C fan.
- Chop the **potatoes** (skins on) into small bite-sized pieces.
- Add them to a large baking tray with a drizzle of vegetable **oil** and a generous pinch of **salt**.
- Roast for 20 min.



2. Prep fish

- Meanwhile, peel and mince the **garlic**.
- Pick and finely chop the **oregano leaves**.
- Discard the stems.
- Squeeze the **lemon** into a bowl and add half of the minced **garlic** and half of the **oregano**.
- Place the **seabream** fillets on a plate, skin side down, and cover with the **lemony sauce**.
- Season with a pinch of **salt** and a crack of **black pepper**.

> **Tip!** Reserve the remaining garlic and oregano for step 3.



3. Bake fish

- Once the **potatoes** have been roasting for 20 minutes, add the remaining **garlic** and **oregano** to the **potatoes** and toss to coat evenly.
- Push the **potatoes** to the side.
- Place the **seabream** fillets on the side of the baking tray.
- Cook for a final 10-12 minutes or until the **potatoes** are golden and crisp, and the **seabream** is cooked through.



4. Prep dressing

- Meanwhile, in a large bowl, mix together the **olive oil**, **apple cider vinegar**, **wholegrain mustard**, **honey**, a pinch of **salt** and **black pepper**.
- Keep the **dressing** aside.



5. Prep salad

- Rougly chop the **romaine lettuce**.
- Pick and chop the **zaatar leaves**.
- Chop the **kalamata olives** in half.
- Add the **romaine lettuce**, **zaatar**, and **olives** into the bowl with the **dressing**.
- Toss to combine.

> **Tip!** Dress your salad just before serving, otherwise it will go soggy!



6. Serve

- Serve the **Greek Lemon Oregano Seabream** with **Roasted Potatoes** and **Olive Salad**.

9 oz Fillet of Beef with Truffle Butter
and Roast Potatoes

The combination of truffle butter and steak is bound to impress!

845 calories | 64 protein | 49 carbs | 46 fat

Gourmet



Nutritional information

	per serving*
Energy (kJ/kcal)	3516 / 845
Fats (g)	45.8
of which saturated (g)	20.2
Carbohydrates (g)	49
of which sugars (g)	6.4
Fibers (g)	10.6
Proteins (g)	63.6
Salt (g)	0.9

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

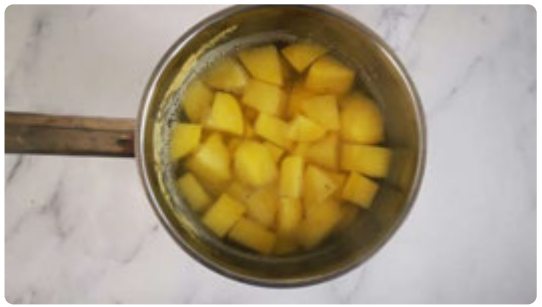
Steak	
Fillet steak	1000 Grams
Vegetable oil	2 Tbsp
Salt	2 Tsp
Black pepper	1 Tsp

Vegetables	
Potatoes	1200 Grams
Vegetable oil	2 Tbsp
Garlic cloves	4 Piece
Shallots	2 Piece
Spinach	450 Grams
Salt	2 Tsp

Truffle butter	
Butter 4*	100 Grams
Truffle oil	30 ML
Smoked sea salt	4 Grams

Allergens: *4 Milk

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1. Prep potatoes

- Preheat the oven to 200°C/180°C fan.
- Remove the **steaks** and **butter** from the fridge.
- Peel the **potatoes** and chop them into bite-sized pieces.
- Add them to a pot of boiling salted water and cook over a high heat for 5 min or until fork-tender.
- Once tender, drain and leave to steam dry for 5 min.



2. Make truffle butter

- Meanwhile, place the **butter** into a bowl with the **truffle oil** and a pinch of the **smoked sea salt** (reserve the rest for step 6).
- Mash with a fork until combined.
- Transfer the **butter** to a square piece of baking paper and roll it up, like an old fashioned sweet.
- Place it in the fridge or freezer until ready to serve.



3. Roast potatoes

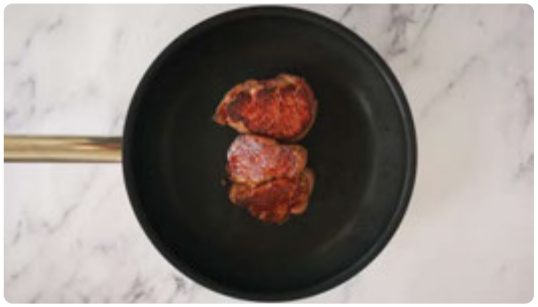
- Meanwhile, once drained, add the cooked **potatoes** to a baking tray.
- Drizzle with a generous amount of **vegetable oil**.
- Roast for 25-30 min until golden and tender.

Tip! For extra crispy potatoes, shake them around in a colander to fluff up the edges before roasting!



4. Prep spinach

- Meanwhile, peel and mince the **garlic**.
- Peel and slice the **shallots**.
- Chop the **spinach** roughly.



5. Cook steaks

- Pat the **steaks** dry with kitchen paper.
- Heat a large pan with a drizzle of **oil** over a high heat.
- Once very hot, add the **steaks** and fry them for 3 min on each side.
- Place on a baking tray and finish cooking them in the oven for 4-6 min or until cooked to your liking.
- Transfer the **steaks** to a plate and leave them to rest for 10 min.
- Once rested, season generously with **salt** and **pepper**.
- Reserve the pan.



6. Cook spinach

- Return the pan to a medium heat with a drizzle of **oil**.
- Once hot, the **shallots** and **garlic** with a pinch of **salt** and cook for 3 min.
- Add the **spinach** and cook for 4 min further.
- Slice the rested **steaks** and season generously with **pepper**.
- Top with a knob of **truffle butter**.
- Serve with the **potatoes** and **spinach** to the side.
- Sprinkle the **potatoes** with a pinch of **smoked sea salt**.

Baked Italian Chicken Meatballs

in Marinara Sauce with Broccoli

These Italian spiced meatballs are topped with mozzarella!

hello chef

758 calories | 75 protein | 29 carbs | 40 fat

Low Carb

cook: 45 min

R3663-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3168 / 758
Fats (g)	40.3
of which saturated (g)	14
Carbohydrates (g)	29
of which sugars (g)	13.4
Fibers (g)	8.4
Proteins (g)	75.2
Salt (g)	5.7

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What You'll Need

Oven

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hellochef.com

Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken meatballs	
Chicken mince	800 Grams
Grated Parmesan 4*	60 Grams
Tamari 9*	30 ML
Dried oregano	4 Grams
Garlic onion powder	8 Grams
Black pepper	1 Tsp
Vegetable oil	2 Tbsp

Marinara	
Red onion	2 Piece
Garlic cloves	4 Piece
Broccoli	600 Grams
Olive oil	2 Tbsp
Tomato paste	70 Grams
Dried thyme	4 Grams
Tomato passata	400 Grams
Brown sugar	10 Grams
Water	300 ML
Chicken stock cube 4*,5*,9*,15*	2 Piece
Grated mozzarella 4*	200 Grams
Fresh basil	15 Grams

Allergens: *4 Milk, *9 Soya, *5 Eggs, *15 Celery

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1. Start marinara

- Preheat the oven to 200°C/180°C fan.
- Peel and finely chop the **onion** and **garlic**.
- Separate the **broccoli** into bite-size florets.
- Heat a large pot over a medium heat with a drizzle of **oil**.
- Once hot, add the **onion**. Fry for 3 min or until softened.
- Add the **garlic**, **tomato paste** and **dried thyme**.
- Fry for 1 min.
- Add the **tomato passata**, **brown sugar**, **measured water** and **stock cube**.
- Simmer for 5 min.
- Add the **broccoli** and simmer for 5 min further.



4. Bake

- Once the **marinara sauce** has simmered for 10 min, pour it into a baking dish along with the **broccoli**.
- Add the **meatballs** and top the lot with the **mozzarella** and remaining **grated Parmesan**.
- Bake for 5 min or until the **meatballs** are cooked through and the **cheese** is beginning to brown.



2. Make meatballs

- Meanwhile, in a large bowl, mix together the **chicken mince**, **tamari**, **oregano**, **garlic onion powder**, half of the **grated Parmesan** and **black pepper**.
- With clean hands, knead until all the ingredients are fully combined.
- Divide the mixture into 20 pieces and shape each piece into a **meatball**.

> **Tip!** If the mixture is too sticky to handle, shape the meatballs with wet hands.



5. Serve

- Meanwhile, pick the **basil** leaves.
- Let the **meatball bake** rest for 5 min before serving.
- Top the bake with the **basil**.
- Serve the **Baked Italian Chicken Meatballs** in **Marinara Sauce** with **Broccoli**.

> **Tip!** Serve with crusty bread - perfect for sauce mopping.



3. Fry meatballs

- Heat a non-stick pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **meatballs**.
- Fry for 5-7 min or until starting to brown all over.

> **Tip!** The meatballs do not have to be cooked through at this point.

Classic Chicken Noodle Stir-fry

A takeaway classic that's on the table in no time!

hellochef

632 calories | 59 protein | 68 carbs | 13 fat

Family Friendly

prep: 5 min | cook: 20 min | R4748-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2643 / 632
Fats (g)	12.7
of which saturated (g)	2.2
Carbohydrates (g)	68
of which sugars (g)	22.5
Fibers (g)	6.3
Proteins (g)	59.4
Salt (g)	5.3

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Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stir-fry	
Chicken breast	800 Grams
Egg noodles 5*,10*,11*	200 Grams
Snow peas	200 Grams
Red pepper	2 Piece
Spring onion	80 Grams
Large red chilli	2 Piece
Vegetable oil	2 Tbsp
Ginger garlic paste	30 Grams
Soy sauce 9*,10*,11*	60 ML
Rice vinegar	30 ML
Hoisin sauce 3*,9*,10*	90 Grams
Bean sprouts	100 Grams
Sweet soy sauce 9*,10*,11*,14*	30 ML
Sesame oil 3*,9*	30 ML

Allergens: *5 Eggs, *10 Wheat, *11 Gluten, *9 Soya, *3 Sesame Seeds, *14 Sulphur Dioxide

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1. Boil noodles

Bring a large pot of salted water to a boil. Add the **noodles** and cook for 5-6 min. Drain well and rinse under cold water to prevent the **noodles** from sticking together.



2. Prep

Meanwhile, trim and slice the **snow peas** into bite-sized pieces. Deseed and finely slice the **peppers**. Finely chop the **red chilli**. Trim and finely slice the **spring onion**. Chop the **chicken** into bite-sized pieces.

> **Tip!** Sensitive to spice? Carefully remove the seeds of the red chilli, if you prefer a milder flavour.



3. Fry chicken

Heat a large non-stick pan over a high heat with a drizzle of **oil**. Fry the **chicken** and fry for 2-3 min until browned. Transfer the **chicken** to a plate and reserve the pan.

> **Tip!** If the pan is looking crowded, fry the beef strips in batches. This will stop them from stewing, rather than frying.



4. Fry veg

Return the reserved pan to a medium-high heat with another drizzle of **oil**. Once hot, add the **pepper** and **snow peas** and fry for 2-3 min. Add the **ginger garlic paste** and fry for 30 sec further.



5. Finish

Add the **soy sauce**, **rice vinegar**, **hoisin sauce**, **bean sprouts**, **noodles**, **chicken**, **sweet soy sauce** and the **red chilli (spicy!)** to the pan and fry for 2 min. Toss until everything is coated. Remove the pan from the heat and add the **sesame oil**. Toss.

> **Tip!** Sensitive to spice? Go easy on the red chilli.



6. Serve

Divide the **noodles** among bowls and garnish with the **spring onion**.

Minced Chicken Egg Fried Rice

Fried rice was invented sometime during the Sui dynasty in Yangzhou, located within the eastern Jiangsu province of China.

hello chef

805 calories | 62 protein | 94 carbs | 26 fat

Tips for Kids

cook: 35 min

R4130-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3367 / 805
Fats (g)	26
of which saturated (g)	7.4
Carbohydrates (g)	94
of which sugars (g)	13.3
Fibers (g)	5.4
Proteins (g)	61.6
Salt (g)	3.8

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fried rice	
Chicken mince	800 Grams
Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML
Carrot	2 Piece
Sugar snap peas	200 Grams
Spring onion	80 Grams
Vegetable oil	2 Tbsp
Organic Eggs 5*	2 Piece
Soy sauce 9*,10*,11*	60 ML
Sweet soy sauce 9*,10*,11*,14*	30 ML
Sriracha sauce	28 Grams

Allergens: *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide

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1. Boil rice

Rinse the **rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pot from heat and reserve until step 5.

Tip! This recipe works best with cold rice that's been cooked the day before. Simply cook the rice, store in the fridge and then add it to the stir-fry the next day.



2. Prep

Meanwhile, peel and grate the **carrot**. Trim and chop the **sugar snap peas** in half. Trim and finely slice the **spring onion**.

Tip! If cooking for kids, set aside a small portion of the carrots and snow peas.



3. Scramble egg

Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **eggs** and stir-fry for 1-2 min, scrambling with a spatula as you go. Once cooked, transfer to a plate and reserve the pan.

Tip! If cooking for kids, set aside a portion of the scrambled egg.



4. Fry

Return the reserved pan to a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken mince** with a pinch of **salt** and stir-fry for 5-7 min or until the **chicken** is fully cooked through. Add the **carrots** and **snap peas** and fry for 3-5 min or until the **vegetables** have softened.

Tip! If cooking for kids, set aside a portion of plain cooked chicken to the side before adding the vegetables.



5. Add rice

Once the **rice** is cooked, add it to the pan followed by the **soy sauce**, **sweet soy sauce**, **sriracha (spicy!)** and **spring onion** (reserve some for garnish). Fry for 1 min and toss to coat.

Tip! If cooking for kids, set aside a portion of plain cooked rice before adding to the pan.



6. Serve

Divide the **chicken fried rice** among plates and garnish with the remaining **spring onion**.

Tip! If cooking for kids, serve the chicken, vegetables, cooked rice, and scrambled egg separately. Serve the spring onion as 'sprinkles' to the side.

Ginger Tofu Udon Noodles

This speedy one-pan dish packs in a ton of flavour and can be ready in just 25 minutes!

hello chef

804 calories | 42 protein | 108 carbs | 25 fat

Speedy | Quick Prep

prep: 5 min | cook: 25 min | R4389-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3390 / 804
Fats (g)	24.9
of which saturated (g)	3.7
Carbohydrates (g)	108
of which sugars (g)	4.8
Fibers (g)	7.6
Proteins (g)	42.2
Salt (g)	7

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Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Tofu	
Firm tofu 9*	600 Grams
Corn starch	40 Grams
Vegetable oil	4 Tbsp

Stir-fry	
Spring onion	80 Grams
Ginger garlic paste	40 Grams
Vegetarian oyster sauce 9*	80 Grams
Soy sauce 9*,10*,11*	80 ML
Udon noodles 10*,11*	1000 Grams
Vegetable oil	1 Tbsp
Snow peas	200 Grams
Bean sprouts	100 Grams
Sesame oil 3*,9*	30 ML

Garnish	
Crispy onions	40 Grams
Sushi ginger	80 Grams
Black sesame seeds 3*	10 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Prep

- Boil a kettle.
- Trim and finely slice the **spring onion**, separating the white parts from the green.
- In a small bowl, combine the **ginger garlic paste**, **vegetarian oyster** and **soy sauce**.
- This is your **stir-fry sauce**.
- Place the **noodles** in a large bowl, cover with boiling water to loosen, then drain.



2. Prep tofu

- Chop the **tofu** into bite-sized cubes.
- In a separate large bowl, toss the **tofu** in the **corn starch**.



3. Fry tofu

- Heat a large pan over a medium-high heat with a generous drizzle of **oil**.
- Once hot, add the **tofu** and fry for 3-5 min, turning regularly until golden and crispy.
- Once cooked, transfer to a plate.
- Wipe and reserve the pan.



4. Fry veg

- Return the reserved pan to a medium-high heat with another drizzle of **oil**.
- Once hot, add the white parts of the **spring onion**.
- Fry for 1 min.
- Add the whole **snow peas** and fry for 3 min.



5. Finish stir-fry

- Add the drained **udon noodles**, fried **tofu**, **bean sprouts**, **stir-fry sauce** and **sesame oil**.
- Mix well and cook for 1 final min.



6. Serve

- Serve the **Ginger Tofu Udon Noodles** garnished with the remaining **spring onions**, **crispy onion**, **sushi ginger** and **sesame seeds**.

Tex-Mex Sticky BBQ Chicken

with Corn Salad and Potato Wedges

-

hello chef

742 calories | 65 protein | 79 carbs | 20 fat

Family Friendly | Tips for Kids

cook: 45 min

R4735-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3104 / 742
Fats (g)	19.9
of which saturated (g)	9.7
Carbohydrates (g)	79
of which sugars (g)	26.7
Fibers (g)	12.2
Proteins (g)	64.8
Salt (g)	2.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Barbecue sauce 11*,13*	80 Grams
Grated cheddar 4*	120 Grams
Chipotle	30 Grams

Salad	
Sweet corn kernels	122 Grams
Sour cream 4*	120 Grams
Lime	1 Piece
Tomatoes	1 Piece
Red onion	1 Piece
Fresh coriander	30 Grams

Potato	
Potatoes	1000 Grams
Fajita seasoning	20 Grams

Allergens: *11 Gluten, *13 Mustard, *4 Milk

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1. Roast potatoes

- Cut **potatoes** into wedges. Season with **fajita seasoning**. Roast for 15 min.



2. Marinate

- Finely chop the **chipotle** peppers. Add the **chicken** to a bowl with a drizzle of olive oil. Mix in the **chipotle** peppers. Marinate.



3. Prep

- Drain the hominy **corn**. Fry in a pan until charred.



4. Make salad

- Chop **coriander**. Chop **onions**. Chop **tomatoes**. Slice **lime**. Add to a bowl, mix in the **corn**.



5. Roast chicken

- Add the **chicken** to the tray with **potatoes**. Roast for 15 min. Add the BBQ **sauce** and cheese.



6. Serve

- Serve.

Coconut Miso Salmon Curry

with Jasmine Rice

This light weeknight curry comes together in less than 30 min. Enjoy its rich miso flavour with a zingy lime finish.

hello chef

831 calories | 54 protein | 99 carbs | 31 fat

Family Friendly | Global Eats

cook: 30 min

R3793-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3477 / 831
Fats (g)	30.6
of which saturated (g)	13.7
Carbohydrates (g)	99
of which sugars (g)	14.7
Fibers (g)	7.8
Proteins (g)	54.1
Salt (g)	3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Salmon goujons 6*	700 Grams
Red onion	2 Piece
Small zucchini	4 Piece
Spinach	200 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Ginger garlic paste	30 Grams
Sambal oelek	20 Grams
Coconut milk	400 ML
Water	200 ML
Soy sauce 9*,10*,11*	20 ML
Sweet chilli sauce	80 ML
Miso paste 9*	60 Grams
Fresh coriander	15 Grams
Lime	2 Piece

Jasmine rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML

Allergens: *6 Fish, *9 Soya, *10 Wheat, *11 Gluten

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1. Boil rice

Rinse the **rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pot from the heat and keep covered until serving.



2. Prep

Meanwhile, peel and finely slice the **red onions**. Chop the **zucchini** into bite-sized pieces. Trim and roughly chop the **spinach** leaves. Discard the stems.



3. Make curry

Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**. Add the **onions** with a pinch of **salt** and fry for 5 min. Add the **ginger garlic paste**, **zucchini**, **sambal oelek (spicy!)**, **coconut milk**, **measured water**, **soy sauce** and **sweet chilli sauce**. Simmer, covered, for 5-7 min or until the **zucchini** is tender.

Tip! Want your curry thicker? Reduce the sauce to your desired consistency before adding the salmon.



4. Add salmon

Add the **salmon goujons**, **spinach** and **miso paste**. Cook, covered, for 2-3 min further.



5. Prep

Meanwhile, finely chop the **coriander** leaves.



6. Serve

Once cooked, add the **coriander** (reserve some for garnish) and a squeeze of **lime** juice to the **curry**. Serve the **curry** over the **rice**. Garnish with the remaining **coriander** and **lime**.

Asparagus and Pea Risotto

with Goat's Cheese

Risotto, originally from Northern Italy, is made with Arborio rice which is starchier than most long grain varieties.

563 calories | 25 protein | 90 carbs | 17 fat

Calorie Smart

cook: 40 min

R3810-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2345 / 563
Fats (g)	17.3
of which saturated (g)	7.7
Carbohydrates (g)	90
of which sugars (g)	6.9
Fibers (g)	6.6
Proteins (g)	24.5
Salt (g)	1.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Risotto	
Water	1400 ML
Vegetable stock cube 15*	2 Piece
Vegetable oil	2 Tbsp
Red onion	2 Piece
Garlic cloves	4 Piece
Thick asparagus	500 Grams
Salt	1 Tsp
Arborio rice	320 Grams
Green peas	200 Grams
Grated Parmesan 4*	60 Grams
Black pepper	1 Tsp

To serve	
Olive oil	2 Tbsp
Fresh parsley	15 Grams
Soft goat cheese 4*	250 Grams

Allergens: *15 Celery, *4 Milk

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1. Prep

- Boil the **measured water**.
- Dissolve the **vegetable stock cube** in it.
- Set the **vegetable stock** aside.
- Meanwhile, peel and finely chop the **red onion**.
- Peel and mince the **garlic**.
- Trim and discard the woody stems off the **asparagus**.
- Chop the rest into bite-sized pieces.



2. Fry

- Heat a large pot or pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion** with a pinch of **salt**.
- Fry for 5 min until softened.
- Once softened, add the **garlic** and **arborio rice**.
- Fry for 1 min further, stirring to coat the grains in the **oil**.



3. Simmer risotto

- Reduce the heat to medium.
- Add 1/3 of the **vegetable stock**.
- Stir continuously until it has absorbed.
- Continue to add the **stock**, a little at a time.
- Cook for for 20 min or until the **stock** is absorbed and the **risotto rice** is cooked 'al dente'.

Tip! The amount of stock you will require, depends on the size of your pan and the heat over which you simmer the risotto. Make sure to adjust the amount accordingly.



4. Add asparagus

- Add the **asparagus** to the **risotto**.
- Cook for 2-3 min further.



5. Finish

- Meanwhile, pick and finely chop the **parsley** leaves.
- Once the **risotto** is cooked, add the **green peas**, **grated Parmesan** and half the chopped **parsley** (reserve the rest for garnish).
- Cook for 2-3 min further or until the **asparagus** is tender.
- Season with **salt** and **pepper** to taste.



6. Serve

- Slice or crumble the **goats cheese**.
- Serve the **Asparagus and Pea Risotto** topped with **Goat's Cheese**.
- Garnish with the remaining **parsley** and a drizzle of **olive oil**.

Lamb Kofta Patties in a Tangy Tomato Sauce

with Vermicelli Rice and Salad

Warming spices, tangy pomegranate molasses, and fresh herbs; this meal is packed with Middle-Eastern flavours, and makes great leftovers.

938 calories | 56 protein | 106 carbs | 37 fat

Family Friendly

cook: 40 min

R4483-4

Nutritional information

	per serving*
Energy (kJ/kcal)	3928 / 938
Fats (g)	36.5
of which saturated (g)	15.6
Carbohydrates (g)	106
of which sugars (g)	17.3
Fibers (g)	8.6
Proteins (g)	55.7
Salt (g)	3.7

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef Patties	
Lamb mince	700 Grams
Fresh mint	10 Grams
Arabic mix masala	4 Grams
Coriander cumin powder	8 Grams
Onion powder	10 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Tomato Sauce	
Garlic cloves	4 Piece
Tomato passata	500 Grams
Pomegranate molasses	40 Grams
Brown sugar	20 Grams
Chicken stock cube 4*,5*,9*,15*	1 Piece
Water	200 ML

Rice	
Long grain rice	300 Grams
Vermicelli 10*,11*	40 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Salad	
Cucumber	2 Piece
Carrot	1 Piece
Lemon	1 Piece
Fresh parsley	15 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *10 Wheat, *11 Gluten

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1. Boil rice

-



2. -

-



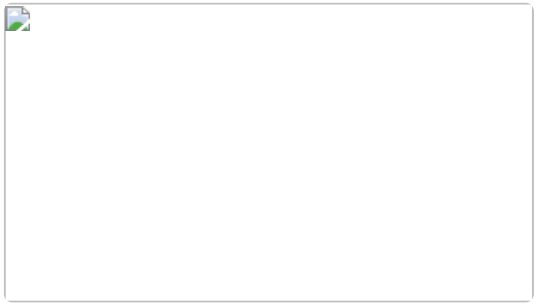
3. Make patties

Meanwhile, pick and finely chop the **mint**. In a bowl, combine the beef **mince**, **coriander cumin powder**, paprika, allspice, **garlic onion powder**, **olive oil**, **salt**, **pepper**, and **mint**. With clean hands, knead the mixture until fully combined. Shape into 12 thin patties and set aside.

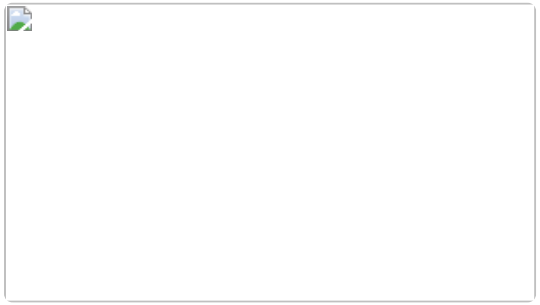


4. Cook patties

Toast the pine nuts in a hot, dry pan for 2 min or until starting to brown. Set the nuts aside. Using the same pan, drizzle **olive oil**. Fry the **beef patties** for 2-3 min, turning occasionally, until browned. Once browned, add the **tomato passata**, **pomegranate molasses**, **brown sugar**, 1 **stock cube**, and **measured water**. Stir, cover and cook for 5-7 min further, until the beef is fully cooked through and the **sauce** has thickened.



5. Make salad



6. Serve

Teriyaki Salmon with Roasted Zucchini
and Jasmine Rice

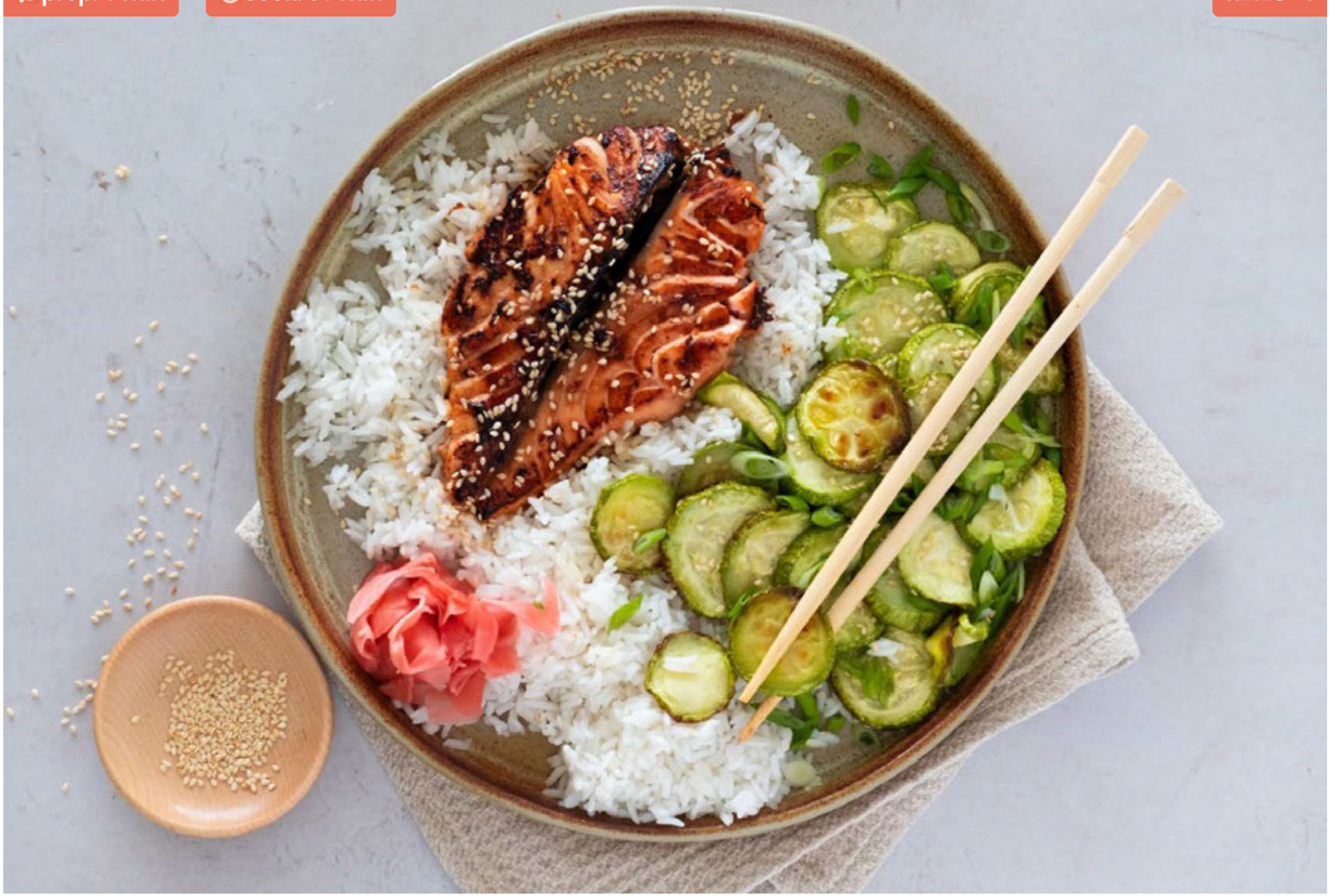
This dish is a great introduction to Asian flavours.

hello chef

788 calories | 48 protein | 98 carbs | 29 fat

Family Friendly | Quick Prep

prep: 5 min | cook: 30 min | R2128-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3277 / 788
Fats (g)	29.1
of which saturated (g)	5.6
Carbohydrates (g)	98
of which sugars (g)	12.4
Fibers (g)	5.9
Proteins (g)	48.1
Salt (g)	3.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven | Box grater

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salmon	
Skin-on salmon fillet 6*	700 Grams
Garlic cloves	4 Piece
Ginger	60 Grams
Teriyaki sauce 8*,9*,10*	80 ML
Soy sauce 9*,10*,11*	20 ML
Brown sugar	10 Grams
Oyster sauce 8*,10*	40 Grams

Zucchini	
Small zucchini	8 Piece
Olive oil	2 Tbsp
Salt	1 Tsp

Rice	
Jasmine rice	300 Grams
Water	600 ML
Salt	1 Tsp

To serve	
Sesame seeds 3*	20 Grams
Spring onion	80 Grams
Sushi ginger	80 Grams

Allergens: *6 Fish, *8 Molluscs, *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Boil rice

- Preheat the oven to 220°C/200°C fan.
- Add the **jasmine rice**, the **measured water** and a pinch of **salt** to a pan with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pan from the heat.
- Keep covered until serving.
- Before serving, fluff with a fork.



2. Roast zucchini

- Meanwhile, slice the **zucchini** finely.
- Arrange the **zucchini** slices on a lined baking tray.
- Drizzle them with **oil**, season with **salt**.
- Bake for 12 min.
- Meanwhile, peel and grate the **garlic** and **ginger** directly into a bowl.
- Add the **teriyaki sauce**, **soy sauce**, **brown sugar** and **oyster sauce**.



3. Prep salmon

- Portion the **salmon** into individual **fillets**.
- Using a sharp knife, make a deep incision along each **salmon fillet**, length ways.
- The incision should reach through to the skin of the **salmon**, but not slice through it.
- Finally, turn each **salmon** piece out as though opening a book.
- The intact **salmon** skin should function as the book's spine.
- Turn the **salmon** in the **sauce**.



4. Bake salmon

- Make space on the **zucchini** tray and add the **salmon** to it (drizzle any leftover marinade **sauce** over the top).
- Return the tray to the oven for 10-15 min or until the **salmon** is cooked through but still juicy.

Tip! Cook the salmon for a couple of minutes less for a medium finish. Keeping it slightly pink inside will ensure it doesn't dry out.



5. Toast sesame

- Meanwhile, toast the **sesame seeds** in a hot, dry pan for 2 min or until starting to **brown**.
- Finely slice the **spring onion**.



6. Serve

- Serve the **Teriyaki Salmon** with **Roasted Zucchini** and **Jasmine Rice**.
- Garnish with the toasted **sesame seeds** and the chopped **spring onion**.
- Serve with the **sushi ginger** to the side.

One-pot Chicken Couscous 'Paella'

with Lemon and Parsley Aioli

Enjoy this quick and fuss-free take on 'paella' made with couscous.

hello chef

801 calories | 59 protein | 76 carbs | 27 fat

Family Friendly | Speedy

cook: 25 min

R3895-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3351 / 801
Fats (g)	27.1
of which saturated (g)	5.2
Carbohydrates (g)	76
of which sugars (g)	7.8
Fibers (g)	10.9
Proteins (g)	58.9
Salt (g)	3.8

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken couscous	
Chicken breast	600 Grams
Red pepper	2 Piece
Tomatoes	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Dried oregano	4 Grams
Smoked paprika powder	8 Grams
Garlic onion powder	16 Grams
Turmeric powder	4 Grams
Green peas	375 Grams
Water	500 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Black pepper	1 Tsp
Couscous 10*,11*	300 Grams

Aioli	
Lemon	2 Piece
Fresh parsley	15 Grams
Mayonnaise 5*,9*,13*	120 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *10 Wheat, *11 Gluten, *13 Mustard

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1. Prep

- Chop the **chicken** into bite-sized pieces.
- Deseed and finely chop the **red pepper**.
- Finely chop the **tomatoes**.



2. Fry

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken** with a pinch of **salt**.
- Fry for 3-4 min.
- Add the **peppers** and **tomatoes**. Fry for 3 min further.
- Fry for 3 min further.



3. Add spices

- Add the **dried oregano**, **smoked paprika**, **garlic onion powder** and **turmeric** to the pan.
- Fry for 1 min further.



4. Add couscous

- Add the **green peas**, **measured water**, 1 **chicken stock cube** with a pinch of **pepper** to the pan.
- Bring to a simmer.
- Once simmering, add the **couscous**.
- Mix well.
- Cover with a lid.
- Remove from the heat.
- Set aside for 5 min, to allow the **couscous** to absorb all the liquid.



5. Make aioli

- Meanwhile, slice the **lemon** into wedges.
- Pick and finely chop the **parsley** leaves.
- In a small bowl, combine the **mayonnaise**, a squeeze of **lemon** juice to taste (reserve the rest for garnish) and **parsley** with a pinch of **salt** and **pepper** to taste.



6. Serve

- Once the **couscous** has absorbed all the liquid, fluff it up with a serving spoon.
- Serve the **One-pot Chicken Couscous 'Paella'** with **Lemon and Parsley Aioli** alongside.
- Garnish with the remaining **lemon wedges**.

Chicken in a Creamy Leek Sauce

with Mashed Potatoes and Peas

A super wholesome and easy meal sure to please the whole family.

hellochef

821 calories | 62 protein | 69 carbs | 34 fat

Family Friendly

cook: 40 min

R4654-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3417 / 821
Fats (g)	33.5
of which saturated (g)	22
Carbohydrates (g)	69
of which sugars (g)	16.2
Fibers (g)	11.3
Proteins (g)	61.6
Salt (g)	3.7

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What You'll Need

- Potato masher

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Olive oil	1 Tbsp
Chicken seasoning	4 Grams
Dried thyme	4 Grams

Sauce	
Leeks	2 Piece
Garlic cloves	4 Piece
Water	200 ML
Chicken stock cube 4*,5*,9*,15*	2 Piece
Cooking cream 4*	400 ML
Dijon mustard 13*	12 Grams

Mash	
Potatoes	1000 Grams
Butter 4*	20 Grams
Whole milk 4*	100 ML

To serve	
Fresh parsley	15 Grams
Green peas	200 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *13 Mustard

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1. Make mash

- Peel and chop the **potatoes** into bite-sized pieces.
- Add them to a pan of boiling water with a generous pinch of **salt** and cook over medium heat for 20 min or until soft.
- Once the **potatoes** are soft, drain and return them to the pan with the **butter**.
- Mash until smooth, and gradually add **milk** until it reaches your desired consistency.
- Season with **salt** and **pepper** to taste



2. Fry chicken

- Meanwhile, season **chicken** with **olive oil**, **chicken seasoning** and **dried thyme**.
- Heat a large frying pan over a medium-high heat with a drizzle of **oil**.
- Fry the **chicken** for 6-8 min until golden and nearly cooked.
- Remove the **chicken** and set aside.
- Reserve the pan for step 4.



3. Prep

- Meanwhile, finely chop the **leeks**.
- Peel and finely chop the **garlic**.
- Pick and finely chop the **parsley**.



4. Fry veg

- Return the pan back to a medium heat with another drizzle **oil**.
- Fry the **leeks** and **garlic** for 6-8. min until softened
- Add the measured **water** and **stock cube**, mix to combine.
- Nestle in the **chicken**.
- Cook for a further 2-3 min.



5. Finish

- Add the **cream**, **dijon mustard**, **parsley** and season with **salt** and **pepper** to taste.
- Cook for 2-3 min further.
- Meanwhile, boil a kettle.
- Place the **peas** in a bowl and pour over the boiling water.
- Leave to cook for 3-4 min and drain.



6. Serve

- Serve the **Chicken in a Creamy Leek Sauce with Mashed Potatoes and Peas** .

Salmon in Sesame Sauce

with Jasmine Rice and Spinach Salad

Like all oily fish, salmon is rich in omega-3 fatty acids, making it an excellent promoter of heart and brain health.

hello chef

849 calories | 61 protein | 93 carbs | 33 fat

Family Friendly

cook: 30 min

R3501-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3216 / 849
Fats (g)	32.6
of which saturated (g)	4.7
Carbohydrates (g)	93
of which sugars (g)	8.3
Fibers (g)	6.9
Proteins (g)	60.5
Salt (g)	2.7

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What You'll Need

Whisk

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salmon	
Skinless salmon fillet 6*	700 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp
Rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML
Sauce	
Tahini 3*	60 Grams
Miso paste 9*	40 Grams
Honey	30 Grams
Rice vinegar	30 ML
Water	60 ML
To serve	
Spinach	450 Grams
Garlic cloves	4 Piece
Edamame beans 9*	200 Grams
Soy sauce 9*,10*,11*	40 ML
Sesame oil 3*,9*	30 ML
Sesame seeds 3*	15 Grams
Sushi ginger	80 Grams

Allergens: *6 Fish, *3 Sesame Seeds, *9 Soya, *10 Wheat, *11 Gluten

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1. Boil rice

- Rinse the **jasmine rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pan with a lid and bring to a boil over a high heat.
- Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pan from heat and keep covered until serving.



2. Prep

- Meanwhile, trim the **spinach** stalks.
- Place the leaves in a colander and pour the freshly boiled water from a kettle over it.
- Once the **spinach** is cool enough to handle, give it a good squeeze and chop it roughly.
- Peel and mince the **garlic**.



3. Make sauce

- Add the **tahini**, **miso**, **honey** and **vinegar** to a bowl and whisk.
- Gradually add 2 tbsp of **water** and continue to whisk until smooth.
- Set aside.



4. Cook spinach

- Heat a pan over a high heat with a drizzle of **vegetable oil**.
- Add the **garlic** and **edamame beans** and fry for 1 min.
- Remove the pan from the heat and add the **soy sauce**, **sesame oil**, **sesame seeds** and chopped **spinach**.
- Toss.
- Transfer to a bowl or plate.



5. Fry salmon

- Portion the **salmon**.
- Return the pan to a high heat (no need to wash it) with another drizzle of **oil**.
- Once hot, add the **salmon fillets** and cook for 3-4 min on either side until cooked through.
- Season with **salt** and **pepper**.



6. Serve

- Serve the **Salmon** and **Sesame Sauce** with **Jasmine Rice**, **Spinach Salad** and **sushi ginger**, to the side.

Tip! Fussy kids? Serve their salmon without the sauce!

Chicken Meatballs and Thyme Roasted Potatoes

with Green Beans and Onion Gravy

Classic flavours of an English roast dinner - done differently!

hello chef

636 calories | 54 protein | 49 carbs | 27 fat

Family Friendly

cook: 45 min

R3979-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2663 / 636
Fats (g)	26.7
of which saturated (g)	9.1
Carbohydrates (g)	49
of which sugars (g)	14.7
Fibers (g)	8.6
Proteins (g)	54.1
Salt (g)	0.7

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken meatballs	
Chicken mince	600 Grams
Garlic onion powder	8 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Butter **4***	20 Grams
Plain flour **10*,11***	20 Grams
Water	300 ML
Worcestershire sauce **6*,11***	30 ML
Onion marmalade	56 Grams

Roasted potatoes	
Potatoes	900 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Fresh thyme	10 Grams

Roasted green beans	
Green beans	375 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Allergens: *4 Milk, *10 Wheat, *11 Gluten, *6 Fish

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1. Roast potatoes

- Preheat the oven to 200°C/180°C fan.
- Chop the **potatoes** (skins on) into small bite-sized pieces.
- Add them to a baking tray with a drizzle of **vegetable oil**, and a generous pinch of **salt** and spread the **thyme** springs on top evenly.
- Roast for 15 min.



2. Prep

- Meanwhile, in a large bowl, mix together the **chicken mince**, **garlic onion powder** and a generous pinch of **salt** and **pepper**.
- With clean hands, knead until all the ingredients are fully combined.
- Divide the mixture into 20 pieces.
- Shape each piece into a **meatball**.

Tip! To stop the chicken mince from sticking to your hands when shaping them into meatballs, wet your hands with water before shaping each portion of the mixture.



3. Make sauce

- Heat a small saucepan over a medium heat with the **butter**.
- Once melted, add the **flour**.
- Cook, stirring continuously, for 1 min or until a sandy paste has formed.
- Once a paste has formed, gradually whisk in the **measured water**, **Worcestershire**, **onion marmalade** and a generous pinch of **salt** and **pepper**.
- Simmer for 3 min or until the **sauce** thickens up.
- Cover and set aside.



4. Bake chicken

- Meanwhile, trim the **green beans**.
- Once the **potatoes** have been roasting for 15 min.
- Push them to one side of the baking tray.
- Place the **chicken meatballs** and **green beans** onto the baking tray.
- Drizzle with of **oil** and a pinch of **salt**.
- Bake for 15 min further or until the **chicken** is cooked through.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready.



5. Serve

- Once the **potatoes** and **chicken** are cooked, remove and discard the **thyme** sprigs from the **potatoes**.
- Serve the **Chicken Meatballs** and **Thyme Roasted Potatoes** with **Green Beans** and **Onion Gravy**.

Greek Lentil, Chickpea and Feta Lettuce Cups

with Dill Yogurt

This satisfying dinner is just a few steps away! The Greek flavour combination in this healthy weeknight meal comes together in under 30 minutes.

hellochef

543 calories | 30 protein | 55 carbs | 16 fat

Low Carb | Calorie Smart | Speedy

cook: 25 min

R4044-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2274 / 543
Fats (g)	15.5
of which saturated (g)	6.3
Carbohydrates (g)	55
of which sugars (g)	24.7
Fibers (g)	19.9
Proteins (g)	30.2
Salt (g)	5.5

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Lentil and chickpea mix	
Canned lentils	265 Grams
Chickpeas	480 Grams
Red onion	2 Piece
Kalamata olives	80 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Tomato paste	70 Grams
Brown sugar	8 Grams
Dried oregano	4 Grams
Dried basil	4 Grams
Chilli flakes	4 Grams
Black pepper	1 Tsp

Lettuce and toppings	
Feta cheese 4*	150 Grams
Boston lettuce	2 Piece
Tomatoes	4 Piece

Dressing	
Natural yogurt 4*	340 Grams
Fresh dill	15 Grams
Garlic cloves	2 Piece
Olive oil	2 Tbsp
Salt	1 Tsp

Allergens: *4 Milk

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1. Prep dressing

- Add the **natural yogurt** to a small bowl.
- Finely chop the **dill**.
- Peel and mince the **garlic**.
- Combine the **dill** and the **garlic** with the **yogurt**.
- Add a drizzle of **olive oil** and a pinch of **salt** to the **yogurt**.
- Mix well.
- Set the **dill yoghurt dressing** aside.

Tip! Go easy on the raw garlic if you find its taste too punchy.



4. Serve

- Load the **lettuce leaves** with the **lentil and chickpeas mix** and the **tomatoes**.
- Top with the **feta**.
- Serve the **Greek Lentil, Chickpea and Feta Lettuce Cups** with **Dill Yogurt**.

Tip! Serve the dish family style, letting everyone build their lettuce cups (or rolls).



2. Prep

- Drain and rinse the **lentils** and **chickpeas**.
- Peel and finely chop the **onion**.
- Chop or crumble the **feta cheese**.
- Separate the **lettuce** leaves.
- Chop the **tomatoes** and the **olives** into small cubes (optionally, leave the **olives** whole).

Tip! Lentils are packed with fibre, folic acid, and potassium. This makes them excellent promoters of heart health.



3. Fry

- Heat a large non-stick pan over a medium high heat with a drizzle of **oil**.
- Once hot, add the **onion** with a pinch of **salt**. Fry for 3 min.
- Add the drained **lentils** and **chickpeas**, **tomato paste**, **brown sugar**, **olives**, **dried oregano**, **dried basil** and **chilli flakes (spicy!)**.
- Fry for 2 min further.
- If the mixture looks too dry, add a splash of water.
- Season with a pinch of **salt** and **black pepper** to taste.
- Cool down the mixture for 5 min.

Tip! Can't handle the heat? Go easy on the chilli flakes.

Peri-peri Chicken

with Spicy Rice and Peas

While Peri-peri is in fact a type of chilli, the name has become synonymous with spicy grilled chicken.

hello chef

724 calories | 58 protein | 104 carbs | 13 fat

Family Friendly

cook: 40 min

R3716-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3024 / 724
Fats (g)	13.3
of which saturated (g)	7.4
Carbohydrates (g)	104
of which sugars (g)	16.5
Fibers (g)	9.5
Proteins (g)	58
Salt (g)	4.8

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Peri-peri chicken	
Chicken breast	600 Grams
Garlic onion powder	8 Grams
Red vinegar	30 ML
Smoked paprika powder	4 Grams
Soy sauce 9*,10*,11*	20 ML
Honey	30 Grams
Sriracha sauce	14 Grams
Chipotle powder	2 Grams
Vegetable oil	2 Tbsp
Worcestershire sauce 6*,11*	30 ML

Rice	
Shallots	2 Piece
Red pepper	2 Piece
Vegetable oil	2 Tbsp
Turmeric powder	4 Grams
Chilli flakes	2 Grams
Basmati rice	300 Grams
Chicken stock cube 4*,5*,9*,15*	2 Piece
Water	600 ML
Fresh parsley	30 Grams
Lemon	2 Piece

To serve	
Fresh mint	10 Grams
Butter 4*	50 Grams
Green peas	250 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *6 Fish, *4 Milk, *5 Eggs, *15 Celery

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1. Marinate chicken

Pre-heat the grill to high. Slice each **chicken breast** in half as if you were cutting a burger bun, so you are left with two thinner **chicken** escalopes. In a bowl, combine the **garlic onion powder**, **red vinegar**, **smoked paprika**, **soy sauce**, **honey**, **sriracha (spicy!)**, a pinch of **chipotle (spicy!)** and the **oil** with the **Worcestershire sauce**. This is your **Peri-peri marinade**. Place the **chicken** escalopes into the **marinade** and turn to coat.

Tip! Keep a portion of the chicken aside for your child. Go easy on the Sriracha and chipotle!



4. Grill chicken

Meanwhile, place the **chicken** onto a lined baking tray. Grill for 8-10 min until cooked through.

Tip! Keep the reserved chicken separate for your child on the baking tray.



2. Prep

Peel and finely chop the **shallots**. De-seed and finely chop the **pepper**.

Tip! Keep a small portion of the peppers to the side.



5. Make peas

Meanwhile, pick and finely chop the **parsley** and **mint** leaves. Melt the **butter** in a saucepan, then add the **peas**. Cook for 2 min. Remove from the heat, and add half of the chopped **parsley** and all of the **mint**. Toss to coat. Season with **salt** and **pepper**.

Tip! Remove a portion of the peas before adding in the herbs and set aside.



3. Start rice

Heat a pan over a medium heat with a drizzle of **oil**. Add the **shallots** and **pepper** and fry for 3 min. Add the **turmeric** and a pinch of **chilli flakes (spicy!)** and fry for 1 min further. Add the **rice**, **stock cube** and **measured water** and bring to a boil. Reduce the heat to low and simmer for 10-12 min until the **rice** is cooked.

Tip! Keep the chilli aside as a garnish to add to your own plate when serving



6. Serve

Finish the **spicy rice** with a squeeze of **lemon** juice and the remaining **parsley**. Add a spoon of the cooked **marinade** from the tray to the mayonnaise and mix well. This is your **Peri-peri** mayonnaise. Serve the **Peri-peri chicken** with the **rice**, **peas** and **Peri-peri** mayonnaise to the side.

Tip! Set aside a portion of the rice before adding the lemon and keep some of the parsley for 'sprinkles'. Serve the the rice, plain chicken, peppers and peas separately. To the side serve the mayonnaise with any remaining lemon wedges.

South West Chicken with Rice
and Tomato Salsa

Comforting Tex-Mex flavours ready in 30 mins!

639 calories | 57 protein | 88 carbs | 11 fat

Family Friendly

cook: 30 min

R3948-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2672 / 639
Fats (g)	10.6
of which saturated (g)	4.5
Carbohydrates (g)	88
of which sugars (g)	6.4
Fibers (g)	6.1
Proteins (g)	56.7
Salt (g)	2.2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Yellow pepper	2 Piece
Tomatoes	2 Piece
Red onion	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Garlic paste	20 Grams
Taco seasoning	20 Grams
Smoked paprika powder	4 Grams
Coriander cumin powder	8 Grams
Dried oregano	4 Grams

Rice	
Basmati rice	300 Grams
Salt	1 Tsp
Water	600 ML

Toppings	
Fresh coriander	15 Grams
Sour cream 4*	120 Grams
Mild tomato salsa	120 Grams

Allergens: *4 Milk

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1. Boil rice

- Rinse the **rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from the heat.
- Keep covered until serving.



2. Prep

- Meanwhile, deseed and roughly chop the **peppers**.
- Finely chop the **tomatoes**.
- Chop the **chicken** into bite-sized pieces.
- Peel and slice the **onion**.



3. Fry

- Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken** with a pinch of **salt**.
- Fry for 3 min.
- Add the **peppers** and **onion**.
- Fry for 5 min further.



4. Add spices

- Add the **tomatoes**, **garlic paste**, **taco seasoning**, **smoked paprika**, **coriander cumin powder**, **dried oregano** and a splash of water.
- Fry for 5 min further.



5. Prep

- Meanwhile, finely chop the **coriander** leaves.



6. Serve

- Serve the **South West Chicken** on **Rice** topped with **Tomato Salsa** and **sour cream**.
- Garnish with the **fresh coriander**.

Spicy Bean and Corn Enchiladas

with Vegan Mozzarella and Guacamole

Add a bit of spice to your life!

hellochef

973 calories | 32 protein | 141 carbs | 39 fat

cook: 30 min

R1880-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4076 / 973
Fats (g)	39.1
of which saturated (g)	11.7
Carbohydrates (g)	141
of which sugars (g)	22
Fibers (g)	35.7
Proteins (g)	31.8
Salt (g)	3.1

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What You'll Need

- Oven

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Enchiladas	
Red onion	2 Piece
Garlic cloves	4 Piece
Sweet corn kernels	244 Grams
Red kidney beans	480 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Chipotle powder	4 Grams
Smoked paprika powder	4 Grams
Coriander cumin powder	8 Grams
Tomato passata	500 Grams
Vegetable stock cube 15*	1 Piece
Brown sugar	20 Grams
Black pepper	1 Tsp
Wholewheat tortilla wraps 10*,11*	8 Piece
Mild tomato salsa	120 Grams
Vegan mozzarella	100 Grams

Guacamole	
Fresh coriander	15 Grams
Avocado	2 Piece
Lime	2 Piece
Salt	1 Tsp

Allergens: *15 Celery, *10 Wheat, *11 Gluten

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1. Prep filling

- Preheat the oven to 220°C/200°C fan.
- Peel and finely chop the **red onion**.
- Peel and mince and **garlic**.
- Drain and rinse the **sweet corn kernels** and the **red kidney beans**.



2. Cook filling

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion** with a pinch of **salt** and fry for 5 min until softened.
- Add the **garlic**, **chipotle (spicy!)**, **smoked paprika** and the **coriander cumin powder** and cook for 2 min further.

Tip! Sensitive to spice? Go easy on the chipotle.



3. Simmer

- Add the **corn**, **red kidney beans**, **tomato passata**, 1 **vegetable stock cube**, **brown sugar**, a generous splash of water and simmer for 5 min until thickened.
- Remove from the heat and season with **salt** and **black pepper**.



4. Bake enchiladas

- Divide the **filling** among the **tortilla wraps**.
- Roll and place into an oiled baking dish, seam-side down.
- Sprinkle evenly with the **vegan mozzarella**.
- Bake for 10 min or until the **cheese** is melted and golden - these are your **enchiladas**.



5. Make guacamole

- Meanwhile, finely chop the **coriander** leaves.
- Slice the **avocado** in half and remove its stone.
- Scoop the **avocado** out of its skin using a spoon into a bowl.
- Add a squeeze of **lime juice** and mash with a fork until smooth.
- Add the **coriander** (reserve some for garnish) and season generously with **salt**.



6. Serve

- Serve the **Spicy Bean and Corn Nnchiladas** with the **guacamole** on the side.
- Garnish with the remaining **coriander**.

Beef Bacon and Mushroom Orzo Pasta

with Cherry Tomato Salad

Welcome to the comfort zone! This satisfying weeknight family meal is inspired by the classic Carbonara pasta sauce.

hello chef

897 calories | 52 protein | 92 carbs | 35 fat

Quick Prep | Family Friendly



Nutritional information

	per serving*
Energy (kJ/kcal)	3750 / 897
Fats (g)	34.8
of which saturated (g)	11.3
Carbohydrates (g)	92
of which sugars (g)	14
Fibers (g)	7.8
Proteins (g)	51.8
Salt (g)	4.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pasta	
Beef bacon	240 Grams
Orzo 9*,10*,11*	375 Grams
Water	200 ML
Mushroom	500 Grams
Organic Eggs 5*	3 Piece
Grated Parmesan 4*	60 Grams
Dried thyme	4 Grams
Garlic powder	4 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Salad	
Cherry tomatoes	300 Grams
Romaine lettuce	400 Grams
Fresh basil	15 Grams
Olive oil	4 Tbsp
Dijon mustard 13*	12 Grams
Honey	30 Grams
White balsamic vinegar 14*	30 ML
Salt	1 Tsp
Black pepper	1 Tsp

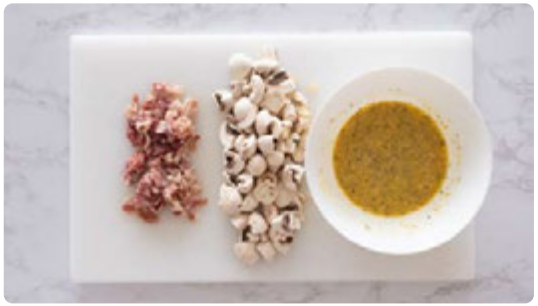
Allergens: *9 Soya, *10 Wheat, *11 Gluten, *5 Eggs, *4 Milk, *13 Mustard, *14 Sulphur Dioxide

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1. Cook orzo

- Bring a large pot of salted water to a boil.
- Once boiling, add the **orzo**.
- Cook for 10-12 min or until it is al dente.
- Reserve a cup of **pasta water** and set aside.
- Drain the **orzo**.



2. Prep

- Meanwhile, chop the **beef bacon** into small bite-sized pieces.
- Clean the **mushrooms** with a cloth, knife or brush (don't wash them with water).
- Roughly chop or tear the **mushrooms**.
- In a large bowl, whisk the **eggs**, **grated Parmesan**, **dried thyme** and **garlic powder** until smooth.
- Season with a pinch of **salt** and **black pepper**.
- Set aside.



3. Fry

- Heat a large pan over a medium heat and add the **beef bacon**.
- Gently fry for 7-8 min or until the fat has melted and the **beef bacon** is crispy.
- Transfer the **bacon** to a plate.
- Return the pan to a medium-high heat.
- Add the **mushrooms**.
- Fry for 6-7 min or until browned.
- Remove the pan from the heat and set aside.



4. Prep salad

- Meanwhile, slice the **cherry tomatoes** in half.
- Trim and chop the **romaine lettuce** into bite-sized pieces.
- Tear half of the **fresh basil** leaves.
- In a large salad bowl, whisk the **olive oil**, **mustard**, **honey** and **balsamic vinegar**.
- Season with **salt** and **pepper**.

Tip! Toss your salad just before serving, otherwise it will go soggy.



5. Finish pasta

- Return the **beef bacon** to the pan with the **mushrooms** and add the drained **orzo**.
- Turn off the heat.
- Add 200 ml of **pasta cooking water** and the **egg-mixture** to the pot.
- Mix well until the **sauce** coats the **orzo**.

Tip! Make sure the pan isn't too hot when you add your egg-mixture, or the it will scramble.



6. Serve

- Toss the **lettuce**, **tomatoes** and half of the **basil** in the **dressing**.
- Serve the **Beef Bacon and Mushroom Orzo Pasta** with **Cherry Tomato Salad**.
- Garnish with the remaining **fresh basil** leaves and a grind of **black pepper**.

Make-ahead Baked Oatmeal Breakfast

with Banana, Toasted Pecan Nuts and a Peanut Butter Drizzle

hellofresh

445 calories | 15 protein | 25 carbs | 24 fat

Family Friendly

prep: 15 min | cook: 35 min | R4496-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1860 / 445
Fats (g)	24
of which saturated (g)	7.4
Carbohydrates (g)	25
of which sugars (g)	15.6
Fibers (g)	6.2
Proteins (g)	14.8
Salt (g)	0.8

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What You'll Need

Oven

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 6 servings

Rolled oats	300 Grams
Cinnamon powder	2 Grams
Baking powder	8 Grams
Salt	0.25 Tsp
Whole milk 4*	400 ML
Maple syrup	20 ML
Organic Eggs 5*	2 Piece
Vanilla essence	5 ML
Banana	1 Piece
Pecan nuts 2*	60 Grams
Belgian dark chocolate 9*	40 Grams
Butter 4*	20 Grams
Peanut butter 1*,9*	60 Grams

Allergens: *4 Milk, *5 Eggs, *2 Tree Nuts, *9 Soya, *1 Peanuts

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1.

Preheat oven to 180°C/160°C fan. Grease 23x23cm **baking** dish. In a large bowl, combine the **oats**, **baking powder**, **cinnamon** and a pinch of **salt**.



2.

Add in the **milk**, **maple syrup**, **eggs** and **vanilla essence**. Stir to combine.



3.

Slice the **banana** into rounds. Add the sliced **banana** and **Belgian dark chocolate** to the oat mixture. Stir to incorporate. Pour the mixture into the prepared **baking** dish.



4.

Meanwhile, roughly chop the **pecan nuts** and sprinkle over the top of the oatmeal mixture in the **baking** dish.



5.

Bake for 30-35 min until golden brown and a skewer or knife inserted into the centre comes out clean. Allow to cool before cutting.



6.

Place the **peanut butter** in a small bowl and heat in the microwave for 20-30 sec until warm and runny. Serve the **Baked Oatmeal with Banana and Toasted Pecan Nuts** with a drizzle of **Peanut Butter**.

Mujadara: Middle-Eastern Rice and Lentil Pilaf

with Caramelised Onions and Garlic Yogurt Sauce

A delicious and hearty vegetarian dish, packed with plant-based protein and warm spices. Popular throughout the Levant and Egypt.

hello chef

770 calories | 28 protein | 131 carbs | 17 fat

Tips for Kids | Global Eats

cook: 35 min

R4033-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3222 / 770
Fats (g)	16.8
of which saturated (g)	2.9
Carbohydrates (g)	131
of which sugars (g)	19.9
Fibers (g)	13.6
Proteins (g)	28.3
Salt (g)	1.3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Mujadara	
Brown lentils	200 Grams
Brown onion	2 Piece
Olive oil	1 Tbsp
Salt	0.5 Tsp
Long grain rice	300 Grams
Coriander cumin powder	8 Grams
Cinnamon powder	2 Grams
Water	800 ML
Vegetable stock cube 15*	2 Piece

Salad	
Cherry tomatoes	300 Grams
Cucumber	2 Piece
Rocket	125 Grams
Olive oil	1 Tbsp
Pomegranate molasses	40 Grams
Salt	1 Tsp
Black pepper	1 Tsp

To serve	
Pine nuts 2*	60 Grams
Crispy onions	40 Grams

Yogurt	
Lemon	2 Piece
Fresh parsley	15 Grams
Garlic cloves	2 Piece
Natural yogurt 4*	340 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *15 Celery, *2 Tree Nuts, *4 Milk

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1. Par-boil lentils

- Rinse and drain the **lentils**.
- Bring a small pot of salted water to a boil over a high heat.
- Once boiling, add the **lentils** and cover.
- Cook on low heat for 10-12 min or until they are par-boiled, or halfway cooked through.
- Drain. Set aside.

Tip! Make sure not to overcook the lentils as they will finish cooking with the rice in step 3.



2. Caramelise onion

- Meanwhile, peel and finely slice the **onion**.
- Heat a large non-stick pot over a medium-high heat with a drizzle of **olive oil**.
- Once hot, add the **pine nuts**.
- Fry for 1 min until starting to brown.
- Spoon them out quickly, and set aside.
- Return the pot to the heat, add the **onion** with a pinch of **salt**.
- Fry for 12-14 min, stirring occasionally, until deeply caramelised.

Tip! If the onions are sticking, add a splash of water in between to loosen them up.



3. Cook rice

- Wash and drain the **rice**.
- Add the **rice**, the **coriander cumin powder**, and **cinnamon powder** to the **onions**.
- Fry for 1 min stirring to coat the grains in the **oil**.
- Add the par-boiled **lentils**, **measured water**, and **vegetable stock cube** and mix well.
- Bring to a boil, then reduce the heat to medium-low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** and **lentils** are fully cooked through.
- Remove the pot from the heat. Keep covered until serving.



4. Make yogurt sauce

- Meanwhile, slice the **lemon** in half.
- Pick and finely chop the **parsley** leaves.
- Peel and finely mince the **garlic** into a paste.
- In a small bowl, combine the **yogurt**, **garlic**, **parsley**, and the juice of half the **lemon**.
- Season with a pinch of **salt** and **pepper**.
- Reserve the rest of the **lemon** and some **parsley** for garnish.

Tip! Not a fan of raw garlic? Leave it out or use only a small amount. If cooking for kids, reserve a plain portion of yogurt to the side.



5. Make salad

- Slice the **cherry tomatoes** in half.
- Chop the **cucumber** into half moons.
- In a large bowl, combine the **rocket**, **cherry tomatoes**, and **cucumber**.
- Drizzle some **olive oil**, the **pomegranate molasses**, and season with a pinch of **salt** and **pepper**.
- Set the **salad** aside.

Tip! If cooking for kids, reserve a plain portion of cucumber and tomatoes to the side.



6. Serve

- Serve the **Mujadara: Middle-Eastern Rice and Lentil Pilaf**.
- Garnish with the **crispy Caramelised Onions**, **pine nuts**, and **parsley**.
- Serve the **Garlic Yogurt Sauce**, **salad**, and **lemon** wedges alongside.

Tip! If cooking for kids, serve the mujadara, vegetables, and yogurt separately. Serve the pine nuts and crispy onions as "sprinkles" to the side.

Lemony Chicken

with Creamy Mash Potato and Roasted Vegetables

This wholesome supper has weeknight comfort written all over it!

hellofresh

583 calories | 60 protein | 59 carbs | 14 fat

Tips for Kids

cook: 40 min

R3801-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2436 / 583
Fats (g)	13.7
of which saturated (g)	7.5
Carbohydrates (g)	59
of which sugars (g)	15.8
Fibers (g)	13.5
Proteins (g)	59.7
Salt (g)	0.9

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What You'll Need

- Oven
- Potato masher

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Bake	
Chicken breast	800 Grams
Red onion	4 Piece
Garlic cloves	4 Piece
Red pepper	2 Piece
Small zucchini	4 Piece
Water	200 ML
Dijon mustard 13*	12 Grams
Dried thyme	4 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Olive oil	4 Tbsp
Lemon	2 Piece
Lemon pepper seasoning 13*,15*	4 Grams

Mash	
Potatoes	900 Grams
Butter 4*	50 Grams
Whole milk 4*	200 ML
Salt	1 Tsp
Black pepper	1 Tsp

To serve	
Fresh parsley	15 Grams

Allergens: *13 Mustard, *15 Celery, *4 Milk

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1. Prep

Preheat the oven to 200°C/180°C fan. Bring a pot of salted water to the boil. Peel and slice the **onion** into quarters and separate them into individual petals. Peel and mince the **garlic**. Deseed and roughly chop the **peppers**. Slice the **zucchini** into batons. Boil the **measured water** and dissolve 1 **chicken** stock cube and the **Dijon mustard** in it.



2. Roast vegetables

Add the **onion**, **garlic**, **peppers**, **zucchini** and the stock to a baking dish. Sprinkle with half of the **dried thyme** (reserve the rest to use in step 4) and season with **salt** and **pepper**. Drizzle with the **olive oil** and bake for 15 min.

Tip! If cooking for kids, keep a portion of vegetables without thyme and roast them to one side of the baking dish.



3. Make mash

Meanwhile, peel and chop the **potatoes** into bite-sized pieces. Once the water is boiling, add the **potatoes** and cook over a medium-high heat for 20 min or until soft. Drain and return to the pot. Add the **butter** to the pot and mash until smooth, gradually adding the **milk** until it reaches your desired consistency. Season with **salt** and **pepper**. Cover and set aside.



4. Season chicken

Meanwhile, slice half of the **lemon** into slices and juice the rest into a large bowl. Add the **chicken** thighs to the large bowl with the **lemon** juice along with the remaining **dried thyme** and season with **salt** and **black pepper**.

Tip! Marinate the chicken up to 24 hours in advance.



5. Bake

Place a large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken** thighs, skin-down and fry for 5-6 min until browned. The **chicken** does not need to be cooked at this point.



6. Serve

Place the **chicken** on top of the **roasted vegetables**, skin-side up and arrange the **lemon** slices on top. Continue baking for 12-15 min further or until the **chicken** and **vegetables** are cooked through. Meanwhile, pick and finely chop the **parsley** leaves. Serve the **lemony chicken** and the **roasted vegetables** with the **creamy potato mash** alongside. Garnish with the **parsley**.

Tip! If cooking for kids, serve the mashed potato, chicken and roasted vegetables separately. Serve the parsley on the side as 'sprinkles'.

Tiramisu

Tiramisu is a classic Italian no-bake dessert made with layers of coffee-soaked ladyfingers and incredible mascarpone cream.

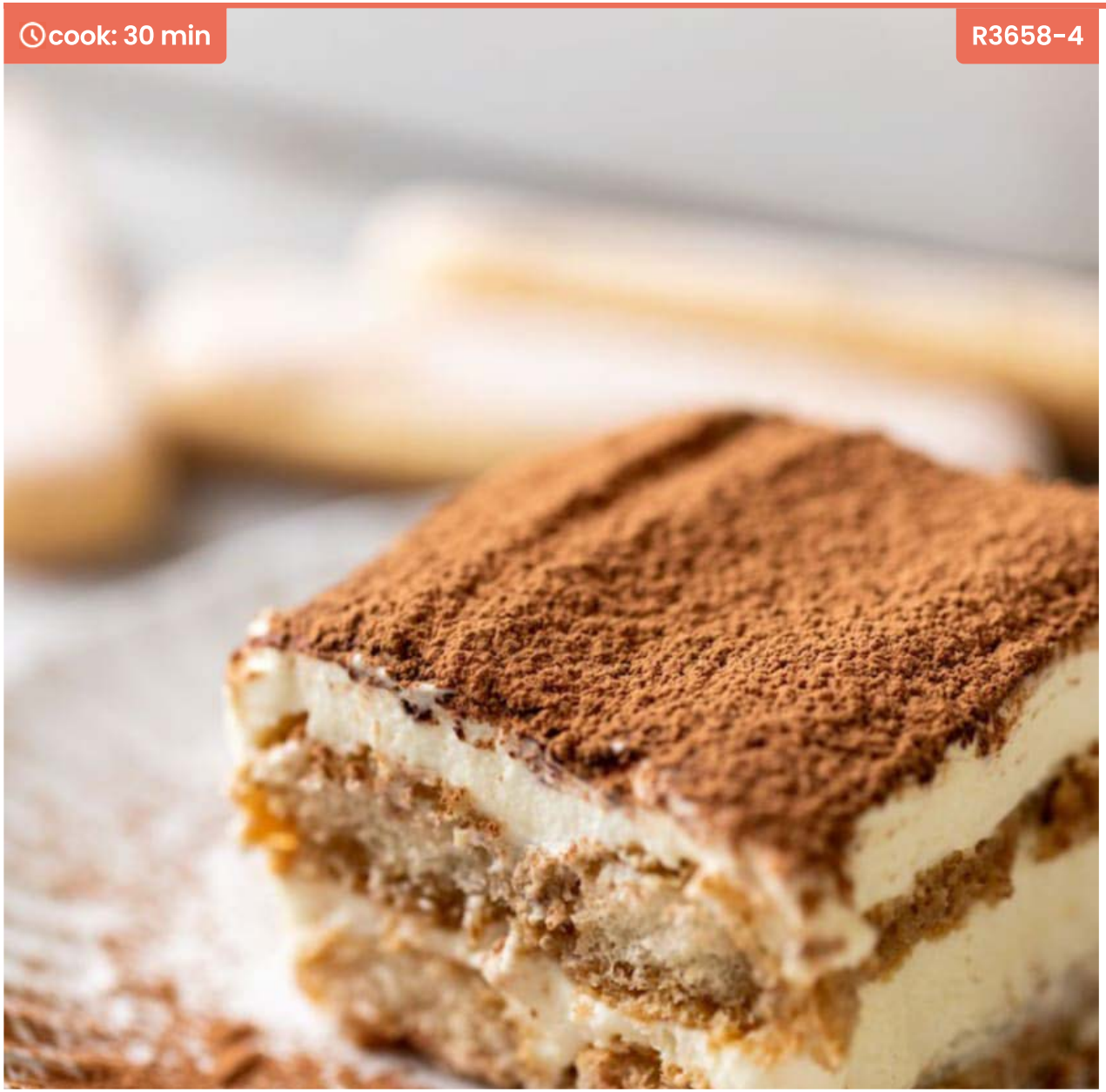
hello chef

120 calories | 8 protein | 10 carbs | 6 fat

Family Friendly | Calorie Smart

cook: 30 min

R3658-4



Nutritional information

	per serving*
Energy (kJ/kcal)	503 / 120
Fats (g)	5.5
of which saturated (g)	2
Carbohydrates (g)	10
of which sugars (g)	10
Fibers (g)	0
Proteins (g)	8.2
Salt (g)	0.2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Tiramisu

Organic Eggs 5*	2 Piece
White sugar	20 Grams

Allergens: *5 Eggs

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1. Make coffee

Boil the **measured water**. Combine the water and instant coffee in a wide bowl. Set aside.



2. Whisk yolks

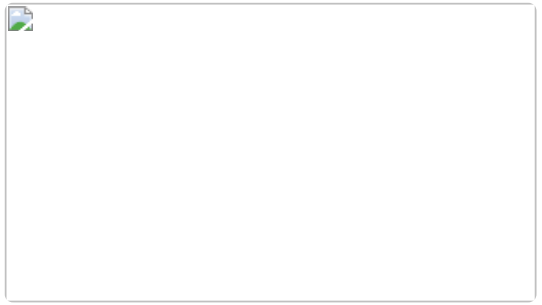
Separate the **egg whites** from the **egg yolks**. Add the **egg yolks** to the shallow bowl with the caster **sugar** and place over a pot with boiling water. Whisk for 6-7 min until pale yellow, smooth and slightly thickened.

Tip! Save the egg whites for a yummy omelet!



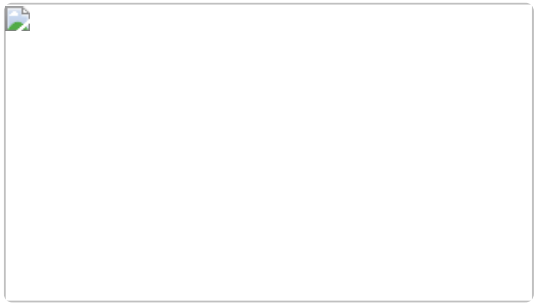
3. Beat mascarpone

Add the mascarpone to a large bowl. Gradually fold in the egg and **sugar** mixture with a spatula.



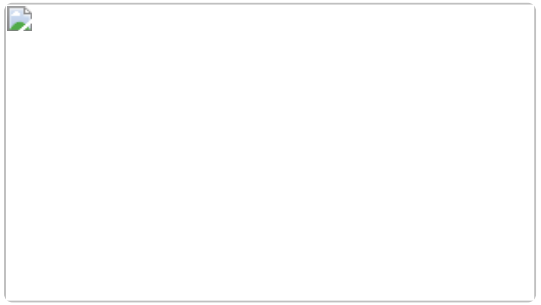
4. Whip cream

In a second large bowl, whip the cream with a hand-mixer until soft peaks form. Fold the whipped cream into the mascarpone and egg mixture with a spatula, until smooth and just incorporated.



5. Layer tiramisu

Dip half of the lady fingers in the coffee mixture, rolling the biscuit briefly in the liquid to soften. Spread them out in an even layer of a dish. Spread evenly half of the mascarpone mixture. Repeat. Dust the top with cocoa powder and place in the refrigerator to set.



6. Serve

The longer the **tiramisu** can be left in the fridge the better.

Chicken Cobb Salad with Blue Cheese
and Mustard Vinaigrette

It's no wonder this salad is a classic - it comes with a little bit of everything!

hellochef

673 calories | 59 protein | 23 carbs | 40 fat

Low Carb

cook: 20 min

R2654-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2814 / 673
Fats (g)	40.2
of which saturated (g)	12.1
Carbohydrates (g)	23
of which sugars (g)	9.2
Fibers (g)	11.9
Proteins (g)	58.6
Salt (g)	4.3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salad	
Smoked turkey bacon	120 Grams
Chicken breast	600 Grams
Organic Eggs 5*	2 Piece
Olive oil	2 Tbsp
Romaine lettuce	400 Grams
Tomatoes	3 Piece
Avocado	2 Piece
Blue cheese 4*	120 Grams

Dressing	
Dijon mustard 13*	12 Grams
White balsamic vinegar 14*	45 ML
Olive oil	10 Tbsp
Salt	1 Tsp
Black pepper	0.5 Tsp

Allergens: *5 Eggs, *4 Milk, *13 Mustard, *14 Sulphur Dioxide

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1. Poach chicken

Bring a pot of generously salted water to a boil. Once boiling, add the **chicken breasts**. Poach for 5-7 min until cooked through. Transfer to a chopping board to cool. Alternatively, fry the **chicken** in a hot pan with a drizzle of **oil**. Reserve the pot of water for the **eggs**.



2. Boil eggs

Bring the reserved pot of water to a boil. Once boiling, gently lower the **eggs** into the water, using a spoon. Cook the **eggs** for 7 min or until done to your liking, then submerge them in cold water to cool.



3. Fry bacon

Meanwhile, heat a pan over a medium heat with a drizzle of **oil**. Once hot, add the **bacon** and fry until browned and crispy. Transfer the **bacon** to a plate or chopping board.



4. Make dressing

Add the **Dijon mustard** and the **white balsamic vinegar** to a small bowl, mix. Gradually add the **olive oil** whisking constantly until smooth. Season with **salt** and **pepper** (see pro tip).



5. Prep salad

Chop the **Romaine lettuce**. Chop the **tomatoes**. Cut the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon, then slice it. Peel and quarter the **eggs**. Crumble the **blue cheese**. Chop the crispy **bacon** into small pieces. Slice the cooled **chicken breasts**.



6. Assemble salad

Divide the **chicken**, **eggs**, **bacon**, **lettuce**, **tomatoes**, **avocado** and **blue cheese** among plates. Drizzle with the **dressing** and serve immediately.

Spiced Seabream with Mexican Bean Stew
and Sour Cream

Want dinner on the table ASAP? This one's for you!

hellofresh

397 calories | 48 protein | 32 carbs | 11 fat

Low Carb | Calorie Smart

cook: 30 min

R3884-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1662 / 397
Fats (g)	10.5
of which saturated (g)	4.4
Carbohydrates (g)	32
of which sugars (g)	8.9
Fibers (g)	10.4
Proteins (g)	48.2
Salt (g)	3.6

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Spiced seabream	
Seabream [6*]	660 Grams
Vegetable oil	4 Tbsp
Taco seasoning	20 Grams
Salt	1 Tsp

Mexican bean stew	
Pinto beans	480 Grams
Olive oil	2 Tbsp
Cherry tomatoes	300 Grams
Smoked paprika powder	4 Grams
Garlic paste	20 Grams
Chilli flakes	2 Grams
Tomato passata	400 Grams
Salt	1 Tsp
Lime	2 Piece
Baby spinach	90 Grams
Black pepper	1 Tsp

To serve	
Fresh coriander	15 Grams
Sour cream [4*]	120 Grams

Allergens: *6 Fish, *4 Milk

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1. Start stew

Drain and rinse the **pinto beans**. Roughly chop the **coriander**. Heat a pan over a medium heat with a drizzle of **oil**. Once hot, add the **cherry tomatoes**, **smoked paprika**, **garlic paste** and a pinch of **chilli flakes (spicy!)**. Fry for 2 min. Add the **tomato passata** and **pinto beans** and simmer for 10 min or until the **tomatoes** have softened.



2. Fry fish

Meanwhile, pat the **seabream** fillets dry with kitchen paper and place flesh side up on a plate. Sprinkle with the **taco seasoning (spicy!)** and a pinch of **salt**. Heat a large non-stick pan with a drizzle of **oil** over a medium-high heat. Once hot, add the **seabream**, skin-side down and fry for 4 min or until crispy. Once crispy, flip and cook for 1-2 min further.



3. Serve

After 10 min, add a squeeze of **lime** juice to the **Mexican bean stew** and stir the **spinach** through. Season to taste with **salt** and **pepper**. Divide the **stew** among bowls and top with the spiced **seabream** and a dollop of **sour cream**. Garnish with the **fresh coriander** and any remaining **chilli flakes (spicy!)**.

Low Carb Chicken Biryani

with Cauliflower Rice

This delicious low carb version of a traditional chicken biryani is bound to impress.

hello chef

603 calories | 58 protein | 38 carbs | 25 fat

Low Carb | Global Eats

cook: 40 min

R3183-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2518 / 603
Fats (g)	25
of which saturated (g)	13.7
Carbohydrates (g)	38
of which sugars (g)	16.6
Fibers (g)	10.1
Proteins (g)	58.2
Salt (g)	5.3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

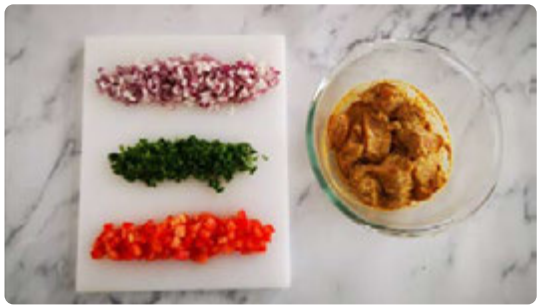
for 4 servings

Biryani	
Chicken breast	800 Grams
Natural yogurt 4*	340 Grams
Ginger garlic paste	30 Grams
Garam masala	5 Grams
Turmeric powder	4 Grams
Chilli powder	4 Grams
Paprika powder	4 Grams
Red onion	2 Piece
Tomatoes	2 Piece
Fresh coriander	15 Grams
Ghee 4*	60 Grams
Cardamom pods	8 Piece
Dried bay leaves	2 Piece
Cumin seeds	4 Grams
Coriander powder	4 Grams
Chicken stock cube 4*,5*,9*,15*	2 Piece
Tamarind paste	30 Grams
Crispy onions	40 Grams

Cauliflower rice	
Cauliflower	1200 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Prep

Chop the **chicken** into bite-sized pieces. Add them to a bowl with half of the **yogurt**, the **ginger garlic paste**, **garam masala**, **turmeric**, **chilli (spicy!)** and **paprika**. Mix and set aside. Peel and finely chop the **onion**. Roughly chop the **tomatoes**. Finely chop the **fresh coriander** (stalks included). Split the **cardamom pods** open with the back of a knife.



2. Fry

Heat a non-stick pan over a medium-high heat with the **ghee**. Once hot, add the **onions** and cook for 10 min or until golden brown. Reduce the heat to medium. Add the **bay leaves**, **cardamom pods**, **cumin seeds** and **coriander powder**. Fry for 1 min.

Tip! Browning the onions develops a natural sweet flavour, while layering the biryani ensures an even mix of masalas.



3. Cook chicken

Add the **chicken**, chopped **tomatoes** and crumbled **stock cube** to the pan. Cover and cook for 8-10 min or until the **chicken** is cooked through. Once cooked through, stir in the **tamarind paste**.



4. Make cauli rice

Meanwhile, using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains. Heat a saucepan over a medium heat with a drizzle of **oil**. Once hot, add the **cauliflower** with a pinch of **salt** and stir-fry for 5-7 min, or until the **cauliflower** begins to soften.



5. Layer biryani

Spread half of the **cauliflower rice** over the bottom of a serving dish. Top with half of the **chicken**, followed by half of the chopped **coriander**. Top with the remaining **cauliflower rice**, **chicken** and **coriander**.



6. Serve

Gently tumble the **biryani**. Divide among plates and serve with a dollop of **yogurt** and a sprinkling of **crispy onions**.

Quick Chicken Pesto Pasta

Pesto and pasta are a match made in heaven. We've added chicken and peas to make this one even more delicious!

hellochef

1015 calories | 62 protein | 102 carbs | 39 fat

Family Friendly | Quick Prep | Speedy

prep: 5 min | cook: 20 min | R3559-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4230 / 1015
Fats (g)	38.9
of which saturated (g)	9.8
Carbohydrates (g)	102
of which sugars (g)	6.7
Fibers (g)	8.8
Proteins (g)	61.7
Salt (g)	2.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pesto pasta	
Chicken breast	600 Grams
Fusilli pasta 10*	500 Grams
Green peas	200 Grams
Water	200 ML
Vegetable oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp
Grated Parmesan 4*,5*	60 Grams
Cherry tomatoes	300 Grams
Fresh basil	15 Grams
Green pesto 2*,4*	150 Grams
Cream cheese 4*	160 Grams
Olive oil	2 Tbsp

Allergens: *10 Wheat, *4 Milk, *5 Eggs, *2 Tree Nuts

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1. Boil pasta

Bring a large pot of salted water to the boil. Once boiling, add the **pasta** and cook for 8-10 min until 'al dente' or cooked to your liking. Add the **peas** for the final 2-3 min. Reserve 200 ml of the **pasta water** from the pot. Drain and return the **pasta** and **peas** to the pot.



2. Prep

Meanwhile, slice the **chicken** into bite-sized strips.



3. Fry

Heat a non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken** with a pinch of **salt** and and fry for 7 min or until cooked through. Remove from the heat and season with **pepper** to taste.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready.



4. Prep

Meanwhile, chop the **cherry tomatoes** in half. Finely chop the **basil** leaves.



5. Assemble

To the cooked **pasta** and **peas**, add the **pesto**, **cream cheese**, half of the **Parmesan** (reserve the rest for garnish), half of the **basil** (reserve the rest for garnish) and the reserved **pasta water**. Drizzle with **olive oil**. Season with **salt** and **pepper** to taste and toss.



6. Serve

Divide the **pesto pasta** among bowls. Top with the **chicken** and **cherry tomatoes**. Garnish with the remaining **basil** and remaining **grated Parmesan**.

Classic Spaghetti Bolognese with Parmesan

with Parmesan

Probably the best family meal in the world!

hellofresh

993 calories | 68 protein | 129 carbs | 25 fat

Family Friendly | Weekly classic

cook: 35 min

R4331-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4118 / 993
Fats (g)	24.9
of which saturated (g)	9.8
Carbohydrates (g)	129
of which sugars (g)	21.5
Fibers (g)	14.4
Proteins (g)	68.4
Salt (g)	4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Bolognese	
Lean beef mince	700 Grams
Brown onion	2 Piece
Garlic cloves	6 Piece
Carrot	2 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Tomato paste	140 Grams
Soy sauce 9*,10*,11*	20 ML
Worcestershire sauce 6*,11*	30 ML
Beef stock cube 4*,5*,9*,11*,15*	1 Piece
Brown sugar	10 Grams
Peeled plum tomatoes	800 Grams
Dried oregano	4 Grams

To serve	
Parmesan 4*	60 Grams
Spaghetti 10*	500 Grams
Fresh basil	15 Grams
Black pepper	1 Tsp

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *6 Fish, *4 Milk, *5 Eggs, *15 Celery

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1. Prep

Peel and chop the **onion** and **garlic**. Peel and grate the **carrot**.



2. Fry vegetables

Heat a pan over a medium-high heat with a drizzle of **olive oil**. Once hot, add the **onions**, **carrot** and **garlic** with a pinch of **salt**. Fry for 6-8 min until softened and beginning to caramelise.



3. Fry beef

Add the **beef mince** and cook for 4-5 min further, breaking it up with a spatula. Add the **tomato paste**, **soy sauce**, **Worcestershire sauce** and **beef stock cube** and cook for 1-2 min further.



4. Simmer

Add the **brown sugar**, chopped **tomatoes**, and **dried oregano**. Bring to a boil, then reduce the heat to low and simmer, covered, for 15 min. Add a splash of water if needed. Meanwhile, grate the **Parmesan**.

Tip! Stew the sauce for as long as possible (even up to an hour) for extra flavour.



5. Boil pasta

Bring a large pot of salted water to the boil. Once boiling, add the **spaghetti** and cook for 8-10 min until 'al dente' or cooked to your liking.



6. Serve

Divide the **spaghetti** among plates and serve with a generous ladle of **Bolognese sauce**. Top with the grated **Parmesan** and **fresh basil** leaves. Finish with freshly ground **black pepper** and a drizzle of good quality extra virgin **olive oil**.

'Pulled' Tofu Mozzarella Quesadillas

with Tomato and Cucumber Salsa

Quesadillas are from Mexico and traditionally made from tortillas filled with cheese, meat and spices that are cooked on a griddle or stove.

hello chef

948 calories | 64 protein | 104 carbs | 25 fat

cook: 35 min

R3776-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3967 / 948
Fats (g)	25.4
of which saturated (g)	10.6
Carbohydrates (g)	104
of which sugars (g)	17.4
Fibers (g)	19.2
Proteins (g)	64.4
Salt (g)	2.2

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What You'll Need

Oven | Box grater

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Filling	
Firm tofu 9*	600 Grams
Salt	1 Tsp
Red onion	2 Piece
Garlic cloves	4 Piece
Red kidney beans	480 Grams
Vegetable oil	2 Tbsp
Tomato paste	70 Grams
Fajita seasoning	20 Grams
Chipotle powder	4 Grams
Tomato passata	500 Grams
Vegetable stock cube 15*	1 Piece
Brown sugar	10 Grams
Water	100 ML
Black pepper	1 Tsp
8" tortilla wraps 10*,11*	8 Piece
Grated mozzarella 4*	200 Grams

Salsa	
Lime	2 Piece
Tomatoes	2 Piece
Cucumber	2 Piece
Fresh coriander	15 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *9 Soya, *15 Celery, *10 Wheat, *11 Gluten, *4 Milk

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1. Bake tofu

- Preheat the oven to 200°C/180°C fan.
- Drain the **tofu** and pat dry with paper towel.
- Grate the **tofu** with a box grater.
- Add to a lined baking tray with a pinch of **salt**.
- Bake for 15 min or until the **tofu** is browned.



2. Make sauce

- Meanwhile, peel and finely chop the **red onion**.
- Peel and mince the **garlic**.
- Drain and rinse the **red kidney beans**.
- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion** with a pinch of **salt**.
- Fry for 5 min until softened.
- Add the **garlic**, **tomato paste**, **fajita seasoning**, a pinch of **chipotle (spicy!)**. Fry for 1 min further.
- Add the **red kidney beans**, **tomato passata**, 1 **vegetable stock cube**, **brown sugar** and the **measured water**.
- Mix well. Simmer for 3 min further until thickened.



3. Make filling

- Add the **baked tofu** to the **sauce**.
- Fry for 1 min further.
- Remove from the heat.
- Season with **salt** and **black pepper**.



4. Assemble quesadillas

- Spread the **tofu filling** over one half of the **tortilla**.
- Sprinkle with the **grated mozzarella**.
- Fold the **tortilla** over into a half moon shape. .
- Repeat until all **quesadillas** are assembled.



5. Fry quesadillas

- Heat a second large pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **quesadillas**.
- Fry for 3-4 min, pressing down with a spatula.
- Flip.
- Fry for a further 3-4 min or until each side is lightly browned and crisp.
- Repeat this process with the remaining **quesadillas**.

Tip! When flipping, place your spatula at the open side of the tortilla, so the closed, folded, side remains on the pan when flipping.



6. Serve

- Meanwhile, slice the **lime** into wedges.
- Finely chop the **tomatoes** and **cucumber** into cubes.
- Finely chop the **coriander** leaves.
- In a large bowl, combine the **tomatoes**, **cucumber**, **coriander**.
- Add a generous squeeze of **lime** juice to taste.
- Season with **salt** and **black pepper**.
- Mix well.
- Serve the **'Pulled' Tofu Mozzarella Quesadillas** with **Tomato and Cucumber Salsa**.

Re Costed: Prawn Tikka Masala

with Basmati Rice and Quick Pickled Cucumbers

We've changed up our classic tikka masala curry and swapped chicken for prawns.

hellofresh

709 calories | 41 protein | 97 carbs | 25 fat

Family Friendly

cook: 30 min

R4426-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2959 / 709
Fats (g)	24.7
of which saturated (g)	15.5
Carbohydrates (g)	97
of which sugars (g)	13.7
Fibers (g)	7.8
Proteins (g)	40.7
Salt (g)	0.8

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Prawns 7*	700 Grams
Brown onion	2 Piece
Ghee 4*	40 Grams
Salt	1 Tsp
Ginger garlic paste	20 Grams
Smoked paprika powder	4 Grams
Curry powder	10 Grams
Garam masala	8 Grams
Tomato paste	140 Grams
Vegetable stock cube 15*	2 Piece
Water	300 ML
Cooking cream 4*	200 ML
White sugar	10 Grams

Rice	
Basmati rice	300 Grams
Water	600 ML

Cucumber salad	
Cucumber	4 Piece
Fresh coriander	15 Grams
Lime	2 Piece
Salt	1 Tsp

Allergens: *7 Crustaceans, *4 Milk, *15 Celery

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Egg, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur dioxide and Celery.**



1. Prep

Peel and finely and chop the **brown onion**.



2. Make sauce

Heat a large non-stick pan over a medium-low heat with the **ghee**. Once hot, add the **onion** with a pinch of **salt**. Fry for 7-8 min until softened. Once softened, add the **ginger garlic paste**, **smoked paprika**, **curry powder**, **garam masala** and a pinch of chipotle **powder (spicy!)**. Fry for 2 min. Add the **tomato paste**, **stock cube** and **measured water** and simmer for 5 min.



3. Boil rice

Meanwhile, rinse the **rice** until the water runs clear. Add the **rice** and **measured water** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low. Cook with the lid on for 10-12 min or until all the water is absorbed. Once cooked, remove the pan from the heat. Keep covered until serving. Fluff with a fork before serving.



4. Prep cucumber salad

Meanwhile, chop the **cucumber** into small chunks. Finely chop the **coriander**. Slice the **lime** into wedges. Mix the **cucumber** and **coriander** together in a bowl with a pinch of **salt**. Add a squeeze of **lime** juice.



5. Finish sauce

Increase the heat to medium-high. Add the **prawns**, **cream** and honey to the **tikka sauce**. Simmer for a final 4 min or until **prawns** are cooked through.



6. Serve

Serve the **curry** over the **basmati rice** with the **cucumber salad** to the side. Serve any remaining **lime** wedges as a garnish.

Asparagus, Mushroom
and Spinach Frittata

A true classic!

662 calories | 42 protein | 12 carbs | 51 fat

Low Carb

cook: 20 min

R2168-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2757 / 662
Fats (g)	50.6
of which saturated (g)	32.5
Carbohydrates (g)	12
of which sugars (g)	6.5
Fibers (g)	3.8
Proteins (g)	41.5
Salt (g)	1.3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Thin asparagus	500 Grams
Mushroom	500 Grams
Fresh parsley	40 Grams
Olive oil	4 Tbsp
Organic Eggs 5*	10 Pieces
Cooking cream 4*	200 ML
Grated cheddar 4*	120 Grams
Baby spinach	90 Grams
Salt	2 Tsp
Black pepper	1 Tsp

Allergens: *5 Eggs, *4 Milk

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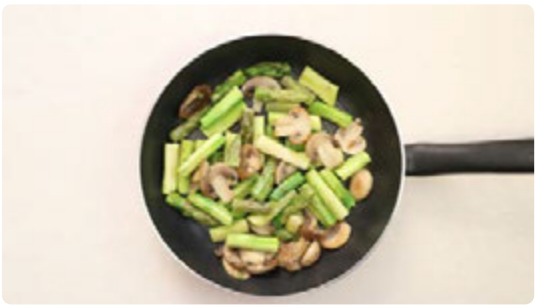
1. Prep vegetables

Rinse **asparagus** and remove its woody stems. Slice it into 2.5 cm/1 inch sticks. Clean and slice **mushrooms**. Roughly chop **parsley**.



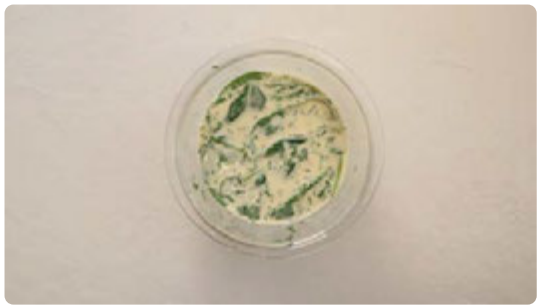
2. Fry mushrooms

Heat **oil** in a pan over medium heat. Once hot, add the **mushrooms** and fry for for 5-8 min or until browned.



3. Add asparagus

Add the **asparagus** and fry for 2 minutes further.



4. Whisk eggs

Meanwhile, crack the **eggs** into a large bowl and whisk thoroughly. Add the **cooking cream**, chopped **parsley**, **grated cheddar** cheese and **baby spinach** leaves. Season with **salt** and **pepper**.



5. Cook frittata

Pour the egg mixture over the **mushrooms** and **asparagus**, shaking the pan to evenly distribute the mixture. Reduce the heat to low and cook the frittata, without stirring, for 5-6 minutes or until it begins to set.



6. Flip, slide and serve

Place a large plate or a second frying pan on top of the frittata. Quickly flip the frittata onto the plate / frying pan. Slide the frittata back into the original pan, uncooked side down. Cook for 5 min further or until set but not dry. Transfer the frittata to a serving plate and let cool for 5-10 min before serving.

Korean Tofu Bowl

with Fried Eggs and Tenderstem Broccoli

Enjoy the succulent crumbles! The tofu in this recipe will absorb all the wonderful flavours of the stir-fry sauce.

hellochef

901 calories | 66 protein | 93 carbs | 38 fat

Quick Prep | Global Eats

prep: 5 min | cook: 25 min | R4029-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3773 / 901
Fats (g)	38.4
of which saturated (g)	6.8
Carbohydrates (g)	93
of which sugars (g)	8.1
Fibers (g)	11.2
Proteins (g)	65.5
Salt (g)	3.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Tofu stir-fry	
Firm tofu 9*	1000 Grams
Ginger	30 Grams
Spring onion	80 Grams
Large red chilli	2 Piece
Sesame oil 3*,9*	30 ML
Gochujang 9*	20 Grams
Garlic paste	20 Grams
Soy sauce 9*,10*,11*	60 ML
Brown sugar	15 Grams
Vegetable oil	2 Tbsp

Rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML

To serve	
Tenderstem broccoli	300 Grams
Vegetable oil	2 Tbsp
Organic Eggs 5*	4 Piece
Sesame seeds 3*	20 Grams

Allergens: *9 Soya, *3 Sesame Seeds, *10 Wheat, *11 Gluten, *5 Eggs

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1. Boil rice

- Rinse the **rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min (see step 4!) or until the water is absorbed and the **rice** is cooked.



2. Prep

- Meanwhile, peel and grate the **ginger**.
- Finely chop the **spring onion**.
- Finely slice the **red chilli**.
- Reserve some of the **spring onion** and **chilli** for garnish.
- In a small bowl, combine the **sesame oil**, **gochujang paste** (spicy!), **garlic paste**, **soy sauce** and **brown sugar**.
- Mix well.
- Set the **stir-fry sauce** aside.

Tip! You can peel the ginger using the edge of a spoon.



3. Crumble and fry

- Drain the **tofu**. Squeeze out as much liquid as possible.
- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, crumble the **tofu** into the pan.
- Fry for 8-10 min or until all the excess liquid has evaporated and the **tofu** crumble has started to brown.
- Add 1.5 Tbsp of the grated **ginger**, **red chilli** (spicy!), **spring onion** and the **stir-fry sauce**.
- Fry for 2 min further. Keep warm until serving.

Tip! Can't handle the heat? Go easy on the red chilli.



4. Steam broccoli

- Meanwhile, add the **tenderstem broccoli** on top of the **rice** for the last 5 min of its cooking time.
- If the stems are too long, chop each **tenderstem broccoli** in half.
- Cover with a lid so that the **broccoli** steams with the **rice**.

Tip! Did you know that broccoli contains as much calcium gram per gram as milk? It's also supercharged with vitamins A, C, and E, as well as many other antioxidants and fibre. Make sure not to overcook it or it will lose much of its goodness!



5. Fry eggs

- Meanwhile, heat a second large non-stick pan over medium heat with a drizzle of **oil**.
- Once hot, crack the **eggs** into the pan.
- Fry for 2-4 min or until done to your liking.
- For a set egg yolk, cover the pan with a lid.



6. Serve

- Serve the **Korean Tofu Bowl** with **Fried Eggs** and **Tenderstem Broccoli** on the **rice**.
- Garnish with the **sesame seeds**, and the reserved **spring onion** and **red chilli** (spicy!).

Braised Eggs in Levantine Lamb and Lentil Stew
with Tahini

The flavours of this Palestine-inspired dish are intense!

hellochef

940 calories | 64 protein | 53 carbs | 48 fat

Low Carb

cook: 30 min

R2874-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3975 / 940
Fats (g)	47.8
of which saturated (g)	17.6
Carbohydrates (g)	53
of which sugars (g)	16
Fibers (g)	17
Proteins (g)	63.8
Salt (g)	4.8

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pan	
Lean lamb mince	700 Grams
Canned lentils	530 Grams
Red onion	2 Piece
Garlic cloves	6 Piece
Whole almonds 1*,2*	80 Grams
Cherry tomatoes	300 Grams
Olive oil	4 Tbsp
Salt	1 Tsp
Cumin powder	4 Grams
Harissa paste	40 Grams
Chicken stock cube 4*,5*,9*,15*	2 Piece
Water	400 ML
Worcestershire sauce 6*,11*	30 ML
Dried oregano	4 Grams
Honey	30 Grams
Tomato paste	70 Grams
Organic Eggs 5*	4 Piece

Garnish	
Lemon	2 Piece
Tahini 3*	40 Grams
Mayonnaise 5*,9*,13*	16 Grams
Fresh parsley	15 Grams
Sumac	4 Grams

Allergens: *1 Peanuts, *2 Tree Nuts, *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *6 Fish, *11 Gluten, *3 Sesame Seeds, *13 Mustard

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1. Prep

Drain and rinse the **lentils**. Peel and finely chop the **onion** and **garlic**. Roughly chop the **almonds**. Halve the **cherry tomatoes**.



2. Sauté

Heat a large pan with a very generous drizzle of **olive oil** over a medium heat. Add the **onion** and fry with a pinch of **salt** for 5-6 min until softened.



3. Add lamb

Once softened add the **lamb mince** and fry for 5 min further until browned and crispy. Add the **garlic**, **cumin**, **oregano**, **harissa** (spicy!), **almonds** and **cherry tomatoes** and fry for 1 min.



4. Simmer

Add the **lentils**, **stock cube**, **measured water**, **Worcestershire sauce**, **honey** and **tomato paste**. Cover with a lid and simmer for 5-10 min.



5. Prep tahini

Meanwhile, juice the **lemon**. In a bowl, whisk together the **tahini**, 2 Tbsp of the **lemon** juice, **mayonnaise** and a pinch of **salt**. Roughly chop the **parsley**.



6. Add eggs

After 5 min, using a spoon, make grooves in the **lamb** mix. Crack the **eggs** into the grooves. Cook, covered, for 4-5 min further or until the **eggs** are cooked to your liking. Drizzle with the **tahini** mixture and garnish with the **sumac** and **parsley**.

Classic Spaghetti Bolognese with Parmesan

with Parmesan

Probably the best family meal in the world!

hello chef

993 calories | 70 protein | 126 carbs | 24 fat

Family Friendly | Weekly classic

cook: 35 min

R3371-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4165 / 993
Fats (g)	24.3
of which saturated (g)	10.2
Carbohydrates (g)	126
of which sugars (g)	25
Fibers (g)	11.9
Proteins (g)	70.3
Salt (g)	5.6

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What You'll Need

- Box grater

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Bolognese	
Lean beef mince	700 Grams
Brown onion	2 Piece
Garlic cloves	6 Piece
Carrot	2 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Tomato paste	140 Grams
Soy sauce 9*,10*,11*	20 ML
Worcestershire sauce 6*,11*	30 ML
Beef stock cube 4*,5*,9*,11*,15*	1 Piece
White sugar	10 Grams
Peeled plum tomatoes	800 Grams
Dried oregano	4 Grams

To serve	
Parmesan 4*	60 Grams
Spaghetti 5*,10*,11*	500 Grams
Fresh basil	15 Grams
Black pepper	1 Tsp

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *6 Fish, *4 Milk, *5 Eggs, *15 Celery

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1. Prep

- Peel and chop the **onion** and **garlic**.
- Peel and grate the **carrot**.



2. Fry vegetables

- Heat a pan over a medium-high heat with a drizzle of **olive oil**.
- Once hot, add the **onions**, **carrot** and **garlic** with a pinch of **salt**.
- Fry for 6-8 min until softened and beginning to caramelise.



3. Fry beef

- Add the **beef mince** and cook for 4-5 min further, breaking it up with a spatula.
- Add the **tomato paste**, **soy sauce**, **Worcestershire sauce** and 1 **beef stock cube** .
- Cook for 1-2 min further.



4. Simmer

- Add the **sugar**, **peeled plum tomatoes** (breaking them up with a spatula), and **dried oregano**.
- Bring to a boil, then reduce the heat to low and simmer, covered, for 15 min.
- Add a splash of water if needed.
- Meanwhile, grate the **Parmesan**.

Tip! Stew the sauce for as long as possible (even up to an hour) for extra flavour.



5. Boil pasta

- Bring a large pot of salted water to the boil.
- Once boiling, add the **spaghetti**.
- Cook for 8-10 min until 'al dente' or cooked to your liking.



6. Serve

- Serve the Classic **Spaghetti Bolognese** with **Parmesan**.
- Top with the grated **Parmesan** and **fresh basil** leaves.
- Finish with freshly ground **black pepper** and a drizzle of good quality extra virgin **olive oil**.

Tangy Tomato Prawn Wholewheat Pasta

with Romaine and Feta Salad

Fun fact: The word pasta comes from Latin and Greek, meaning 'barley porridge'! Yum!

hello chef

742 calories | 50 protein | 102 carbs | 13 fat

Tips for Kids

cook: 30 min

R3787-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3122 / 742
Fats (g)	13.4
of which saturated (g)	6.4
Carbohydrates (g)	102
of which sugars (g)	27.3
Fibers (g)	16.2
Proteins (g)	50.4
Salt (g)	5.9

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What You'll Need

- Box grater

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pasta sauce	
Prawns 7*	700 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Carrot	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Tomato paste	70 Grams
Tomato passata	500 Grams
Sriracha sauce	28 Grams
Brown sugar	10 Grams
Water	100 ML
Black pepper	1 Tsp
Whole-wheat spaghetti 5*,9*,10*,11*	400 Grams

Salad	
Romaine lettuce	400 Grams
Cucumber	2 Piece
Feta cheese 4*	200 Grams
Balsamic vinegar 14*	30 ML
Honey	30 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Olive oil	4 Tbsp

Serve	
Fresh parsley	15 Grams

Allergens: *7 Crustaceans, *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten, *4 Milk, *14 Sulphur Dioxide

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1. Prep

- Bring a pot of salted water to the boil.
- Peel and finely chop the **red onion**.
- Peel and mince the **garlic**.
- Peel and grate the **carrot**.

Tip! If cooking for kids, use the finest side of a box grater.



2. Fry

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion** and **carrot** with a pinch of **salt**.
- Fry for 5 min.
- Add the **garlic** and **tomato paste**.
- Fry for 1 min further.



3. Boil pasta

- Once the water is boiling, add the **whole-wheat spaghetti**.
- Cook for 8-10 min until 'al dente' or cooked to your liking.
- Drain.



4. Simmer

- Reduce the heat to medium.
- Add the **tomato passata**, **sriracha (spicy!)**, **brown sugar** and **measured water**.
- Simmer for 5-6 min until thickened.
- Add the **prawns**.
- Simmer, stirring occasionally for 4-6 min further or until the **prawns** are cooked through.
- Remove from the heat.
- Season with **salt** and **pepper**.

Tip! Sensitive to spice? Go easy on the sriracha. Prawns are cooked once they curl up (and form a 'C' shape) and are no longer translucent.



5. Make salad

- Meanwhile, finely chop the **romaine lettuce**.
- Chop the **cucumber** into half moons.
- Chop the **feta** into cubes.
- In a large bowl, whisk the **balsamic vinegar**, **honey**, **salt**, **pepper** and **olive oil** until fully combined.
- Add the **lettuce** and **cucumber** and toss well.
- Top with the **feta**.

Tip! If cooking for kids, set aside some cucumber, lettuce and feta before tossing. Toss the salad just before serving to prevent it from going soggy.



6. Serve

- Pick and finely chop the **parsley** leaves.
- Add the **pasta** to the **prawn and tomato sauce** and mix well.
- Serve the **Tangy Tomato Prawn Wholewheat Pasta** with **Romaine** and **Feta Salad**.
- Garnish with the **parsley** and serve the **salad** alongside.

Tip! If cooking for kids, serve the reserved cucumber, lettuce and feta separately with the pasta and prawns to the side. Serve the parsley on the side as 'sprinkles'.

Dukkah Crusted Chicken

with Roast Cauliflower and Chickpeas

Egyptian inspired flavours

hello chef

856 calories | 73 protein | 70 carbs | 34 fat

Low Carb | Global Eats

cook: 40 min

R4367-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2906 / 856
Fats (g)	34.2
of which saturated (g)	4.4
Carbohydrates (g)	70
of which sugars (g)	11.7
Fibers (g)	15.7
Proteins (g)	72.8
Salt (g)	4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Oven
- Pestle & Mortar

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Whole almonds 1*,2*	60 Grams
Cumin seeds	4 Grams
Coriander seeds	4 Grams
Sesame seeds 3*	10 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Olive oil	1 Tbsp

Roast vegetables	
Cauliflower	800 Grams
Red onion	2 Piece
Chickpeas	480 Grams
Garlic cloves	4 Piece
Olive oil	2 Tbsp
Paprika powder	4 Grams
Cinnamon powder	2 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp

To serve	
Lemon	1 Piece
Fresh parsley	30 Grams
Tahini 3*	120 Grams
Pomegranate molasses	20 Grams
Feta cheese 4*	100 Grams

Allergens: *1 Peanuts, *2 Tree Nuts, *3 Sesame Seeds, *4 Milk

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1. Make Dukkah

- Preheat the oven to 220°C/200°C fan.
- Heat a frying pan to a medium high heat.
- Dry toast the **almonds**, **cumin seeds**, **coriander seeds** and **sesame seeds** for 1-2 min until fragrant.
- Use a pestle and mortar to grind until you reach a coarse texture.
- Set the **dukkah** aside for later.

Tip! If you do not have a pestle and mortar, place the nuts and seeds into a sandwich bag and bash with a rolling pin until desired texture is achieved.



2. Prep veg

- Chop the **cauliflower** into florets.
- Peel and chop the **onion** into thin wedges.
- Drain and rinse the **chickpeas**.
- Grate the **lemon zest**, taking care to avoid its bitter white pith.
- Pick and roughly chop **parsley** leaves.
- Finely chop the **garlic**.



3. Roast veg

- Toss the **cauliflower** florets and **chickpeas** onto a lined baking tray.
- Add the chopped **garlic**, a drizzle of **oil**, **paprika** and a pinch of **cinnamon**.
- Cut the **lemon** in wedges and squeeze over the vegetables, to taste.
- Season with a pinch of **salt** and **pepper**.
- Roast for 12-15 min.



4. Make dressing

- Meanwhile, mix the **tahini** with 2 tsp **pomegranate molasses** according to taste.

Tip! Add a splash of water to thin out the tahini mixture if it starts to thicken.



5. Roast chicken

- Season the **chicken breasts** with **salt** and **pepper**.
- Drizzle with **oil** and scatter the **dukkah** over the tops.
- After the **vegetables** have roasted for 12-15 min, add the **dukkah** crusted **chicken breasts** and chopped **onion** to the baking sheet.
- Roast for 12-15 min until the **chicken** is cooked.



6. Serve

- Serve the **Dukkah Crusted Chicken** alongside the **Roast Cauliflower and Chickpeas**.
- Top with crumbled **feta** and a scatter of chopped **parsley**, **lemon zest**.
- Finish with a drizzle of the **tahini** dressing.

Low Carb Cottage Pie with Cauliflower Mash
and Steamed Broccoli

A British classic - made low carb.

hello chef

832 calories | 64 protein | 60 carbs | 42 fat

Low Carb

cook: 60 min

R3257-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3472 / 832
Fats (g)	41.7
of which saturated (g)	21.7
Carbohydrates (g)	60
of which sugars (g)	27.6
Fibers (g)	18.2
Proteins (g)	64.1
Salt (g)	7

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What You'll Need

- Oven
- Box grater
- Food processor

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef sauce	
Lean beef mince	700 Grams
Brown onion	2 Piece
Garlic cloves	4 Piece
Carrot	2 Piece
Olive oil	4 Tbsp
Salt	1 Tsp
Tomato paste	140 Grams
Tomato passata	400 Grams
Ketchup	40 Grams
Marmite 11*,15*	16 Grams
Beef stock cube 4*,5*,9*,11*,15*	1 Piece
Worcestershire sauce 6*,11*	30 ML
Black pepper	1 Tsp
Green peas	200 Grams

Cauliflower mash	
Cauliflower	1200 Grams
Grated cheddar 4*	120 Grams
Butter 4*	50 Grams
Salt	2 Tsp
Black pepper	1 Tsp

To serve	
Broccoli	600 Grams

Allergens: *11 Gluten, *15 Celery, *4 Milk, *5 Eggs, *9 Soya, *6 Fish

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1. Simmer cauliflower

- Preheat the oven to 200°C/180°C fan.
- Chop the **cauliflower** into small florets.
- Bring a large pot of water to a boil.
- Add the **cauliflower**.
- Cook, covered, for 10-12 min until soft.
- Drain.



2. Prep

- Meanwhile, peel and finely chop the **onion** and **garlic**.
- Peel and grate the **carrot**.



3. Fry beef

- Heat a pan over a medium-high heat with a drizzle of **oil**.
- Fry the **beef mince** and **onion** with a pinch of **salt** for 5-7 min.
- Add the **garlic** and **tomato paste**.
- Add the **grated carrots**, **tomato passata**, **ketchup**, **marmite**, 1 **stock cube**, **Worcestershire sauce** and **pepper**.
- Reduce the heat to low.
- Cover with a lid and simmer for 15 min.

Tip! Make sure the pan is hot before adding the beef. This will ensure it browns nicely!



4. Make mash

- Meanwhile, once soft, add the **cauliflower**, **cheddar** and **butter** to a food processor.
- Blitz for 1-2 min until smooth.
- Season generously with **salt** and **pepper**.



5. Bake

- Add the **green peas** to the **beef**.
- Season with **salt** and **pepper**.
- Pour the **beef** into a baking dish.
- Spoon the **cauliflower** over the top.
- Smooth the surface with a spatula.
- Bake for 20 min.



6. Serve

- Meanwhile, chop the **broccoli** into florets.
- Once baked, set the pie aside to rest for 5 min.
- Meanwhile, cook the **broccoli** in lightly salted boiling water for 5 min or until tender.
- Drain once cooked.
- Serve the **Low Carb Cottage Pie with Cauliflower Mash** with **Steamed Broccoli** alongside.

Pizza Frittata

with Green Salad

Enjoy all the familiar pizza flavours in an easy-to-make omelette.

763 calories | 48 protein | 21 carbs | 55 fat

Low Carb

cook: 30 min

R2981-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3175 / 763
Fats (g)	55
of which saturated (g)	32.2
Carbohydrates (g)	21
of which sugars (g)	13.8
Fibers (g)	3.5
Proteins (g)	48.2
Salt (g)	2.3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Frittata	
Brown onion	1 Pieces
Tomatoes	3 Pieces
Sun dried tomatoes	60 Grams
Parmesan [4]*	60 Grams
Organic Eggs [5]*	12 Pieces
Cooking cream [4]*	200 ML
Dried oregano	2 Grams
Garlic powder	4 Grams
Salt	2 Tsp
Black pepper	1 Tsp
Olive oil	4 Tbsp
Grated mozzarella [4]*	200 Grams

Salad	
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Baby gem lettuce	2 Pieces
Baby spinach	60 Grams
Olive oil	4 Tbsp
Balsamic vinegar [14]*	30 ML

Allergens: *4 Milk, *5 Eggs, *14 Sulphur Dioxide

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1. Prep

Preheat the oven to 200°C/180°C fan. Peel and finely chop the **onion**. Slice the **tomatoes**. Chop the **sun dried tomatoes**. Grate the **Parmesan**. Crack the **eggs** to a bowl and beat them lightly.



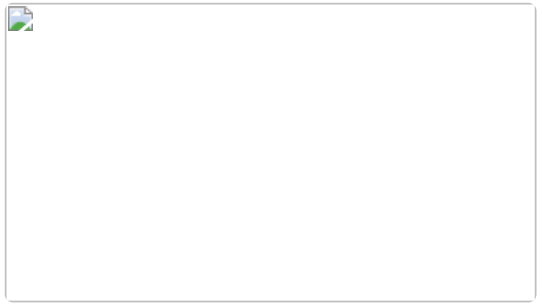
2. Mix

Add the **sun dried tomatoes**, **grated Parmesan**, 100 ml of **cream**, **oregano**, **garlic powder**, **salt** and **pepper** to the **eggs**. Mix and set aside.



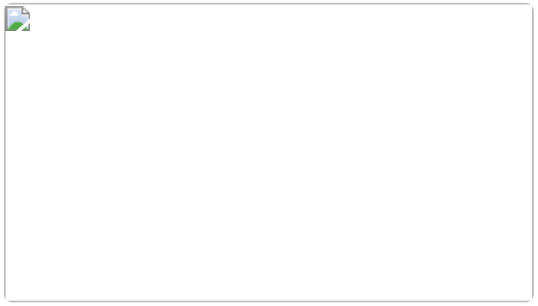
3. Start frittata

If you're cooking for 3 or 4, use two pans. Heat a large pan over a medium heat with a drizzle of **oil**. Fry the **onion** with a pinch of **salt** for 5 min. Add the **egg mix** to the pan. Reduce the heat to low. Cook, stirring a few times, for 5 min or until starting to set.



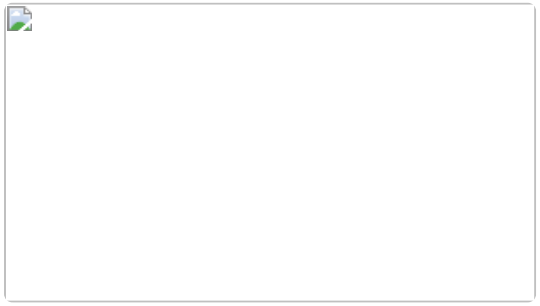
4. Bake frittata

If your pan is oven proof, leave the ingredients in the pan, otherwise transfer them to a greased or lined baking dish. Add the **grated mozzarella** to the frittata. Arrange the tomato slices on top. Bake in the oven for 10 min or until set but still moist and juicy in the inside.



5. Prep salad

Separate the **gem lettuce** leaves and tear them to pieces. Rinse and dry the **baby spinach**. Combine in a bowl. Once your ready to serve, dress the salad with **olive oil** and **balsamic vinegar**. Season with a pinch of **salt** and **pepper**. Toss.



6. Serve

Let the **frittata** rest for 5 min before serving. Serve the **salad** to the side.

Pizza Quattro Stagioni

with Turkey Bacon, Artichoke, Mushroom and Tomatoes

Pizza Quattro Stagioni is an Italian classic. It's divided into four sections, each of which represents one of the year's seasons.

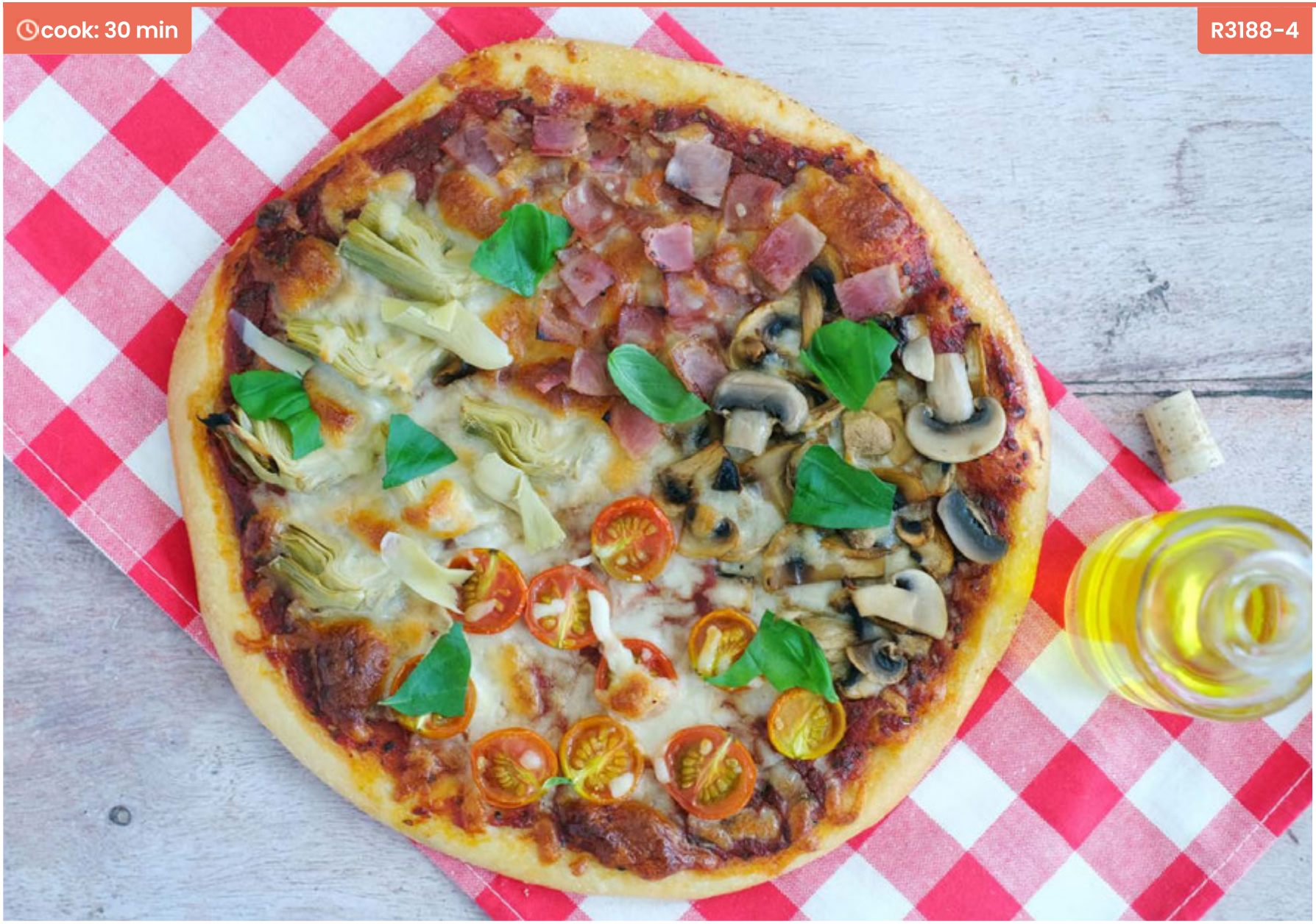
hellochef

1287 calories | 62 protein | 165 carbs | 42 fat

Family Friendly

cook: 30 min

R3188-4



Nutritional information

	per serving*
Energy (kJ/kcal)	5380 / 1287
Fats (g)	42.1
of which saturated (g)	15.8
Carbohydrates (g)	165
of which sugars (g)	12.7
Fibers (g)	11.1
Proteins (g)	62.3
Salt (g)	4.1

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven | Rolling pin

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Toppings	
Artichoke hearts	480 Grams
Mushroom	500 Grams
Vegetable oil	2 Tbsp
Cherry tomatoes	300 Grams
Smoked turkey bacon	120 Grams
Grated mozzarella 4*	400 Grams
Fresh basil	15 Grams

Tomato sauce	
Tomato passata	500 Grams
Olive oil	2 Tbsp
Garlic powder	4 Grams
Dried oregano	2 Grams
Brown sugar	10 Grams
Salt	1 Tsp

Pizza base	
Pizza dough ball 10*,11*	4 Piece
Plain flour 10*,11*	20 Grams
Semolina 10*,11*	60 Grams

Allergens: *4 Milk, *10 Wheat, *11 Gluten

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1. Prep toppings

Preheat the oven to 220°C/200°C fan. Preheat your baking trays (see pro tip!). Chop the **artichokes hearts** into quarters. Slice or quarter the **mushrooms**. Halve the **cherry tomatoes**. Cut the **turkey bacon** into bite-sized pieces.



2. Cook mushrooms

Heat a non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **mushrooms** with a pinch of **salt** and cook for 5 min.



3. Make sauce

In a bowl, combine the **tomato passata**, **olive oil**, **garlic powder**, **dried oregano** and **brown sugar** with the **salt**. This is your **tomato sauce**.



4. Roll pizza

Sprinkle half of the **semolina** onto a clean surface. Sprinkle the **flour** onto a rolling pin and roll out the **dough balls**, then allow them to rest for 3 min. After 3 min, continue to roll out the **dough** until roughly the size of a dinner plate. Sprinkle the remaining **semolina** onto the pre-heated baking trays. Carefully transfer the rolled out **dough** onto the trays. Spoon over the **tomato sauce**.



5. Bake

Top the **pizza base** with the **mozzarella**. Place each topping into 4 separate sections. Brush the crust with **olive oil**. Bake for 20 min or until the crust begins to crisp and brown.



6. Serve

Once ready, tear the **basil** onto the **pizza**. Slice!

Beef Bacon and Pineapple Pizza

with Crudités and Garlic Dip

The classic Hawaiian style! Are you a lover or a hater?

hello chef

1600 calories | 61 protein | 168 carbs | 74 fat

Family Friendly

cook: 40 min

R4768-4



Nutritional information

	per serving*
Energy (kJ/kcal)	6695 / 1600
Fats (g)	74.3
of which saturated (g)	25.5
Carbohydrates (g)	168
of which sugars (g)	24.5
Fibers (g)	6.6
Proteins (g)	61.2
Salt (g)	6.2

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What You'll Need

Oven | Rolling pin

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Toppings	
Olive oil	1 Tbsp
Beef bacon	240 Grams
Grated mozzarella 4*	300 Grams
Fresh basil	15 Grams
Pineapple chunks	280 Grams

Tomato sauce	
Tomato passata	400 Grams
Olive oil	2 Tbsp
Garlic powder	4 Grams
Dried oregano	4 Grams
Brown sugar	10 Grams
Salt	1 Tsp

Pizza base	
Semolina 10*,11*	60 Grams
Plain flour 10*,11*	20 Grams
Pizza dough ball 10*,11*	4 Piece

Crudités	
Carrot	2 Piece
Cucumber	2 Piece
Red pepper	2 Piece
Mayonnaise 5*,9*,13*	100 Grams
Sour cream 4*	120 Grams
Vegetable seasoning 2*,10*,11*,13*	4 Grams
Garlic paste	20 Grams
White vinegar	15 ML

Allergens: *4 Milk, *10 Wheat, *11 Gluten, *5 Eggs, *9 Soya, *13 Mustard, *2 Tree Nuts

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1. Prep toppings

- Preheat the oven to 220°C/200°C fan.
- Chop the **bacon** into bite-sized pieces.
- Drain **pineapple chunks**.
- Fry the **bacon** over a medium-high heat until almost cooked, drain of any excess fat.

Tip! Remove the pizza dough from the fridge at least 10 min before cooking. Allowing the dough to come to room temp makes it easier to roll out.



2. Make sauce

- Preheat your baking trays.
- In a bowl, combine the **tomato passata**, **olive oil**, **garlic powder**, **dried oregano** and **brown sugar** with the **salt**.
- This is your **tomato sauce**.



3. Poll pizza

- Sprinkle half of the **semolina** onto a clean surface.
- Sprinkle the **flour** onto a rolling pin and roll out the **dough balls**, then allow them to rest for 3 min.
- After 3 min, continue to roll out the **dough** until roughly the size of a dinner plate.
- Sprinkle the remaining **semolina** onto the pre-heated baking trays.
- Carefully transfer the rolled out **dough** onto the trays.
- Spoon over the **tomato sauce**.



4. Bake

- Top the **pizza base** with the **grated mozzarella**.
- Brush the crust with **olive oil**.
- Bake for 15-20 min or until the crust begins to crisp and brown.



5. Prep sides

- Meanwhile, peel and chop the **carrot** into sticks.
- Chop the **cucumber** into sticks.
- Deseed and chop the **pepper** into strips.
- In a small bowl, combine the **mayonnaise**, **sour cream**, **vegetable seasoning** and **garlic paste** with a dash of **white vinegar** to taste.



6. Serve

- Tear the **basil** onto the **pizza**.
- Slice, and serve immediately!

Spicy Barbecue Chicken Cutlets

with Limey Mayo Salad

Smoky, spicy and tangy form the perfect trinity in this low-carb meal.

hellochef

807 calories | 64 protein | 38 carbs | 48 fat

Low Carb

cook: 30 min

R2931-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3378 / 807
Fats (g)	47.5
of which saturated (g)	6.4
Carbohydrates (g)	38
of which sugars (g)	17.5
Fibers (g)	12.2
Proteins (g)	64.3
Salt (g)	1.8

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What You'll Need

- Rolling pin

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Smoked paprika powder	4 Grams
Chipotle powder	4 Grams
Salt	2 Tsp
Black pepper	1 Tsp
Almond flakes 1*,2*	60 Grams
Almond flour 1*,2*	80 Grams
Organic Eggs 5*	2 Piece
Vegetable oil	8 Tbsp
Barbecue sauce 11*,13*	80 Grams

Salad	
Carrot	2 Piece
Cherry tomatoes	300 Grams
Romaine lettuce	400 Grams

Dressing	
Mayonnaise 5*,9*,13*	100 Grams
Fresh chives	15 Grams
Garlic powder	4 Grams
Lime	2 Piece
Salt	0.5 Tsp

Allergens: *1 Peanuts, *2 Tree Nuts, *5 Eggs, *11 Gluten, *13 Mustard, *9 Soya

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1. Prep chicken

Place the **chicken breasts** between two large pieces of cling film. Place them on a chopping board. Using a rolling pin, bash the **chicken breasts** until halved in thickness.



2. Prep coating

Add the **smoked paprika**, **chipotle (spicy!)** **salt** and **pepper** to a shallow bowl. Turn the **chicken** in the spices until fully coated. Finely chop the **almond flakes**. Add them to a second bowl with the **almond flour**. Crack the **eggs** into a third bowl. Gently whisk.



3. Coat chicken

Turn the **barbecue chicken** in the **eggs**. Next, turn the **chicken** in the **almonds** until fully coated. Set aside on a plate.



4. Prep salad

Peel the **carrots**, then continue peeling until you're left with a pile of **carrot** ribbons. Halve the **cherry tomatoes**. Rinse, dry and chop the **lettuce**. Add the salad vegetables to a bowl and set aside.



5. Make dressing

Add the **mayonnaise** to a small bowl. Chop the **chives**. Add the **chives** and **garlic powder** to the **mayonnaise**. Juice the **lime** directly into the **mayonnaise** Season with a pinch of **salt**. Set aside.



6. Fry chicken

See pro tip! Heat a pan over a medium heat with a generous drizzle of **vegetable oil**. Add the coated **chicken** and reduce the heat to low. Fry for 2-3 min on either side or until golden and crispy. Toss the salad vegetables in the dressing. Drizzle the **chicken** with the **barbecue sauce** and serve with the **salad**.

500 | SERVER ERROR

Sri Lankan Dhal

with Coconut Sambal and Coriander Chutney

Although this recipe is made up of four components, it's quick and easy to prepare. Ready in under 30 minutes!

hello chef

831 calories | 35 protein | 112 carbs | 33 fat

Global Eats

cook: 30 min

R2573-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3473 / 831
Fats (g)	33
of which saturated (g)	9.1
Carbohydrates (g)	112
of which sugars (g)	16.7
Fibers (g)	28
Proteins (g)	34.9
Salt (g)	1.5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Food processor

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Dhal	
Shallots	4 Piece
Tomatoes	4 Piece
Small green chilli	2 Piece
Red lentils	400 Grams
Salted vegan butter	30 Grams
Turmeric powder	4 Grams
Curry leaves	6 Piece
Water	800 ML
Vegetable stock cube 15*	2 Piece

Coconut sambal	
Desiccated coconut	40 Grams
Chilli powder	4 Grams
Salt	1 Tsp
Lime	4 Piece

Coriander chutney	
Fresh mint	20 Grams
Fresh coriander	15 Grams
Ginger	60 Grams
Garlic cloves	2 Piece
White vinegar	30 ML
Black salt	4 Grams
Olive oil	4 Tbsp

To serve	
Avocado	2 Piece
Crispy onions	40 Grams

Allergens: *15 Celery

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1. Prep vegetables

Peel, halve and finely slice the **shallots**. Roughly chop the **tomatoes**. Slice the **green chilli**. Thoroughly rinse the **lentils** under cold water.



2. Make dhal

Heat a large pan over a medium heat. Add the **vegan butter**, **shallots**, **green chilli (spicy!)**, **turmeric**, and **curry leaves**. Fry for 1 min. Add the **tomatoes**, **lentils**, **measured water** and **vegetable stock cube**. Simmer for 20 min until the **lentils** are soft.



3. Make sambal

Meanwhile, combine the **desiccated coconut**, **chilli powder (spicy!)** and a pinch of **salt** with the juice of the **limes** - this is your **coconut sambal**.



4. Prep chutney

Roughly chop the **mint leaves** (discard the stalks) and **coriander**. Peel and chop the **ginger** and **garlic**. Add the **mint**, **coriander**, **ginger**, **garlic**, **white vinegar**, **black salt** and a very generous drizzle of **olive oil** to a food processor. Blend until very smooth - this is your **chutney**.

Tip! If you don't have a blender or food processor, use a pestle and mortar to make the coriander chutney.



5. Avocado

Cut the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon, then slice it.



6. Serve

Serve the sliced **avocado** over the **dhal** with the **coconut sambal** and **coriander chutney** to the side. Top with the **crispy onions**.

German Beef Meatballs

with Creamy Potato Salad

In Germany this dish is traditionally eaten in summertime. The meatballs are often served cold the next day with mustard!

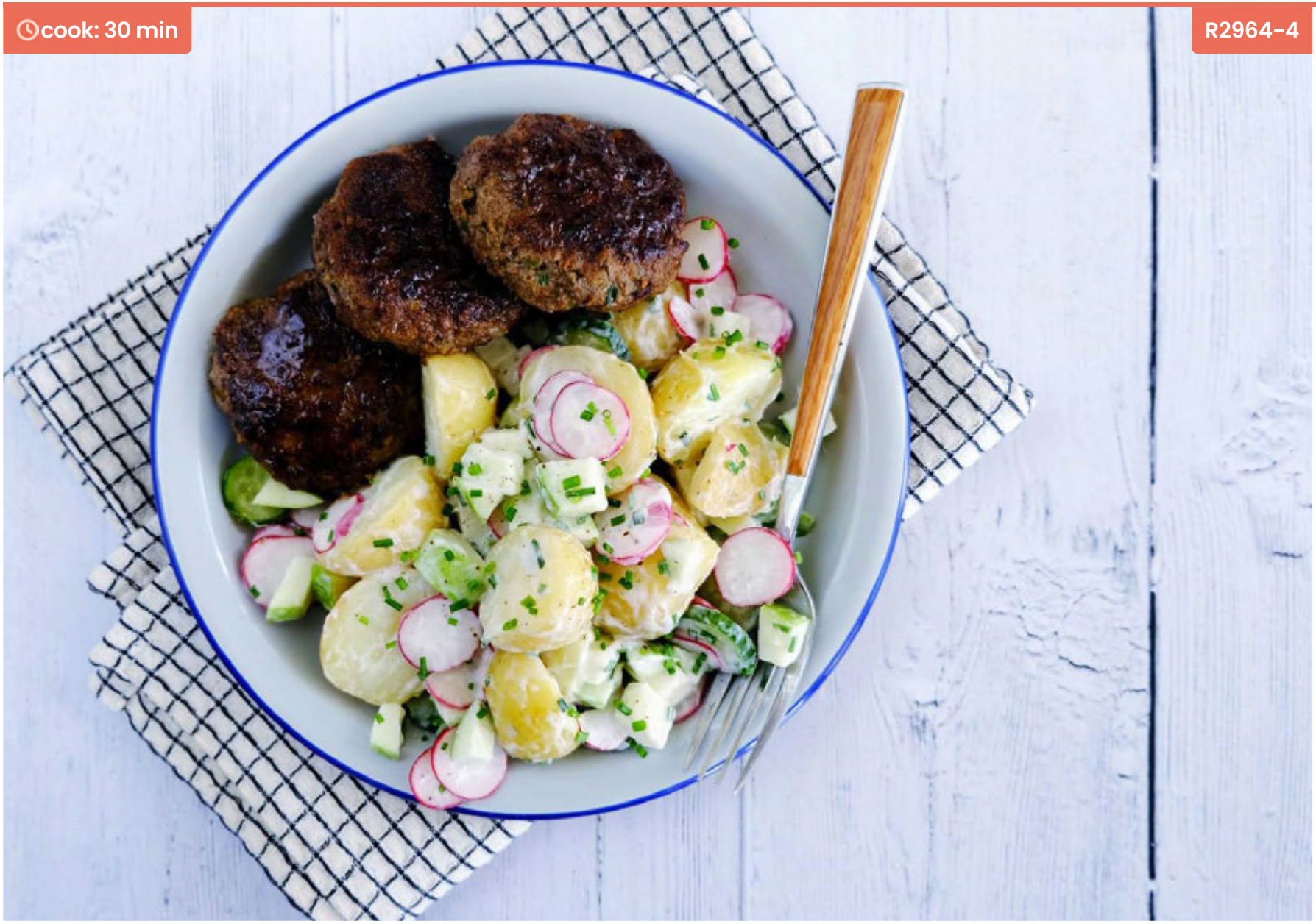
hello chef

1152 calories | 39 protein | 80 carbs | 76 fat

Family Friendly

cook: 30 min

R2964-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4816 / 1152
Fats (g)	75.7
of which saturated (g)	23.8
Carbohydrates (g)	80
of which sugars (g)	15.4
Fibers (g)	10.6
Proteins (g)	38.8
Salt (g)	2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meatballs	
Beef mince	700 Grams
Panko bread crumbs 10*,11*,12*	40 Grams
Soy sauce 9*,10*,11*	20 ML
Water	60 ML
Fresh parsley	30 Grams
Onion powder	8 Grams
Organic Eggs 5*	2 Piece
Garlic powder	4 Grams
Smoked paprika powder	4 Grams
Dried oregano	4 Grams
Dijon mustard 13*	12 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Vegetable oil	2 Tbsp

Salad	
New potatoes	1000 Grams
Salt	2 Tsp
Cucumber	2 Piece
Red radish	250 Grams
Fresh chives	30 Grams
Green apple	2 Piece
Mayonnaise 5*,9*,13*	100 Grams
White balsamic vinegar 14*	30 ML
Black pepper	1 Tsp

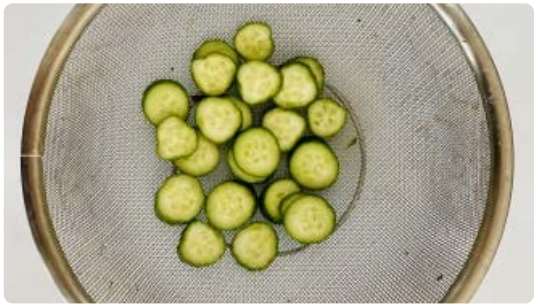
Allergens: *10 Wheat, *11 Gluten, *12 Lupin, *9 Soya, *5 Eggs, *13 Mustard, *14 Sulphur Dioxide

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1. Boil potatoes

- Thoroughly wash the **potatoes** - do not peel them!
- Chop them into bite-sized pieces.
- Add to a pan of boiling water with a generous pinch of **salt**.
- Cook over medium heat for 12-15 min or until tender.
- Once cooked, drain the **potatoes**.
- Leave them to cool for as long as possible in a colander.



2. Salt cucumber

- Meanwhile, slice the **cucumber** finely.
- Place the slices in a colander, season with a generous pinch of **salt**.
- Place the colander in the sink until step 6.



3. Make meatballs

- Meanwhile, finely chop the **parsley**.
- Place the **bread crumbs** and **soy sauce** in a bowl with the **measured water**.
- Add the **onion powder**, **parsley**, **oregano**, **eggs**, **garlic powder**, **beef mince**, **smoked paprika**, **Dijon** and a handful of **parsley** to the bowl.
- Season with **salt** and **pepper**.
- Using clean hands, knead until fully combined.
- Shape the mixture into 12 flat **meatballs**. Refrigerate.

Tip! Not got a precise measuring jug to hand? Use a spoon measurement instead: 1 Tbsp consists of 15 ml.



4. Prep salad

- Finely slice the **radish**.
- Finely chop the **chives** and **apple**.
- Combine the **mayonnaise**, **vinegar**, **radish**, **apple chives**, **salt** and **pepper** in a large bowl. Set aside.



5. Fry meatballs

- Heat a pan over medium heat with a drizzle of **oil**.
- Once hot, fry the **meatballs** for 4 min or until starting to brown all over.
- Cover with a lid and reduce the heat.
- Cook for 5 min further until cooked through.



6. Serve

- Squeeze the salted **cucumbers** to release as much water as possible.
- Add the cooled **potatoes** and **cucumbers** to the salad bowl.
- Toss together and season with **salt** and **pepper** to taste.
- Serve the **German Beef Meatballs** with **Creamy Potato Salad** alongside.

Tip! Make the potato salad in advance. Once the potatoes are fully cool, assemble the salad and refrigerate for as long as possible. Serve at room temperature.

BBQ Fish Wraps

with Cucumber and Apple Slices

Quick and super easy! Perfect leftovers for lunch boxes.

hellochef

750 calories | 52 protein | 78 carbs | 26 fat

Family Friendly | Speedy | Quick Prep

cook: 30 min

R4815-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3137 / 750
Fats (g)	26.3
of which saturated (g)	11
Carbohydrates (g)	78
of which sugars (g)	20.9
Fibers (g)	4
Proteins (g)	51.8
Salt (g)	4.7

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Alaskan pollock loin 6*	700 Grams
BBQ spice 15*	8 Grams
Smoked paprika powder	4 Grams
Coriander powder	4 Grams

Veg	
Yellow pepper	2 Piece
Spring onion	80 Grams
Barbecue sauce 11*,13*	120 Grams

To serve	
Cucumber	2 Piece
Red apple	2 Piece
Sour cream 4*	120 Grams
Grated cheddar 4*	120 Grams
6" tortilla wraps 10*,11*	12 Piece

Allergens: *6 Fish, *15 Celery, *11 Gluten, *13 Mustard, *4 Milk, *10 Wheat

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Egg, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur dioxide and Celery.**



1. Prep

- Cut the **pollock** into bite-sized pieces.
- Add the fish to a bowl and season it with the **BBQ spice**, **smoked paprika**, **coriander powder** and a drizzle of oil.
- Deseed and chop the **pepper** into strips.
- Trim and finely slice the **spring onion**.



2. Fry fish

- Heat a large frying pan over a medium-high heat with a drizzle of oil.
- Fry the chicken for 5-6 min until cooked through.
- Remove from the pan and set aside on a plate.



3. Fry pepper

- Return the pan to the heat with another drizzle of oil.
- Fry the **pepper** for 3-4 min.



4. Finish

- Add the chicken, **spring onion** and **barbecue sauce**.
- Mix and cook for 1 min further.



5. Prep sides

- Chop the **apple** into slices, discarding the core.
- Trim and chop the **cucumber** into batons.

Tip! To prevent the apple slices browning squeeze over some lemon juice.



6. Serve

- Heat the **tortilla wraps** in the microwave or in a hot, dry pan for 30 secs.
- Serve the **BBQ** Fish **Wraps** with **Cucumber** and **Apple** Slices.

Tip! These wraps are perfect for leftover lunches!

Vegetarian Lasagna with Lentils, Roasted Vegetables and Feta Cheese

This hearty vegetarian lasagna is inspired by Greek flavours!

949 calories | 48 protein | 98 carbs | 34 fat

Family Friendly

cook: 60 min

R3546-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3973 / 949
Fats (g)	34
of which saturated (g)	17.2
Carbohydrates (g)	98
of which sugars (g)	37.1
Fibers (g)	25.2
Proteins (g)	48.3
Salt (g)	6.5

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What You'll Need

- Oven
- Box grater
- Whisk

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Vegetables	
Eggplant	2 Piece
Small zucchini	4 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp

Sauce	
Canned lentils	530 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Fresh basil	15 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Dried oregano	4 Grams
Chopped tomatoes	800 Grams
Tomato paste	70 Grams
Vegetable stock cube 15*	2 Piece
Honey	30 Grams
Tamari 9*	30 ML
Water	200 ML
Black pepper	1 Tsp

To assemble	
Parmesan 4*	120 Grams
Feta cheese 4*	100 Grams
Pine nuts 2*	40 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Panko bread crumbs 10*,11*,12*	40 Grams
Butter 4*	50 Grams
Plain flour 10*,11*	50 Grams
Whole milk 4*	400 ML
Black pepper	1 Tsp
Lasagna sheets 5*,9*,10*,11*	12 Piece

Allergens: *15 Celery, *9 Soya, *4 Milk, *2 Tree Nuts, *10 Wheat, *11 Gluten, *12 Lupin, *5 Eggs

Due to production methods, we cannot guarantee



1. Roast vegetables

- Preheat the oven to 200°C/180°C fan.
- Slice the **eggplants** and **zucchini** into 0.5 cm thick rounds.
- Place them on a lined baking tray.
- Drizzle with **oil** and sprinkle with **salt**.
- Bake for 25 min.



2. Prep

- Meanwhile, drain and rinse the **lentils**.
- Peel and finely chop the **onion** and **garlic**.
- Grate the **Parmesan**.
- Roughly chop the **basil** leaves.



3. Make sauce

- Heat a pan over a medium-high heat with a drizzle of **oil**.
- Cook the **onion** with a pinch of **salt** for 4 min or until softened.
- Add the **garlic** and **dried oregano**.
- Cook for 1 min.
- Add the **chopped tomatoes**, **tomato paste**, **vegetable stock cube**, **lentils**, **honey**, **tamari** and **measured water**.
- Simmer over a medium heat for 10 min.
- Stir in the **basil**.
- Season with **salt** and **pepper**.



4. Prep crumb

- Meanwhile, crumble the **feta** into a bowl.
- Roughly chop the **pine nuts**.
- Add the **pine nuts**, a pinch of **salt**, a drizzle of **olive oil** and the **panko bread crumbs** to the **feta** and toss.



5. Make bechamel

- Melt the **butter** in a saucepan over a medium heat.
- Add the **flour** and stir until a sandy paste has formed.
- Gradually add the **milk**.
- Whisk for 3-4 min until thickened.
- Add the **Parmesan**.
- Season with **salt** and **pepper**.



6. Serve

- Pour half of the **lentils** over the bottom of an oven-proof dish.
- Top with 1/2 the roasted **eggplant** and **zucchini**, followed by half of the **lasagna sheets**. Repeat.
- Finally, cover with the **béchamel**, top with the **feta** crumb.
- Bake for 20 min or until the pasta is cooked.
- Once cooked, allow the **lasagna** to cool for 5 min.
- Serve the **Vegetarian Lasagna with Lentils, Roasted Vegetables and Feta Cheese**.

Tip! You may need to layer the sauce and lasagna sheets differently depending on the size of your dish.

One-pot Chicken Laksa

with Rice Noodles and Pak Choi

Laksa originates from South East Asia and is a spicy noodle soup, served with a curry flavoured broth. Ours is an easy one pot meal with pulled chicken, pak choi and bean sprouts!

hello chef

582 calories | 42 protein | 37 carbs | 31 fat

Calorie Smart | Global Eats | Speedy

cook: 25 min

R3639-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2437 / 582
Fats (g)	30.9
of which saturated (g)	13.2
Carbohydrates (g)	37
of which sugars (g)	7.7
Fibers (g)	8.4
Proteins (g)	42.3
Salt (g)	4.6

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pulled chicken	600 Grams
Shallots	2 Piece
Fresh coriander	15 Grams
Snow peas	200 Grams
Baby pak choi	6 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Ginger garlic paste	40 Grams
Curry powder	8 Grams
Turmeric powder	4 Grams
Coconut milk	400 ML
Vegetable stock cube 15*	1 Piece
Water	1200 ML
Sambal oelek	20 Grams
Lime leaves	6 Piece
Rice noodles	200 Grams
Bean sprouts	100 Grams
Fish sauce 6*,10*	20 ML
Sesame oil 3*,9*	30 ML
Lime	2 Piece

Allergens: *15 Celery, *6 Fish, *10 Wheat, *3 Sesame Seeds, *9 Soya

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1. Prep

- Peel and very finely chop the **shallots**.
- Roughly chop the **coriander leaves** and set them aside.
- Chop the **coriander** stalks finely.
- Slice the **snow peas** in half.
- Trim the **pak choi** and slice it in half, separating the white base from the green tops.



2. Fry

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **shallots** and **coriander** stalks with a pinch of **salt**.
- Fry for 3 min.
- Add the **ginger garlic paste**, **curry powder** and **turmeric**.
- Fry for 1 min further until fragrant.



3. Simmer

- Add the **coconut milk**, 1 **stock cube**, **measured water**, **sambal oelek** (spicy!) and **lime leaves**.
- Bring to a simmer.



4. Boil

- Once simmering, add the **rice noodles** to the bubbling broth along with the **snow peas**, **pak choi** and **pulled chicken**.
- Make sure the **noodles** are fully submerged.
- Reduce the heat to medium-low.
- Cook for 4 min, covered, stirring occasionally.
- Remove the pan from the heat.



5. Finish

- Stir in the **bean sprouts**, **fish sauce**, **sesame oil**, some **coriander leaves** and a squeeze of **lime** juice.
- Reserve some **coriander** and a wedge of **lime** for garnish!



6. Serve

- Serve the **One-pot Chicken Laksa** with **Rice Noodles** and **Pak Choi**.
- Spoon the broth over the top.
- Garnish with any remaining **coriander leaves** and **lime** wedges.

Chicken Tikka Masala

with Cucumber Salad

No need to order this take-away classic when you can cook it at home!

hello chef

881 calories | 64 protein | 100 carbs | 32 fat

Family Friendly | Weekly classic

cook: 30 min

R3479-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3679 / 881
Fats (g)	31.7
of which saturated (g)	19.8
Carbohydrates (g)	100
of which sugars (g)	15.7
Fibers (g)	7.9
Proteins (g)	63.5
Salt (g)	3.7

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Chicken breast	600 Grams
Brown onion	2 Piece
Ghee 4*	60 Grams
Salt	1 Tsp
Ginger garlic paste	20 Grams
Smoked paprika powder	4 Grams
Curry powder	10 Grams
Garam masala	5 Grams
Chipotle powder	4 Grams
Water	400 ML
Tomato paste	140 Grams
Chicken stock cube 4*,5*,9*,15*	2 Piece
Cooking cream 4*	200 ML
Honey	30 Grams

Rice	
Basmati rice	300 Grams
Water	600 ML

Cucumber salad	
Cucumber	4 Piece
Fresh coriander	15 Grams
Lime	2 Piece
Salt	1 Tsp

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Prep

- Slice the **chicken breast** into goujons.
- Peel and finely chop the **brown onion**.



2. Make sauce

- Heat a large non-stick pan over a medium-low heat with the **ghee**.
- Fry the **onion** with a pinch of **salt** for 7-8 min until softened.
- Once softened, add the **chicken**, **ginger garlic paste**, **smoked paprika**, **curry powder**, **garam masala** and **chipotle powder** (spicy!).
- Fry for 2 min.
- Add the **measured water**, **tomato paste** and **stock cube** and simmer for 10 min.



3. Boil rice

- Meanwhile, rinse and drain the **basmati rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat.
- Lower heat, cover and cook for 12-14 min, until **rice** is tender.
- Remove from the heat and keep covered until serving.



4. Prep cucumber salad

- Meanwhile, chop the **cucumber** into small chunks.
- Pick and finely chop the **coriander**.
- Slice the **lime** into wedges.
- Mix the **cucumber** and **coriander** together in a bowl with a pinch of **salt**.
- Add a squeeze of **lime juice**.



5. Finish sauce

- Once the **chicken** is cooked, add the **cooking cream** and **honey** to the pan.
- Simmer for a final 5 min or until the sauce begins to thicken up.

Tip! Use any leftover cream later in the week for omelettes, scrambles, sauces or simply for pouring over fresh strawberries!



6. Serve

- Serve the **Chicken Tikka Masala** over warm **Basmati Rice** with the **Cucumber Salad** to the side.
- Serve any remaining **lime wedges** as a garnish.

Thai Green Curry

with Prawns and Jasmine Rice

Unlike Indian curries which favour spices, Thai curries use herbs and aromatics for flavour!

hellochef

726 calories | 37 protein | 98 carbs | 25 fat

Family Friendly | Weekly classic

cook: 30 min

R3653-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3037 / 726
Fats (g)	25.1
of which saturated (g)	21.3
Carbohydrates (g)	98
of which sugars (g)	10.6
Fibers (g)	10
Proteins (g)	37
Salt (g)	3.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Prawns 7*	700 Grams
Shallots	2 Piece
Red pepper	2 Piece
Snow peas	200 Grams
Lemongrass	1 Piece
Vegetable oil	2 Tbsp
Ginger garlic paste	20 Grams
Green curry paste	30 Grams
Tamarind paste	30 Grams
Coconut cream	400 Grams
Water	200 ML
Coconut sugar	10 Grams
Lime leaves	6 Piece
Lime	2 Piece
Fish sauce 6*,10*	20 ML
Fresh coriander	15 Grams

Rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML

Allergens: *7 Crustaceans, *6 Fish, *10 Wheat

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1. Prep

- Peel and chop the **shallots**.
- Slice the **pepper**.
- Trim and slice the **snow peas**.
- Trim and finely slice 10 cm of the **lemongrass**. Keep the rest whole.



2. Boil rice

- Rinse and drain the **rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat.
- Lower heat, cover and cook for 12-14 min, until **rice** is tender.
- Remove from the heat and keep covered until serving.



3. Fry

- Meanwhile, heat a pan over a medium heat with a drizzle of **vegetable oil**.
- Fry the **shallots** and **pepper** for 3 min.
- Add the **ginger garlic paste**, sliced **lemongrass** and **green curry paste** (spicy!).
- Cook for 2 min further.



4. Simmer

- Add the **tamarind paste**, **coconut cream**, **measured water**, **coconut sugar**, **lime leaves** and the big piece of **lemongrass**.
- Simmer for 7 min.
- Add the **snow peas** and simmer for 3 min further.



5. Fry prawns

- Meanwhile, heat a second pan over a medium high heat with a drizzle of **oil**.
- Fry the **prawns** for 2-3 min, flipping halfway.

Tip! Alternatively, save on washing up by adding the prawns to the curry sauce along with the snow peas.



6. Serve

- Slice the **lime** into wedges.
- Season the **curry** with the **fish sauce** and a squeeze of **lime** juice.
- Remove the **lemongrass** piece and the **lime leaves**.
- Serve the **Thai Green Curry with Prawns** over **Jasmine rice**.
- Garnish with any remaining **lime wedges** and **fresh coriander**.

Pesto Crusted Seabream

with Mash, Roasted Broccoli and Butter Sauce

Crisp herby seabream finished with a lemony butter sauce, what's not to love?

hellochef

716 calories | 55 protein | 75 carbs | 26 fat

Tips for Kids

cook: 35 min

R3794-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2982 / 716
Fats (g)	25.8
of which saturated (g)	11.5
Carbohydrates (g)	75
of which sugars (g)	11.2
Fibers (g)	16.5
Proteins (g)	54.9
Salt (g)	1.1

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Oven
- Potato masher

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Seabream	
Seabream 6*	660 Grams
Panko bread crumbs 10*,11*,12*	90 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Green pesto 2*,4*	75 Grams
Olive oil	2 Tbsp

Mash	
Potatoes	1200 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Broccoli	
Broccoli	800 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp

Sauce	
Red onion	2 Piece
Garlic cloves	4 Piece
Butter 4*	50 Grams
Water	100 ML
Salt	1 Tsp
Lemon	2 Piece

Allergens: *6 Fish, *10 Wheat, *11 Gluten, *12 Lupin, *2 Tree Nuts, *4 Milk

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1. Make mash

Preheat the oven to 220°C/200°C fan. Bring a pot of salted water to the boil. Peel and chop the **potatoes** into bite-sized pieces. Add to the pot of boiling water and cook over medium heat for 20 min or until soft. Once soft, drain the **potatoes** and return them to the pot. Mash until smooth or until it reaches your desired consistency. Season with **salt** and **pepper**.



2. Roast broccoli

Meanwhile, separate the **broccoli** into florets and chop them into bite-sized pieces. Add the **broccoli** to a lined baking tray with a drizzle of **oil** and a generous sprinkling of **salt**. Roast for 10 min.



3. Prep

Meanwhile, peel and finely slice the **onion**. Peel and mince the **garlic**. In a small bowl, combine the **panko bread crumbs**, **pesto**, **olive oil** and a pinch of **salt** and **pepper**. Mix until combined. This is your **pesto crust**.

Tip! If cooking for kids, keep a portion of the bread crumbs plain before adding the pesto.



4. Roast fish

After the **broccoli** has roasted for 10 min, push them to one side of the baking tray, making room for the **seabream**. Place the **seabream** fillets skin side down and top with the **pesto crust**, pressing it down with the back of a spoon. Drizzle the **crust** with **oil** and bake for 10 min further or until crisp.

Tip! If cooking for kids add the plain bread crumbs to their portion with a drizzle of oil and bake for 10 min further or until crisp.



5. Make sauce

Meanwhile, heat a small non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **onions** with a pinch of **salt** and fry for 5 min. Add the **garlic** and fry for 30 sec further. Reduce the heat to medium and add the **measured water** and bring to a boil. Simmer over a medium heat for 1-2 min or until the **water** reduces by half. Remove the pan from the heat and add a squeeze of **lemon** and the **butter**. Mix until combined.

Tip! Add a splash of water if the sauce thickens up too quickly.



6. Serve

Divide the **mash** among plates and the **pesto seabream** and **broccoli** alongside. Drizzle with the **butter sauce**.

Tip! If cooking for kids, serve the plain breaded seabream, mash and broccoli separately. Serve the butter sauce to the side.

Creamy Garlic Chicken Thighs
with Mushrooms and Green Beans

Winner, winner, chicken dinner!

hellochef

630 calories | 72 protein | 16 carbs | 29 fat

Low Carb

cook: 35 min

R2707-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2628 / 630
Fats (g)	29.3
of which saturated (g)	14.8
Carbohydrates (g)	16
of which sugars (g)	5.1
Fibers (g)	3.8
Proteins (g)	72.4
Salt (g)	3.7

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What You'll Need

- Box grater

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Skin-on, bone-in chicken thighs	1200 Grams
Mushroom	500 Grams
Garlic cloves	10 Piece
Parmesan **4***	60 Grams
Water	200 ML
Chicken stock cube **4*,5*,9*,15***	1 Piece
Olive oil	4 Tbsp
Salt	0.5 Tsp
Black pepper	1 Tsp
Paprika powder	4 Grams
Cooking cream **4***	200 ML

To serve	
Green beans	375 Grams
Fresh chives	15 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Prep

- Clean the **mushrooms** with a cloth or kitchen paper (don't wash them).
- Quarter the **mushrooms**.
- Peel and mince the **garlic cloves**.
- Grate the **Parmesan**.
- Boil the **measured water** and dissolve the 1 **chicken stock cube** in it.



2. Fry chicken

- Heat a pan over a high heat with a drizzle of **oil** (for 3 or 4 people, use two pans).
- Once hot, add the **chicken thighs** skin-side down with a pinch of **salt**.
- Fry for 8-10 min until well browned.
- Flip and cook for 5 min further.
- Transfer the **chicken** to a plate.
- Return the pan to a medium-high heat.

Tip! Always fry the chicken skin-side down first. The fat from the skin will coat your pan so that the other side doesn't stick to it.



3. Fry mushrooms

- Add a drizzle of **oil** to the pan.
- Add the **mushrooms**.
- Fry for 6 min until browned and starting to crisp.
- Add the **garlic**.
- Cook for 2 min further.



4. Simmer

- Return the fried **chicken** to the pan.
- Add the **black pepper**, **paprika**, **chicken stock** and **cream**.
- Cover the pan with a lid and reduce the heat to low.
- Simmer for 15 min or until the **chicken** is cooked through.
- Finally, stir in the grated **Parmesan**.



5. Boil green beans

- Meanwhile, trim the **green beans**.
- Cook the **green beans** in a pot of salted boiling water for 4-5 min or until tender.
- Drain once cooked.



6. Serve

- Meanwhile, chop the **chives** finely.
- Serve the **Creamy Garlic Chicken Thighs** with **Mushrooms** and **Green Beans**[/b].
- Garnish with the chopped **chives**.

Spicy Chilli Lime Pollock

with Pak Choi, Edamame Beans and Cauli Rice

Aromatic and fragrant!

hello chef

375 calories | 47 protein | 36 carbs | 6 fat

Calorie Smart | Low Carb

cook: 30 min

R4687-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1569 / 375
Fats (g)	6.3
of which saturated (g)	0.7
Carbohydrates (g)	36
of which sugars (g)	17.1
Fibers (g)	9.4
Proteins (g)	47.1
Salt (g)	4

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What You'll Need

Oven

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fish	
Alaskan pollock loin 6*	700 Grams
Sauce	
Lime	2 Piece
Soy sauce 9*,10*,11*	40 ML
Ginger garlic paste	20 Grams
Brown sugar	15 Grams
Chilli jam	56 Grams
Water	200 ML
Corn starch	20 Grams
Sides	
Cauliflower	800 Grams
Baby pak choi	6 Piece
Edamame beans 9*	200 Grams
To serve	
Fresh coriander	15 Grams
Sesame seeds 3*	10 Grams

Allergens: *6 Fish, *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Cook cauli rice

- Preheat oven to 200°C/180°C fan.
- Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains.
- Heat a frying pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **cauliflower** with a pinch of **salt** and stir-fry for 5 min.
- Keep warm until serving.



2. Make sauce

- Cut the **lime** into wedges.
- In a small pan, combine the **soy sauce**, **ginger garlic paste**, **brown sugar**, **chilli jam** (spicy!), measured **water**, half **lime juice** and 2 tsp of **corn starch**.
- Heat the **sauce** over a medium heat for 1 min.



3. Bake fish

- Portion the **pollock**.
- Add it to an oven-proof baking dish.
- Bake for 10-12 min.
- Drain off the excess cooking liquid.



4. Cook veg

- Meanwhile, cut the **pak choi** into halves.
- Heat a frying pan with a drizzle of **oil**.
- Fry the **pak choi** for 4 min, with a pinch of **salt**.
- Add the **beans** with a splash of **water**.
- Cover and cook for 2-3 min.



5. Finish fish

- Once the **fish** is cooked, pour the **sauce** over the **fish** and bake for 2 min further to warm the **sauce**.



6. Serve

- Serve the **Chilli Lime Pollock** with **Pak Choi**, **Edamame Beans** and **Cauli Rice** garnished with **coriander leaves** and **sesame seeds**.
- Squeeze over the juice of the remaining **limes** to taste.

Spicy Thai Green Curry

with Prawns and Eggplant

Unlike Indian curries which favour spices, Thai curries use herbs and aromatic leaves for flavour!

hello chef

666 calories | 36 protein | 97 carbs | 20 fat

Global Eats

cook: 30 min

R3142-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2786 / 666
Fats (g)	20
of which saturated (g)	11.3
Carbohydrates (g)	97
of which sugars (g)	9.1
Fibers (g)	11.4
Proteins (g)	35.8
Salt (g)	3.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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04-825-44-00
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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Green curry	
Prawns 7*	700 Grams
Shallots	2 Piece
Long Eggplant	500 Grams
Lemongrass	1 Piece
Small red chilli	2 Piece
Fresh coriander	30 Grams
Water	200 ML
Vegetable oil	2 Tbsp
Ginger garlic paste	20 Grams
Green curry paste	40 Grams
Tamarind paste	30 Grams
Fish sauce 6*,10*	20 ML
Coconut milk	400 ML
Coconut sugar	20 Grams
Lime leaves	6 Piece
Lime	2 Piece

Rice	
Jasmine rice	300 Grams
Water	600 ML
Salt	2 Tsp

Allergens: *7 Crustaceans, *6 Fish, *10 Wheat

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1. Prep

- Peel and finely chop the **shallots**.
- Chop the **eggplants** into cubes.
- Finely slice 10 cm of the **lemongrass**.
- Keep the rest as whole.
- Slice the **red chilli** into rings.
- Finely chop the **coriander**.



2. Cook rice

- Add the **rice**, **measured water** and a pinch of **salt** to a pan with a lid.
- Bring to a boil.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pan from heat.
- Keep covered until serving.



3. Start curry

- Meanwhile, heat a pan with a lid over a medium heat with a drizzle of **vegetable oil**.
- Once hot, add **eggplant**.
- Fry for 2 in.
- Add the **shallots**.
- Cook for 3 min.
- Add the **ginger garlic paste**, sliced lemon grass and **green curry paste** (spicy!).
- Cook for 1 min further.



4. Simmer

- Add the **tamarind paste**, **coconut milk**, **measured water**, **coconut sugar**, **lime leaves** and the big piece of lemon grass.
- Bring to a simmer, then cover.
- Cook for 10 min.



5. Cook prawns

- Meanwhile, heat another pan over a medium high heat with a drizzle of **oil**.
- Once hot, add the **prawns**.
- Cook for 2-3 min, flipping the **prawns** halfway.



6. Serve

- Add the cooked **prawns** and **fish sauce** to the **curry**.
- Stir through half of the **fresh coriander** and a squeeze of **lime** juice.
- Serve the **Spicy Thai Green Curry with Prawns and Eggplant** with the **rice**.
- Garnish with the **chilli** (spicy!) and remaining **coriander**.

Duck A L'Orange with Mashed Potato
and Almond Broccolini

Inspired by Julia Child, add a touch of French flair to dinner tonight with succulent sous-vide duck in a velvety orange sauce.

hello chef

1535 calories | 71 protein | 104 carbs | 94 fat

Gourmet

cook: 60 min

R4285-4



Nutritional information

	per serving*
Energy (kJ/kcal)	6422 / 1535
Fats (g)	94
of which saturated (g)	36.9
Carbohydrates (g)	104
of which sugars (g)	52.1
Fibers (g)	15.6
Proteins (g)	71
Salt (g)	1.9

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Oven
- Potato masher

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Duck	
Roasted half duck	4 Piece
Water	350 ML
Vegetable oil	2 Tbsp
Salt	0.25 Tsp
Black pepper	0.5 Tsp
Fresh rosemary	10 Grams

Sauce	
Orange	3 Piece
Onion marmalade	56 Grams
Water	200 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
White balsamic vinegar 14*	45 ML
White sugar	20 Grams
Butter 4*	20 Grams

Broccoli	
Tenderstem broccoli	300 Grams
Olive oil	1 Tbsp
Almond slivers 2*	40 Grams
Salt	0.5 Tsp

Potato	
Potatoes	1200 Grams
Salt	1 Tsp
Butter 4*	20 Grams
Whole milk 4*	200 ML

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *14 Sulphur Dioxide, *2 Tree Nuts

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1. Roast duck

- Preheat oven to 220°C/200°C fan.
- Bring a kettle of **water** to a boil.
- Place the **duck** in a roasting pan.
- Season with a drizzle of **olive oil**, **salt** and **pepper**.
- Pour the boiled **measured water** into the corner of the tray, and add some sprigs of **rosemary**.
- Cover the tray with foil.
- Roast the **duck** for 30 min until warmed through.

Tip! Place 2 pieces of butter in the freezer to solidify. You'll use it for the sauce later in step 3.



2. Make mashed potatoes

- Meanwhile, peel and chop the **potatoes** into bite-sized pieces.
- Add them to a pan of boiling water with a generous pinch of **salt**.
- Cook over medium heat for 20 min or until soft.
- Once soft, drain the **potatoes** and return them to the pan.
- Add the **butter**, and mash until smooth, gradually adding 200ml of **milk** until it reaches your desired consistency.
- Season with **salt** and **pepper**.
- Keep warm.



3. Make glaze

- Peel the zest of 1 **orange**, being careful to avoid its bitter white pith, then slice into thin strips.
- To a small pot over medium heat, add the **orange zest**, **onion marmalade**, **measured water**, 1 **stock cube**, **white balsamic vinegar**, **sugar**, and a sprig of **rosemary**.
- Squeeze the **oranges** into the pot.
- Cook the **sauce** for 3-4 min until reduced by half.
- Turn off the heat.
- Whisk the frozen **butter** in the **glaze** for a silky finish.
- Set the **orange duck glaze** aside.



4. Glaze duck

- Once the **duck** has warmed through, brush with some of the **orange duck glaze**.
- Roast uncovered for a further 10-15 min until it's sticky and glossy.



5. Sauté broccoli

- Meanwhile, trim the **tenderstem broccoli**.
- Heat a large pan over medium-high heat with a drizzle of **oil**.
- Add the **almond slivers**. Toast for 1-2 min until lightly golden.
- Transfer to a plate.
- Add the **broccoli** to the pan with a pinch of **salt** and a splash of **water**.
- Cover and steam cook for 2-3 min until lightly softened.



6. Serve

- Serve the **Duck A L'Orange** with **Mashed Potatoes** and **Almond Broccolini** on the side.
- Pour the **orange glaze** on top of the **duck**.

Chicken Katsu Curry

with Cauliflower Rice

Katsu is a Japanese Curry. It's the perfect combination of crispy chicken and smooth curry sauce.

hellochef

771 calories | 69 protein | 99 carbs | 13 fat

Low Carb

cook: 40 min

R3054-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3224 / 771
Fats (g)	12.6
of which saturated (g)	4.2
Carbohydrates (g)	99
of which sugars (g)	27.2
Fibers (g)	11.9
Proteins (g)	68.7
Salt (g)	7

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What You'll Need

- Rolling pin

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken Katsu	
Chicken breast	800 Grams
Organic Eggs 5*	4 Piece
Soy sauce 9*,10*,11*	30 ML
Plain flour 10*,11*	60 Grams
Smoked paprika powder	4 Grams
Cornflakes 11*	200 Grams
Vegetable oil	10 Tbsp

Katsu sauce	
Shallots	2 Piece
Vegetable oil	2 Tbsp
Ginger garlic paste	20 Grams
Curry powder	10 Grams
Turmeric powder	4 Grams
Brown sugar	10 Grams
Chicken stock cube 4*,5*,9*,15*	2 Piece
Corn starch	20 Grams
Water	500 ML
Sweet chilli sauce	80 ML
Soy sauce 9*,10*,11*	20 ML

Sides	
Carrot	2 Piece
Cauliflower	800 Grams
Baby spinach	80 Grams
Sesame seeds 3*	20 Grams

Allergens: *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten, *4 Milk, *15 Celery, *3 Sesame Seeds

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1. Prep

Whisk the **eggs** in a shallow bowl with the **soy sauce**. Place the almond **flour** into a second shallow bowl and mix with the **paprika**. Crush the **cornflakes** in their bag with a rolling pin and place into a third shallow bowl. Peel and finely chop the **shallots**. Peel the **carrot**, then use the peeler to create several **carrot** ribbons. Grate the rest of the **carrot**.



2. Bread chicken

Wrap the **chicken breasts** in cling film and place them on a chopping board. Using a rolling pin, bash the **chicken breasts** until almost halved in thickness. One by one, coat the **chicken breasts** in the **flour**. Then dip them in the beaten **eggs** and finally in the **cornflakes**, making sure they are well coated. Chill until step 5.



3. Make sauce

Heat a saucepan over a medium low heat with a drizzle of **oil**. Once hot, add the **shallots**, grated **carrot** and **garlic ginger paste** and cook for 3 min. Add the **curry powder**, **turmeric**, **sugar** and **corn starch**. Gradually add the **measured water**, a little at a time, whilst stirring. Add the coconut milk, **soy sauce** and **stock cube**. Simmer for 5 min, then remove from the heat.



4. Make cauli rice

Meanwhile, using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains. Heat a saucepan over a medium heat with a drizzle of **oil**. Once hot, add the **cauliflower** with a pinch of **salt** and stir-fry for 5 min.



5. Fry chicken

Meanwhile, heat a generous drizzle of **oil** in a second pan over a medium-high heat. Add the **chicken** and reduce the heat to medium. Fry for 3-5 min on each side or until golden **brown**. Drain on kitchen paper to remove any excess **oil**.



6. Serve

Toss the **baby spinach** with the **carrot** ribbons and **sesame seeds**. Slice the fried **chicken** and serve with the **cauliflower rice**, **curry sauce** and **salad** on the side.

Sweet Potato, Black Bean and Feta Taquitos

with Salsa and Avo Lime Crema

A taquito is a Mexican food that consists of a stuffed, rolled up tortilla wrap which is most commonly deep-fried. For ease, ours are baked!

hello chef

1339 calories | 43 protein | 188 carbs | 39 fat

Family Friendly

cook: 45 min

R2624-4



Nutritional information

	per serving*
Energy (kJ/kcal)	5603 / 1339
Fats (g)	38.6
of which saturated (g)	17.1
Carbohydrates (g)	188
of which sugars (g)	27.6
Fibers (g)	28.4
Proteins (g)	42.5
Salt (g)	9.1

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What You'll Need

- Oven
- Potato masher

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Taquitos	
Sweet potatoes	800 Grams
Salt	2 Tsp
Black beans	480 Grams
Red onion	2 Piece
Vegetable oil	4 Tbsp
Cumin powder	4 Grams
Smoked paprika powder	4 Grams
Chipotle powder	2 Grams
Tomato paste	50 Grams
Water	200 ML
8" tortilla wraps 10*,11*	12 Piece
Feta cheese 4*	300 Grams

Salsa	
Cherry tomatoes	300 Grams
Sweet corn kernels	244 Grams
Spring onion	80 Grams
Fresh coriander	15 Grams
Lime	4 Piece
Olive oil	2 Tbsp
Salt	1 Tsp

Avo Crema	
Avocado	2 Piece
Sour cream 4*	120 Grams
Salt	1 Tsp

Allergens: *10 Wheat, *11 Gluten, *4 Milk

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1. Make mash

- Preheat the oven to 220°C/200°C fan.
- Peel the **sweet potatoes** and chop them into bite-size pieces.
- Add them to a pot of salted boiling water.
- Boil for 15 min or until tender.
- Drain the **sweet potatoes** and return them to the pan with a generous sprinkle of **salt**.
- Mash until smooth and season to taste.



2. Make chilli

- Meanwhile, drain and rinse the **black beans**.
- Peel and finely chop the **onion**.
- Heat a pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **onion** with a pinch of **salt**.
- Fry for 5 min until softened.
- Add the **cumin**, **smoked paprika** and pinch of **chipotle (spicy!)**.
- Fry for 1 min further.
- Add the **tomato paste**, **measured water** and drained **beans**.
- Cook for a final 3 min.
- Season and set aside.



3. Bake taquitos

- Divide the **sweet potato mash** between the **tortilla wraps**.
- Top with the **bean chilli** and crumbled **feta**.
- Roll each **tortilla** up.
- Arrange them in an oiled oven-proof dish, seam-side down.
- Drizzle generously with **vegetable oil**.
- Roast **taquitos** for 20 min or until crisp.

Tip! Use a pastry brush to cover the wraps in a thin layer of oil, so they get crisp all over.



4. Make salsa

- Meanwhile, finely chop the **cherry tomatoes**.
- Drain the **corn**.
- Trim and finely slice the **spring onion**.
- Roughly chop the **coriander**.
- Juice half of the **limes** into a bowl.
- Add the **spring onion**, **tomatoes**, **sweet corn**, **fresh coriander**, **olive oil** and **salt**.
- Mix well.
- Set **salsa** aside.



5. Avo crema

- Meanwhile, slice the **avocado** in half and remove the stone.
- Scoop the **avocado** out of its skin using a spoon.
- Add it to a bowl.
- Add the remaining **lime** juice and **sour cream**.
- Mash with a fork until smooth.
- Alternatively, use a food processor or blender to get it really smooth.
- Season with plenty of **salt**.



6. Serve

- Once the **taquitos** are ready, serve.
- Serve the **Sweet Potato, Black Bean and Feta Taquitos** with **Salsa** and a dollop of **Avo Lime Crema** to the side.

Chicken Saltimbocca in Sage Butter Sauce

with Parmesan Mashed Potatoes

This Italian classic is traditionally made with veal and marinated in brine or wine. To speed things up, we're using chicken!

hellofresh

875 calories | 72 protein | 59 carbs | 40 fat

Family Friendly

cook: 30 min

R4737-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3647 / 875
Fats (g)	39.6
of which saturated (g)	11.2
Carbohydrates (g)	59
of which sugars (g)	9.3
Fibers (g)	11.9
Proteins (g)	72.4
Salt (g)	5.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Saltimbocca	
Chicken breast	800 Grams
Beef bacon	120 Grams
Olive oil	2 Tbsp
Fresh sage	15 Grams
Butter 4*	10 Grams
Plain flour 10*,11*	20 Grams
Lemon	1 Piece
Chicken stock cube 4*,5*,9*,15*	1 Piece

Mash	
Potatoes	1000 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Parmesan 4*	60 Grams
Whipping cream 4*	200 ML

side	
Carrot	1 Piece

Allergens: *4 Milk, *10 Wheat, *11 Gluten, *5 Eggs, *9 Soya, *15 Celery

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1. Prep

-



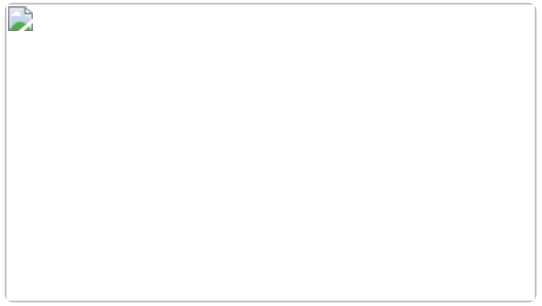
2. Prep chicken

Meanwhile, wrap each **chicken breast** in cling film. Using a rolling pin, bash the **chicken breasts** until approx 1 cm thick. Season each **chicken breast** and wrap it in the turkey **bacon**. Secure the **bacon** with a tooth pick.



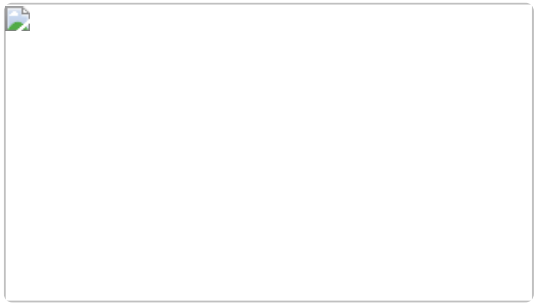
3. Fry chicken

Heat a large pan over a medium heat with a drizzle of **oil**. Once hot, fry the **chicken** for 4 min on each side until cooked through.



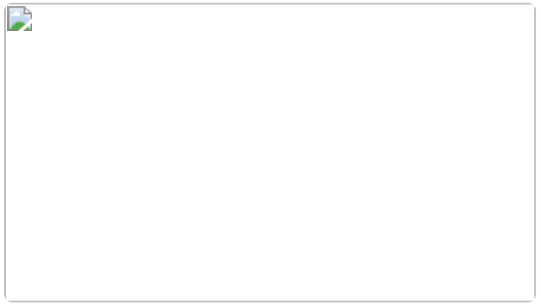
4. Prep

-



5. Make butter sauce

Once the **chicken** is cooked, add the **butter** and **sage** to the pan and cook for 2-3 min further or until the **butter** starts to turn light brown and smells of biscuits (don't let it burn though!). Remove the pan from the heat and add a generous squeeze of **lemon** juice and the capers.



6. Serve

-

UPDATED Giant Chocolate Chip Cookie

with Salted Peanut Caramel Ice Cream

This giant soft and gooey chocolate chip cookie is simple to make, and served with the easiest home-made, no churn caramel ice cream!

hello chef

558 calories | 8 protein | 55 carbs | 36 fat

Family Friendly

cook: 30 min

R4588-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2320 / 558
Fats (g)	36.3
of which saturated (g)	13.7
Carbohydrates (g)	55
of which sugars (g)	34.5
Fibers (g)	0.6
Proteins (g)	8.1
Salt (g)	1.6

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Skillet cookie	
Organic Eggs 5*	1 Piece
Butter 4*	100 Grams
Brown sugar	40 Grams
Brown sugar	10 Grams
White sugar	50 Grams
Vanilla essence	5 ML
Plain flour 10*,11*	150 Grams
Baking soda	5 Grams
Belgian dark chocolate 9*	100 Grams
Salted peanuts 1*	40 Grams
Flaky sea salt	2 Grams

Ice cream	
Whipping cream 4*	200 ML
Condensed milk 4*	50 Grams
Vanilla essence	5 ML
Caramel spread 4*	50 Grams

Allergens: *5 Eggs, *4 Milk, *10 Wheat, *11 Gluten, *9 Soya, *1 Peanuts

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1. Whip cream

Preheat the oven to 180°C. Grease either a 24cm medium oven-safe pan or skillet with a bit of **vegetable oil**. In a large bowl, add the **whipping cream**. Using a whisk or electric beater, whip for 2-3 min to form stiff peaks.

Tip! Stiff peaks refers to when you remove the whisk or beaters the peak that forms will keep its shape.



2. Make ice cream

Add the **condensed milk** and **vanilla**, and whip until fully combined. Transfer the mixture to a freezer-safe container. Drizzle the **caramel** on top. Roughly chop the **salted peanuts** and sprinkle half the amount over (reserving the rest for the **cookie batter**). Cover the container with a lid or plastic wrap, and freeze for at least 3 hours until it sets.



3. Mix wet ingredients

Separate one whole **egg**, placing the **egg yolk** in a small bowl and discarding the **egg white**. Crack one whole **egg** on top. In a large mixing bowl, melt the **butter** halfway. Add the caster **sugar** and **brown sugar**, and using a spatula or wooden spoon, mix well until combined. Add the **eggs** and **vanilla** and mix until well combined.

Tip! The texture of the batter will be semi-runny.



4. Add dry ingredients

Sift over the **flour**, **baking soda**, and **salt**, and beat until just combined. Using a spatula or wooden spoon, add in half the **Belgian dark chocolate** and mix until evenly distributed.

Tip! You could chill the cookie dough for 1 hour until the ice cream is ready, then bake. You'll get a thicker and chewier cookie!



5. Bake

Spread the **cookie batter** in the skillet or baking dish of choice, and sprinkle the remaining **Belgian dark chocolate** and **peanuts** on top. Bake for 10-12 min. The **cookie** is done when the edges are lightly browned, and the center is slightly gooey. If you want a firmer cake-like **cookie**, bake for another 5 minutes.

Tip! Prefer individual cookies? Divide the dough into 8 balls and bake on a parchment lined baking tray for 8-10 min.



6. Serve

Serve the **Skillet Chocolate Chip Cookie** warm and right out of the pan, and dig in with scoops of **Salted Peanut Caramel Ice Cream**.

Baked Lemon Cod with Roasted Potatoes

and Spinach Mornay

-

hellofresh

491 calories | 52 protein | 44 carbs | 14 fat

Family Friendly | Quick Prep | Calorie Smart

prep: 5 min | cook: 30 min | R4009-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2051 / 491
Fats (g)	14.4
of which saturated (g)	5.3
Carbohydrates (g)	44
of which sugars (g)	8.8
Fibers (g)	10
Proteins (g)	52.3
Salt (g)	1.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Lemon cod	
Cod fillet 6*	700 Grams
Lemon	2 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp
Garlic onion powder	8 Grams

Sides	
Spinach	450 Grams
Butter 4*	20 Grams
Whole milk 4*	200 ML
Grated Parmesan 4*,5*	60 Grams
Potatoes	900 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Fresh thyme	10 Grams

Allergens: *6 Fish, *4 Milk, *5 Eggs

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1. Bake potatoes

Preheat the oven to 200°C/180°C fan. Slice the **potatoes** into rounds. Place the **potatoes** onto a baking tray with a drizzle of **oil** and a generous pinch of **salt**. Spread the **fresh thyme** on top of the **potatoes** and bake for 20 min.



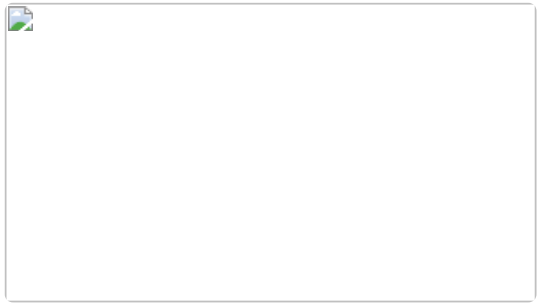
2. Prep

Meanwhile, zest the **lemon** and slice it into wedges. Trim and roughly chop the **spinach**.



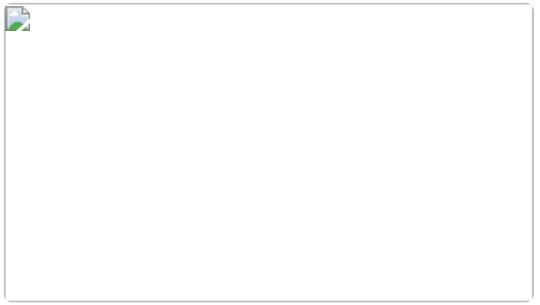
3. Make mornay

Heat a large pan over a medium heat with the **butter**. Once melted, add the flour and whisk until a rough paste forms. Gradually add in the **milk** and stir mixing for 2-3 min or until it begins to thicken. Add the **spinach**, **salt** and **parmesan** and cook for 5 min further or until the **spinach** is soft and wilted.



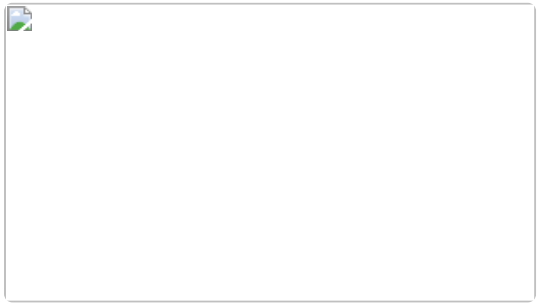
4. Prep fish

Pat the **cod fillets** dry. Evenly sprinkle the **garlic onion powder**, **salt** and **lemon** zest among the **fillets**.



5. Bake fish

After the **potatoes** have baked for 20 min. Add the **cod fillets** to the side of the baking tray and bake for 8-10 min further or until the fish is cooked through.



6. Serve

Once the **potatoes** have baked, discard the **thyme** leaves from the **potatoes**. Divide the **mornay spinach** evenly among plates and serve the **potatoes** and **cod** to the side.

Tandoori Paneer Skewers

with Naan and Kachumber Salad

Tandoori originates from India. Traditionally it is a dish marinated in yogurt and spices then cooked in an urn-shaped oven known as a Tandoor.

hellochef

753 calories | 42 protein | 72 carbs | 36 fat

Tips for Kids | Speedy

cook: 25 min

R3809-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3156 / 753
Fats (g)	35.8
of which saturated (g)	20.5
Carbohydrates (g)	72
of which sugars (g)	13
Fibers (g)	5.8
Proteins (g)	41.7
Salt (g)	1.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Tandoori Paneer	
Bamboo skewers	8 Piece
Lime	2 Piece
Paneer 4*	500 Grams
Natural yogurt 4*	340 Grams
Ginger garlic paste	20 Grams
Smoked paprika powder	4 Grams
Garam masala	8 Grams
Coriander cumin powder	8 Grams
Turmeric powder	4 Grams
Curry powder	8 Grams
Tomato paste	70 Grams
Chilli powder	4 Grams
Salt	1 Tsp
Yellow pepper	2 Piece

Kachumber Salad	
Cherry tomatoes	300 Grams
Cucumber	2 Piece
Fresh coriander	15 Grams
Salt	1 Tsp
Black pepper	1 Tsp

To serve	
Tandoori naan 4*,10*	4 Piece

Allergens: *4 Milk, *10 Wheat

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1. Marinate paneer

- Soak the **bamboo skewers** in water.
- Slice the **lime** in half. Chop the **paneer** into bite-sized cubes.
- In a large bowl, combine half of the **yogurt**, the **ginger garlic paste**, **smoked paprika**, **garam masala**, **coriander cumin powder**, **turmeric**, **curry powder**, **tomato paste** and a pinch of **chilli powder (spicy!)**.
- Add the **paneer** to the marinade. Season with **salt**.
- Add a squeeze of **lime** juice to taste (reserve the rest for step 4). Mix well and set aside.

Tip! If cooking for kids, leave out the chilli powder.



2. Thread skewers

- Pre-heat the grill to high.
- Deseed and chop the **yellow pepper** into rough chunks.
- Thread the **marinated paneer** and **pepper** onto the **skewers**.
- Make sure to evenly divide everything out over the provided number of **skewers**.
- Place them onto an oiled baking tray.
- Brush with the remaining **marinade**.
- Grill for 10-12 min or until starting to char.



3. Prep

- Meanwhile, chop the **cherry tomatoes** in half.
- Chop the **cucumber** into cubes.
- Pick and finely chop the **coriander** leaves.

Tip! If cooking for kids, keep aside a portion of cherry tomatoes, cucumber and chopped coriander to use as 'sprinkles'.



4. Make kachumber salad

- In a large bowl, combine the **cherry tomatoes** and **cucumber** with a pinch of **salt** and **pepper**.
- Add a squeeze of **lime** juice to taste.
- Mix well.



5. Make coriander yogurt

- In a small bowl, combine the **coriander** and remaining **yogurt** with a pinch of **salt** and **pepper**.
- Mix well.

Tip! If cooking for kids, keep aside a portion of the plain yogurt.



6. Serve

- Warm the **naan** in the hot oven for 2-3 min.
- Serve the **Tandoori Paneer Skewers** with **Naan**, **Kachumber Salad** and **coriander yogurt** alongside.

Tip! If cooking for kids, serve the cherry tomatoes, cucumber and tandoori paneer removed off the skewers separately. Serve the yogurt and coriander as 'sprinkles' to the side.

Smoky Teriyaki Steak Skewers
with Stir-fried Veg

At last, a stir-fry that's not spicy!

hello chef

558 calories | 52 protein | 63 carbs | 14 fat

Low Carb | Calorie Smart

cook: 40 min

R2952-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2317 / 558
Fats (g)	13.7
of which saturated (g)	3.9
Carbohydrates (g)	63
of which sugars (g)	35.7
Fibers (g)	8.5
Proteins (g)	51.8
Salt (g)	5.2

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What You'll Need

Oven | Whisk

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steak	
Rump steak	800 Grams
Bamboo skewers	12 Piece
Corn starch	20 Grams
Barbecue sauce 11*,13*	80 Grams
Teriyaki sauce 8*,9*,10*	80 ML
Soy sauce 9*,10*,11*	40 ML
Sweet soy sauce 9*,10*,11*,14*	30 ML
Black pepper	1 Tsp
Rice vinegar	30 ML
Vegetable oil	4 Tbsp

Stir-fry	
Carrot	4 Piece
Small zucchini	4 Piece
Sugar snap peas	200 Grams
Spring onion	80 Grams
Vegetable oil	4 Tbsp

Stir fry sauce	
Garlic cloves	4 Piece
Tamari 9*	30 ML
Miso paste 9*	40 Grams
Sesame seeds 3*	20 Grams
Honey	30 Grams

Allergens: *11 Gluten, *13 Mustard, *8 Molluscs, *9 Soya, *10 Wheat, *14 Sulphur Dioxide, *3 Sesame Seeds

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1. Marinate steak

- Soak the **bamboo skewers** in water.
- Pre-heat the grill to high.
- Chop the **steak** into 2-3 cm cubes.
- Add the **corn starch**, **barbecue sauce**, **teriyaki**, **soy sauce**, **sweet soy sauce**, **pepper** and **rice vinegar** to a bowl and mix well.
- Add the **steak** pieces.
- Set the **marinade** aside until step 4.



2. Stir-fry sauce

- Peel and mince the **garlic**.
- In a small bowl, whisk together the **tamari**, **miso paste**, **garlic**, **sesame seeds** and **honey**.
- Set the **stir-fry sauce** aside until step 5.



3. Prep

- Peel the **carrot**.
- Slice the **carrot** and **zucchini** into matchsticks (alternatively, use a spiralizer!)
- Slice the **sugar snap peas** on the diagonal.
- Trim and finely chop the **spring onion**.



4. Grill

- Thread the **steak** pieces onto **skewers**.
- Make sure to spread the **steak** out over the provided number of **skewers**.
- Place on a lined baking tray.
- Cover with the remaining **marinade**.
- Grill for 8 min or until cooked through and starting to char.
- Let rest for 5 min.



5. Fry vegetables

- Meanwhile, heat a non-stick pan over a high heat with a drizzle of **oil**.
- Add the **carrot** and **zucchini**.
- Stir-fry for 2 min or until slightly softened.
- Add the **sugar snap peas** and **spring onion** (reserve some for garnish).
- Stir-fry for 2 min.
- Add the **stir-fry sauce**.
- Fry for 1-2 min.



6. Serve

- Serve the **Smoky Teriyaki Steak Skewers** on top of the with **Stir-fried Veg**.
- Garnish with the remaining **spring onion**.

Back to School Beef and Potato Hand Pies

–

-

1324 calories 73 protein 152 carbs 47 fat

Family Friendly

cook: 60 min

R4524-4



Nutritional information

	per serving*
Energy (kJ/kcal)	5532 / 1324
Fats (g)	47.2
of which saturated (g)	18.2
Carbohydrates (g)	152
of which sugars (g)	8.8
Fibers (g)	6
Proteins (g)	72.6
Salt (g)	1.5

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What You'll Need

Oven

Box grater

Rolling pin

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stuffing	
Lean beef mince	700 Grams
Red onion	1 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Tomato paste	70 Grams
Worcestershire sauce 6*,11*	30 ML
Brown sugar	10 Grams
Black pepper	1 Tsp
Potatoes	600 Grams
Salt	1 Tsp
Dried thyme	2 Grams
Cheddar cheese 4*,10*,11*,13*	200 Grams

Dough	
Pizza dough ball 10*,11*	4 Piece
Plain flour 10*,11*	20 Grams

Allergens: *6 Fish, *11 Gluten, *4 Milk, *10 Wheat, *13 Mustard

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1. -

Preheat the oven to 220°C/200°C fan. Remove the **pizza dough** from the fridge 15-20 min prior to baking. Peel and finely chop the **onion**. Peel and grate the **potatoes**.



2. Fry

Heat a pan over a medium-high heat with a drizzle of **oil**. Fry the **beef mince**, **onion**, and **potatoes** with a pinch of **salt** for 5-7 min. Add the **tomato paste**. Add the **Worcestershire**, **sugar** and **pepper**. Reduce the heat to medium-low. Cover with a lid and simmer for 10 min.

Tip! Make sure the pan is hot before adding the beef. This will ensure it browns nicely!



3. Roll dough

Sprinkle half of the semolina onto a clean surface. Sprinkle some **flour** onto a rolling pin and roll out the **dough ball**. Cover with a layer of baking paper (to prevent it from drying), and allow the **dough** to rest for 3 min. After 3 min, continue to roll out the **dough** until roughly the size of a dinner plate. Repeat until you have all the **dough balls** rolled and ready to bake.



4. Make pies

Add stuffing to each square, fold the **dough** over and pinch with a fork to seal. Sprinkle the remaining semolina onto your baking trays, and carefully transfer the pies onto them.



5. Bake

Make a slit on top, and top each pastry with grated parmesan and bake.



6. Serve

Once baked, set the **pies** aside to rest for 5 min, then serve.

Miso Ginger Beef

with Cauli Rice and Mixed Veg

hello chef

432 calories | 53 protein | 32 carbs | 12 fat

Calorie Smart

cook: 30 min

R4731-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1865 / 432
Fats (g)	12
of which saturated (g)	4
Carbohydrates (g)	32
of which sugars (g)	11
Fibers (g)	8.1
Proteins (g)	52.6
Salt (g)	1.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef	
Steak strips	700 Grams
Baking soda	10 Grams
Corn starch	20 Grams
Ginger	60 Grams
Miso paste 9*	40 Grams
Brown sugar	20 Grams
Lime	2 Piece
Rice	
Cauliflower	800 Grams
Garlic paste	20 Grams
Sauce	
Baby corn & mixed veg	400 Grams
Sesame seeds 3*	10 Grams

Allergens: *9 Soya, *3 Sesame Seeds

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1. Make rice

- Add a drizzle of vegetable oil and fry the **garlic paste** until fragrant.
- Add the rice, 1 stock cube and **measured** water and bring to a boil.
- Once boiling, reduce the heat to low, cover, and cook for 12-14 min or until the water is absorbed and the rice is cooked.
- Once cooked, remove the pot from the heat and keep covered until serving.

2. Prep

- Peel and finely chop the 2cm **ginger**.
- Slice **baby** pak choi in half.
- Cut the **lime** in half.



3. Make marinade

- In a small bowl, combine **ginger**, **miso paste**, honey and a squeeze of **lime** juice to taste. 1Tbsp water

4. Blanch bok choi

- In a large pan, bring 2cm water to boil.
- Add the **baby** pak choi with a pinch of salt.
- Blanch for 2-3 min until the texture is to your liking.
- Drain, wipe the pan and return to the heat.



5. Fry beef

- Heat a large frying pan with a drizzle of oil.
- Season the beef **strips** with salt and pepper.
- Fry the beef **strips** for 2-3 min until browned.
- Add the marinade and toss to coat.

6. Serve

- Serve the Sticky **Ginger** Beef with **Garlic** Rice and **Baby** Pak Choi.

Prep Ahead Chorizo and Sun Dried Tomato Frittatas

with Sour Cream Dressing

The ideal on-the-go breakfast snack that is packed with protein! Frittatas are egg-based dishes that are similar to omelettes and crustless quiches and are filled with additional ingredients.

hello chef

710 calories | 42 protein | 18 carbs | 54 fat

Family Friendly

cook: 30 min

R4659-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2956 / 710
Fats (g)	53.7
of which saturated (g)	18.3
Carbohydrates (g)	18
of which sugars (g)	12.1
Fibers (g)	3.6
Proteins (g)	42.2
Salt (g)	2.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven | Whisk

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Frittatas	
Organic Eggs 5*	6 Piece
Red onion	1 Piece
Whipping cream 4*	100 ML
Salt	0.5 Tsp
Black pepper	0.5 Tsp

Fillings	
Dried oregano	2 Grams
Beef chorizo 4*	80 Grams
Sun dried tomatoes	30 Grams

To serve	
Sour cream 4*	90 Grams
Salt	0.25 Tsp
Black pepper	0.25 Tsp
Fresh chives	15 Grams

Allergens: *5 Eggs, *4 Milk

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1. Prep

Preheat the oven to 200°C/180°C fan. Bring a kettle of water to the boil. Peel and finely chop the **red onion**. Finely chop the **chives**. Roughly chop the **sun dried tomatoes**. Add the spinach to a large sieve or colander and pour over the boiled water until wilted. Run cold water over the spinach and then squeeze out any excess liquid.

> **Tip!** Make sure the spinach has cooled before squeezing out the excess liquid.



2. Make egg mix

In a large bowl, whisk together the **red onion**, **chives**, **eggs** and **cream** with a pinch of **salt** and **pepper** to taste. Whisk for 1-2 minutes to incorporate air.

> **Tip!** Incorporating air in the eggs helps the frittatas to be light and fluffier in texture.



3. Fill

Lightly oil muffin trays or oven-proof dishes. Divide the **sun dried tomatoes**, baby spinach and feta. Evenly pour over or spoon the **egg mixture**.

> **Tip!** Strapped for time? Add the fillings and egg mixture into one large oven-proof dish and bake as a large single frittata.



4. Bake

Bake in the oven for 15-20 min or until cooked through and golden brown. The centre should not be wobbly, and a toothpick or skewer inserted into the centre should come out clean. Once cooked, remove from the oven and leave to cool down for 5 min.

> **Tip!** If using one large baking dish, bake for an extra 10-15 min or until fully cooked.



5. Making dressing

Meanwhile, slice the lemon into wedges. In a small bowl, combine the **sour cream**, and a squeeze of lemon juice with a pinch of **salt** and **pepper** to taste.

> **Tip!** These are perfect for an on-the-go breakfast snack. Hot, warm or cold.



6. Serve

Serve the **Spinach, Feta and Sun Dried Tomato Frittatas** with the **Sour Cream Dressing** or with your favourite dip/sauce.

> **Tip!** Store in an airtight container, in the fridge and consume within 2 days. To reheat, microwave for 30 sec to 1 min or until warm.

Lamb and Feta Salad

with Tzatziki

The Mediterranean meets the Middle East in this spicy, fresh salad!

hello chef

631 calories | 43 protein | 31 carbs | 33 fat

Low Carb | Speedy

cook: 20 min

R2665-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2903 / 631
Fats (g)	33.3
of which saturated (g)	18.3
Carbohydrates (g)	31
of which sugars (g)	15.6
Fibers (g)	6.7
Proteins (g)	43.2
Salt (g)	2.9

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What You'll Need

- Box grater

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Lamb mix	
Lean lamb mince	700 Grams
Garlic cloves	4 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Coriander cumin powder	8 Grams
Chilli flakes	2 Grams
Black pepper	1 Tsp
Feta cheese 4*	100 Grams

For salad	
Red onion	2 Piece
Lemon	1 Piece
Salt	1 Tsp
Pine nuts 2*	20 Grams
Cherry tomatoes	300 Grams
Baby spinach	90 Grams
Fresh parsley	15 Grams
Sumac	4 Grams

Tzatziki	
Cucumber	4 Piece
Natural yogurt 4*	340 Grams
Salt	0.5 Tsp

Allergens: *4 Milk, *2 Tree Nuts

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1. Marinate

- Peel the **red onion** and slice it into thin rings.
- Juice the **lemon** into a bowl.
- Add the **onion** rings and a pinch of **salt**.
- Set aside.

Tip! Marinating the red onion in lemon and olive oil with a pinch of salt softens its texture and flavour.



2. Toast nuts

- Meanwhile, heat a pan over a medium heat.
- Once hot, add the **pine nuts**.
- Toast for 2-3 min until lightly browned.
- Transfer the **pine nuts** to a plate and set aside.



3. Prep

- Halve the **cherry tomatoes**.
- Rinse and dry the **spinach**.
- Chop the **parsley**.
- Chop half of the **cucumbers**.
- Grate the remaining **cucumbers** (for the tzatziki).



4. Make tzatziki

- Squeeze any excess water from the grated **cucumber**.
- In a bowl, combine the grated **cucumber** with the **yogurt**.
- Season with a pinch of **salt**.
- Mix well and set aside.

Tip! If you like your tzatziki garlicky, add half a clove, grated.



5. Fry lamb

- Peel and mince the **garlic**.
- Heat a pan over a high heat with a drizzle of **oil**.
- Fry the **lamb mince** with a pinch of **salt** for 5-7 min or until browned.
- Add the **garlic**, **coriander cumin powder**, **chilli flakes (spicy!)** and **black pepper**.
- Cook for 2 min further.
- Remove from the heat and keep warm.



6. Serve

- Combine the **tomatoes**, **spinach**, chopped **cucumbers** and chopped **parsley** with the marinated **red onion**.
- Toss well.
- Serve the **Lamb and Feta Salad with Tzatziki**.
- Sprinkle with the toasted **pine nuts** and **sumac powder**.
- Crumble the **feta** over the top.
- Serve the **tzatziki** on the side.

Re-Costed: Spaghetti Bolognese with Wholewheat Spaghetti

We've given the classic bolognese supper a healthy boost by adding grated carrot and serving it with wholewheat pasta!

hellofresh

980 calories | 69 protein | 115 carbs | 26 fat

Family Friendly | Weekly classic

cook: 30 min

R4337-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4117 / 980
Fats (g)	25.8
of which saturated (g)	10.4
Carbohydrates (g)	115
of which sugars (g)	23.7
Fibers (g)	17.8
Proteins (g)	69
Salt (g)	4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Bolognese

Lean beef mince	700 Grams
Brown onion	2 Piece
Garlic cloves	6 Piece
Carrot	2 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Tomato paste	140 Grams
Soy sauce 9*,10*,11*	20 ML
Worcestershire sauce 6*,11*	30 ML
Beef stock cube 4*,5*,9*,11*,15*	1 Piece
White sugar	10 Grams
Peeled plum tomatoes	800 Grams
Dried oregano	4 Grams

To serve

Whole-wheat spaghetti 9*,10*,11*	500 Grams
Parmesan 4*	60 Grams
Fresh basil	15 Grams
Black pepper	1 Tsp

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *6 Fish, *4 Milk, *5 Eggs, *15 Celery

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1. Prep

Peel and chop the **onion** and **garlic**. Peel and grate the **carrot**.



2. Fry vegetables

Heat a pan over a medium-high heat with a drizzle of **olive oil**. Once hot, add the **onions**, **carrot** and **garlic** with a pinch of **salt**. Fry for 6-8 min until softened and beginning to caramelise.



3. Fry beef

Add the **beef mince** and cook for 4-5 min further, breaking it up with a spatula.



4. Simmer

Add the **tomato paste**, **soy sauce**, **Worcestershire sauce**, 1 **beef stock cube**, **brown sugar**, chopped **tomatoes**, and **dried oregano**. Bring to a boil, then reduce the heat to low and simmer, covered, for 15 min. Add a splash of water if needed.



5. Boil pasta

Bring a large pot of salted water to the boil. Once boiling, add the **spaghetti** and cook for 10-12 min until 'al dente' or cooked to your liking. Meanwhile, grate the **Parmesan**.



6. Serve

Divide the **spaghetti** among plates and serve with a generous ladle of **bolognese sauce**. Top with the grated **Parmesan** and **fresh basil** leaves. Finish with freshly ground **black pepper** and a drizzle of good quality extra virgin **olive oil**.

Tip! Once drained, return the spaghetti to its pot along with a splash of pasta water. Add the Bolognese to the pot and give everything a good mix up before dividing among plates.

Carrot Pancakes

with Spicy Prawns and Tenderstem Broccoli

Hearty and perfectly spicy!

hello chef

544 calories | 44 protein | 35 carbs | 26 fat

Low Carb | Calorie Smart

cook: 40 min

R1866-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2277 / 544
Fats (g)	26.1
of which saturated (g)	13.5
Carbohydrates (g)	35
of which sugars (g)	17.3
Fibers (g)	10.1
Proteins (g)	44.1
Salt (g)	1.7

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven | Box grater

hello@hellochef.com
04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Spicy prawns	
Prawns 7*	700 Grams
Garlic powder	4 Grams
Chipotle powder	4 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Olive oil	2 Tbsp

Pancakes	
Carrot	6 Piece
Organic Eggs 5*	4 Piece
Olive oil	4 Tbsp
Salt	1 Tsp

To serve	
Tenderstem broccoli	300 Grams
Large red chilli	2 Piece
Fresh coriander	15 Grams
Lime	2 Piece
Labneh 4*	400 Grams

Allergens: *7 Crustaceans, *5 Eggs, *4 Milk

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1. Make pancakes

Preheat the oven to 200°C/180°C fan. Peel and grate the **carrots**. Place them in a colander and sprinkle with **salt**. Leave in the sink for 2 min. Squeeze out any liquid from the **carrots**. Add the **carrots** to a bowl with the **eggs** and mix. Spoon the mixture onto a lined baking tray so that they resembles small, individual **pancakes**. Drizzle with **oil** and bake for 15 min.



2. Prep prawns

Meanwhile, drain the **prawns** on kitchen paper. Add the **prawns**, **garlic powder**, **chipotle (spicy!)**, **salt**, **black pepper** and **oil** to a bowl and give everything a good mix up. Set aside.



3. Boil broccoli

Trim the **tenderstem broccoli** and cook it in a pot of salted boiling water for 3 min or until tender. Drain once cooked.



4. Fry prawns

Heat a pan over a medium-high heat. Once hot, fry the **prawns** for 1-2 min on each side or until cooked through.



5. Prep toppings

Slice the **red chilli** into thin rings. Chop the **coriander**. Slice the **limes** into wedges.



6. Serve

Top each **carrot pancake** with a dollop of **labneh**. Top with the **prawns**, **red chilli (spicy!)** and **coriander**. Serve the **tenderstem broccoli** alongside. Garnish with a wedge of **lime**.

Crispy Chilli Beef
with Jasmine Rice

The tangy and spicy takeaway classic!

hello chef

894 calories | 63 protein | 137 carbs | 16 fat

Family Friendly

cook: 35 min

R4225-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3742 / 894
Fats (g)	15.6
of which saturated (g)	5.1
Carbohydrates (g)	137
of which sugars (g)	32.5
Fibers (g)	9.1
Proteins (g)	63.2
Salt (g)	3.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef	
Steak strips	700 Grams
Organic Eggs 5*	2 Piece
Corn starch	120 Grams
Baking soda	8 Grams
Black pepper	1 Tsp
Vegetable oil	6 Tbsp

Stir fry	
Brown onion	2 Piece
Spring onion	80 Grams
Red pepper	2 Piece
Rice vinegar	30 ML
Dark soy sauce 9*,10*,11*	40 ML
Ketchup	40 Grams
Sweet chilli sauce	120 ML
Tomato paste	70 Grams
Ginger garlic paste	20 Grams
White sugar	20 Grams
Chilli flakes	2 Grams
Vegetable oil	1 Tbsp

Rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML

To serve	
Fresh coriander	15 Grams
Sesame seeds 3*	10 Grams

Allergens: *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Cook rice

- Rinse the **rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from the heat.
- Keep covered until serving.



2. Prep

- Meanwhile, peel and finely slice the **onion**.
- Trim and finely slice the **spring onion**.
- Deseed and slice the **pepper** into thin strips.
- In a small bowl, combine the **rice vinegar**, **soy sauce**, **ketchup**, **sweet chilli sauce**, **tomato paste**, **ginger garlic paste**, **sugar** and a pinch of **chilli flakes (spicy!)**.
- Set the **chilli sauce** aside.

Tip! Sensitive to spice? Go easy on the chilli.



3. Coat beef

- Pat dry the **steak strips**.
- In a large bowl, combine the **egg** and **steak strips**.
- Add the **corn starch** to the same bowl and season with **pepper** to taste.
- Using a spoon, mix the **corn starch** and **baking soda** into the **beef** and **egg** mixture to form a **batter** that is fully coating the beef.

Tip! The batter should be quite thick and sticky in texture.



4. Fry beef

- Heat a large non-stick pan with enough **oil** to cover the bottom over a medium-high heat.
- Once hot, in batches add the **beef**. Fry for 3-5 min until crispy.
- The **beef** should have thick and very crispy outer layer.
- Once crispy, remove the **beef** from the pan, draining as much **oil** as possible. Transfer to a plate with some kitchen paper.
- Discard the remaining **oil** from the pan.
- Wipe and reserve the pan.

Tip! Try and separate the beef strips as best as possible when adding to the pan.



5. Fry veg

- Heat the reserved pan over a medium-high heat with another drizzle of **oil**.
- Once hot, add the **onion** and **pepper**.
- Fry for 3-4 min until slightly softened.
- Add the **chilli sauce** and slightly reduce for 1 min.
- Add the **crispy beef** and **spring onions**, coat in the **sauce**.
- Cook for a further 1-2 min.

Tip! Reducing the sauce helps make it extra sticky!



6. Serve

- Meanwhile, pick the **coriander**.
- Serve the **Crispy Chilli Beef** on **Jasmine Rice**.
- Garnish with the **coriander** and **sesame seeds**.

Greek Chicken Traybake

with Lemon and Oregano Smashed New Potatoes

Packed with the flavours of Greece.

hello chef

651 calories | 60 protein | 73 carbs | 14 fat

Tips for Kids | Family Friendly

cook: 45 min

R4132-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2716 / 651
Fats (g)	14.1
of which saturated (g)	5.4
Carbohydrates (g)	73
of which sugars (g)	11.5
Fibers (g)	12.9
Proteins (g)	60.2
Salt (g)	4.6

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What You'll Need

Oven | Box grater

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Tray bake

Chicken breast	800 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Yellow pepper	2 Piece
Cherry tomatoes	300 Grams
Olive oil	1 Tbsp
Dried oregano	4 Grams
Chilli flakes	4 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Kalamata olives	80 Grams
Fresh basil	15 Grams
Feta cheese 4*	150 Grams

Smashed potatoes

Lemon	2 Piece
New potatoes	750 Grams
Fresh oregano	10 Grams
Olive oil	1 Tbsp
Vegetable seasoning 2*,10*,11*,13*	16 Grams

Allergens: *4 Milk, *2 Tree Nuts, *10 Wheat, *11 Gluten, *13 Mustard

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1. Prep

Preheat oven to 200°C/180°C fan. Peel and chop the **onion** into bite-sized pieces. Peel and finely chop the **garlic**. Deseed and slice the **pepper** into strips. Zest the **lemon** (saving it for step 5). Cut **cherry tomatoes** in half. In a large bowl combine the **olive oil**, **garlic**, **dried oregano**, **chilli flakes (spicy!)** with a sprinkle of **salt** and **black pepper**. Add the **chicken**, mix well to coat fully and set aside.

Tip! If cooking for kids, leave some of the chicken plain without the marinade.



2. Bake

Cut the zested **lemon** into wedges. Add the **onion**, **pepper** and **tomatoes** to a lined baking tray. Drizzle with a small amount of **oil**. Bake in the oven for 10 min. After 10 min, add the **chicken** and bake for a further 10-12 min. Once the **chicken** is cooked, remove from the oven and squeeze the juice of the **lemon** over the **chicken**.

Tip! If cooking for kids, leave some of the pepper and tomatoes raw for serving.



3. Boil potatoes

Bring a large pan of salted water to the boil. Add the **potatoes** and boil for 15-20 min, until tender. Once cooked drain and return the **potatoes** to the same pan.

Tip! Cut the potatoes into smaller pieces to help them cook faster.



4. Finish traybake

Meanwhile, cut the **kalamata olives** in half. Pick and finely chop the **basil**. Add the **olives**, **basil** and crumble the **feta** over the **veg** and **chicken**. Return to the oven for a further 5-7 min, or until the **chicken** is fully cooked.

Tip! If cooking for kids, leave the olives and feta off the chicken and veg.



5. Crush potatoes

Meanwhile, pick and finely chop the **fresh oregano**. Partly crush the **potatoes** with a fork or masher. Add the **oregano**, **lemon zest** and **olive oil**. Mix well and season with the **vegetable seasoning** to taste.

Tip! If cooking for kids, leave some of the potatoes plain without the oregano and lemon zest.



6. Serve

Divide the **chicken**, **roasted veg** and **potatoes** amongst plates.

Tip! If cooking for kids, serve the plain chicken and potatoes, with the tomatoes and peppers on the side.

660 calories 55 protein 51 carbs 27 fat

Family Friendly

cook: 45 min

R4275-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2532 / 660
Fats (g)	26.9
of which saturated (g)	3.5
Carbohydrates (g)	51
of which sugars (g)	19
Fibers (g)	5.6
Proteins (g)	54.8
Salt (g)	4

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Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fried chicken	
Chicken breast	600 Grams
Mayonnaise 5*,9*,13*	50 Grams
Plain flour 10*,11*	20 Grams
Vegetable oil	4 Tbsp
Panko bread crumbs 10*,11*,12*	90 Grams
Black sesame seeds 3*	20 Grams
Ginger garlic paste	20 Grams
Gochujang 9*	20 Grams
Soy sauce 9*,10*,11*	40 ML
Honey	30 Grams

Sesame slaw	
Carrot	2 Piece
Cucumber	1 Piece
Red cabbage	200 Grams
Fresh mint	10 Grams
Lime	2 Piece

Sesame Dressing	
Tahini 3*	40 Grams
Sweet soy sauce 9*,10*,11*,14*	30 ML
Rice vinegar	22 ML
Sesame oil 3*,9*	30 ML

Allergens: *5 Eggs, *9 Soya, *13 Mustard, *10 Wheat, *11 Gluten, *12 Lupin, *3 Sesame Seeds, *14 Sulphur Dioxide

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1. Bake chicken

Slice the **chicken** into long strips. In a large bowl, mix the **mayonnaise**, **flour**, a pinch of salt and pepper. Add the **chicken**, and stir to coat. On a large plate, mix the **panko bread crumbs** with the remaining **flour** and **black** and white **sesame seeds**, and a pinch of salt and pepper. One by one, press each **chicken strip** into the seasoned **bread crumbs**. Add the **chicken** to a lined baking tray, drizzle with a touch of **vegetable oil** and bake for 18-20 min or until golden and crispy.



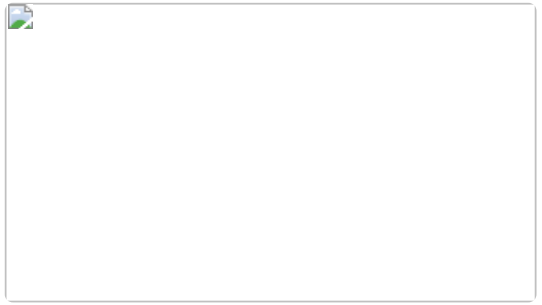
2. Make salad

Meanwhile, peel the **carrot** into thin sticks. Chop the **cucumber** into thin sticks. Finely slice or shred the **red cabbage**. Pick the **mint** leaves. Slice the **lime** into wedges. In a large bowl, combine the **sweet soy sauce**, **tahini**, **sesame oil**, and a squeeze of **lime** juice to taste. Mix until combined. Add the **cucumber**, **carrots**, and **red cabbage** into the bowl and toss into the dressing.



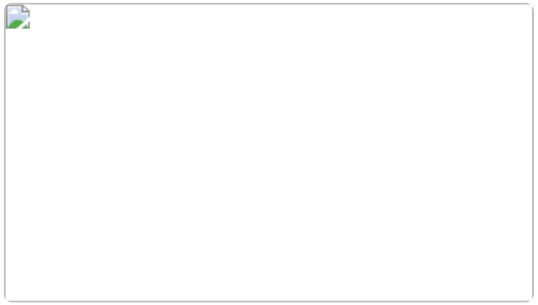
3. Make glaze

In a **sauce** pan, add the **ginger garlic paste**, **gochujang**, **honey**, and **soy sauce**. Bring to a simmer and cook for 2 min until thickened.



4. Toss chicken

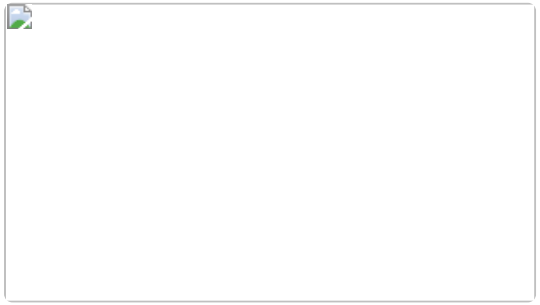
Once the glaze has thickened, pour over the baked **chicken** and toss to combine and coat in the sticky glaze. Set aside.



5. Steam bao buns

Boil water in a saucepan with a lid. Add parchment paper into a strainer over and place over the saucepan. Add the boa buns, cover with a lid (or plate), and gently steam for 3-5 minutes until soft and fluffy.

Tip! Alternatively, use a bamboo or other steamer to steam the bao buns.



6. Serve

Serve the **Korean fried chicken** with the and **slaw** to the side. Garnish with the **sesame seeds** and the spring onions.

Tip! If cooking for kids, plate the plain chicken, cucumber, carrot and rice separately. Serve the sesame seeds, spring onion and the reserved sesame dressing to the side.

Prawn and Saffron Risotto

with Green Peas

Inspired by paella, this comforting risotto is spiced with warming paprika and saffron.

602 calories | 35 protein | 103 carbs | 11 fat

Family Friendly

cook: 30 min

R3024-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2512 / 602
Fats (g)	11.1
of which saturated (g)	6.3
Carbohydrates (g)	103
of which sugars (g)	13.7
Fibers (g)	9.4
Proteins (g)	35.4
Salt (g)	0.7

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Prawns 7*	700 Grams
White onion	2 Piece
Garlic cloves	4 Piece
Red pepper	2 Piece
Tomatoes	2 Piece
Water	1400 ML
Vegetable stock cube 15*	2 Piece
Saffron Splash	30 ML
Olive oil	2 Tbsp
Salt	1 Tsp
Arborio rice	320 Grams
Turmeric powder	2 Grams
Green peas	250 Grams
Butter 4*	50 Grams
Smoked paprika powder	4 Grams
Fresh parsley	15 Grams
Black pepper	1 Tsp
Lemon	2 Piece

Allergens: *7 Crustaceans, *15 Celery, *4 Milk

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1. Prep

- Peel and finely chop the **onion**.
- Peel and mince the **garlic**.
- Finely dice the **pepper**.
- Chop the **tomatoes**.
- Boil the **measured water** and dissolve the **stock cube** and **saffron** in it.



2. Sweat

- Heat a large non-stick pan over a medium-low heat with a generous drizzle of **olive oil**.
- Once hot, add the **onion** and **pepper** with a pinch of **salt**.
- Cook for 6-7 min or until softened.



3. Add rice

- Once softened, add the **arborio rice**, a pinch of **turmeric** and the **garlic**.
- Cook for 1 min further, stirring to coat the grains in the **oil**.
- Increase the heat to medium.



4. Simmer

- Add the **tomatoes** and 1/3 of the **stock** and stir continuously until it has absorbed.
- Continue to add the **stock**, a little at a time for 20-25 min or until all the **stock** is absorbed and the **rice** is cooked 'al dente'.
- Once al dente, add the **peas** and cook for 3 min further.



5. Fry prawns

- Meanwhile, pat the **prawns** dry.
- Heat a pan over a medium-high heat with the **butter**.
- Once hot, add the **prawns**.
- Sprinkle with the **salt** and **paprika powder**.
- Cook for 2 min until cooked through.



6. Serve

- Finely chop the **parsley**.
- Add the **prawns** and any **butter** from the pan to the **risotto**.
- Season with **salt**, **pepper** and a generous squeeze of **lemon** juice.
- Serve the **Prawn and Saffron Risotto** with **Green Peas**.
- Garnish with **parsley**.

Pulled Beef Ragu with Fettuccine

Ragù is a slow cooked beef-based sauce, commonly served with pasta. To speed things up (slow cooking beef takes long!), we're using ready-pulled beef!

hellóchef

860 calories | 55 protein | 95 carbs | 29 fat

Tips for Kids

cook: 30 min

R3383-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3592 / 860
Fats (g)	28.9
of which saturated (g)	11.6
Carbohydrates (g)	95
of which sugars (g)	17.8
Fibers (g)	9.3
Proteins (g)	54.9
Salt (g)	2.7

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Ragu	
Pulled beef	400 Grams
Brown onion	2 Piece
Garlic cloves	4 Piece
Carrot	2 Piece
Cherry tomatoes	300 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Dried oregano	4 Grams
Tomato paste	70 Grams
Water	200 ML
Beef stock cube 4*,5*,9*,11*,15*	1 Piece
Whole milk 4*	200 ML
Black pepper	1 Tsp

To serve	
Fettuccine 5*,9*,10*,11*	400 Grams
Fresh basil	15 Grams
Butter 4*	40 Grams
Grated Parmesan 4*,5*	60 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *11 Gluten, *15 Celery, *10 Wheat

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1. Prep

Bring a large pot of salted water to the boil. Peel and finely chop the **brown onion**. Peel and mince the **garlic**. Peel and finely dice the **carrot**. Chop the **cherry tomatoes** in half.

Tip! If cooking for kids, set aside a portion of halved cherry tomatoes.



2. Fry

Heat a large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **onion**, **carrot** and **tomatoes** with a pinch of **salt** and fry for 5-6 min or until softened. Add the **garlic**, **dried oregano** and **tomato paste** and fry for 1 min further.



3. Simmer

Add the **pulled beef**, **measured water**, 1 **beef stock cube** and **milk** to the pan. Cover with a lid, reduce the heat to low and simmer, stirring occasionally, for 15 min. Remove from the heat and season with **salt** and **pepper** to taste.

Tip! If the stew thickens too much, add a splash of water.



4. Boil pasta

Once the water is boiling, add the **pasta** and cook for 8-10 min until 'al dente' or cooked to your liking. Reserve a cup of **pasta water** and drain.

Tip! Drizzle the cooked pasta with a bit of oil to prevent them from sticking.



5. Prep basil

Meanwhile, pick the **basil** leaves. Finely chop half, and reserve the rest for garnish.



6. Serve

Once cooked, stir the chopped **basil**, cooked **pasta** and **butter** through the **ragu**. Add a splash of the reserved **pasta water** if needed. Divide the **pasta** among bowls and top with the **grated Parmesan**. Garnish with the **basil** leaves.

Tip! If cooking for kids, serve the beef ragu, cooked pasta and cherry tomatoes separately. Serve the grated Parmesan and chopped basil as 'sprinkles' to the side.

One-Pot Butter Chicken

with Fusilli Pasta

This fusion dish blends the classic flavours of creamy butter chicken with pasta for an easy weeknight meal!

hello chef

928 calories | 69 protein | 87 carbs | 34 fat

Family Friendly

cook: 35 min

R4575-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3864 / 928
Fats (g)	34.4
of which saturated (g)	22.9
Carbohydrates (g)	87
of which sugars (g)	15.8
Fibers (g)	8
Proteins (g)	69.2
Salt (g)	4.3

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04-825-44-00
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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Butter chicken pasta

Chicken breast	800 Grams
Salt	1 Tsp
Fusilli pasta 5*,10*,11*	375 Grams
Brown onion	1 Piece
Butter 4*	50 Grams
Ginger garlic paste	30 Grams
Smoked paprika powder	4 Grams
Curry powder	10 Grams
Garam masala	5 Grams
Chipotle powder	2 Grams
Tomato paste	140 Grams
Chicken stock cube 4*,5*,9*,15*	2 Piece
Water	500 ML
Fenugreek leaves	2 Grams
Cooking cream 4*	200 ML
Honey	30 Grams
Fresh coriander	30 Grams
Lime	1 Piece

Allergens: *5 Eggs, *10 Wheat, *11 Gluten, *4 Milk, *9 Soya, *15 Celery

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1. Make pasta

- Fill a large pot of water with a good pinch of **salt**, and bring to a boil.
- Once boiling, add the **pasta** and cook for 10 min until mostly cooked through.
- Reserve 1 cup of **pasta water** to the side, then drain the **pasta** and set aside.



2. Prep

- Meanwhile, peel and finely chop the **brown onion**.
- Slice the **chicken breast** into strips or small bite-sized pieces.



3. Fry

- Heat a large pot over a medium-high heat with **butter**.
- Fry the **onion** for 3-4 min until softened.
- Add the **chicken** and fry for 3-5 min until lightly browned.
- Add the **ginger garlic paste**, **smoked paprika**, **curry powder**, **garam masala** and a pinch of **chipotle powder (spicy!)** and fry for 2 min.
- Add the **tomato paste**, **stock cube**, **measured water**, and a good pinch of **fenugreek**.
- Mix, cover and simmer for 5-7 min.



4. Finish sauce

- Once the **chicken** is cooked, add the 200 ml of **cooking cream** and **honey** to the pot.
- Simmer for a final 5 min or until the **sauce** thickens up.



5. Finish

- Meanwhile, pick and finely chop the **coriander**.
- Slice the **lime** into wedges.
- Add the **pasta** to the **sauce** and stir through until combined.
- Finish off with the chopped **coriander** and small squeeze of **lime** to taste.

Tip! Adjust the sauciness of the pasta by adding some of that reserved pasta water if it's too dry.



6. Serve

- Divide the **One-Pot Butter Chicken Pasta** amongst bowls and enjoy!

Huevos Rancheros

with Beans, Avocado and Crispy Tortilla

Breakfast-for-dinner lovers, this one's for you!

hellochef

860 calories | 31 protein | 66 carbs | 59 fat

Family Friendly

cook: 30 min

R2579-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3587 / 860
Fats (g)	59.4
of which saturated (g)	29.7
Carbohydrates (g)	66
of which sugars (g)	14.4
Fibers (g)	20.5
Proteins (g)	31.1
Salt (g)	2.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beans	
Red onion	2 Pieces
Garlic cloves	4 Pieces
Tomatoes	2 Pieces
Butter 4*	50 Grams
Coriander powder	4 Grams
Chipotle powder	4 Grams
Black beans	800 Grams
Water	500 ML
Vegetable stock cube 15*	2 Pieces
Tomato paste	70 Grams
Brown sugar	10 Grams

Toppings	
Wholewheat tortilla wraps 10*,11*	4 Pieces
Olive oil	2 Tbsp
Salt	1 Tsp
Lime	2 Pieces
Avocado	2 Pieces
Cherry tomatoes	300 Grams
Fresh coriander	15 Grams
Vegetable oil	4 Tbsp
Organic Eggs 5*	4 Pieces
Sour cream 4*	120 Grams
Grated cheddar 4*	120 Grams

Allergens: *4 Milk, *15 Celery, *10 Wheat, *11 Gluten, *5 Eggs

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1. Prep vegetables

Preheat the oven to 200°C/180°C fan. Peel and dice the **onion**. Peel and mince the **garlic**. Roughly chop the **tomato**. Rinse and drain the **black beans** in a colander.



2. Cook beans

Heat non-stick pan over a medium heat. Add the **butter** and **onion** and fry for 4 min until soft. Add the **garlic**, **coriander powder** and **chipotle powder (spicy!)** and cook for 1 min further. Add the **black beans**, **water**, **vegetable stock cube**, **tomato paste**, chopped **tomatoes** and **brown sugar**. Simmer for 15 min.



3. Tacos

Meanwhile, place the **tortillas** on a baking tray, drizzle with **oil** and season with **salt**. Spread out as much as possible and bake in oven for 10-12 min until golden and crispy. You may need to use two trays.



4. Prep toppings

Meanwhile, slice the **lime** into wedges. Cut the **avocado** in half and remove the stone. Scoop the **avocado** out of its skin, squeeze half the **lime** juice over it and slice. Halve the **cherry tomatoes**. Pick the **coriander** leaves from their stems.



5. Fry eggs

Heat a pan over a medium heat with drizzle of **vegetable oil**. Once hot, crack the **eggs** into the pan and fry for 2-4 min or until done to your liking. For a hard set **egg**, cover the pan with lid.



6. Serve

Remove the **black beans** from the heat and mash until smooth. Divide the crispy **tortillas** among plates. Top with the mashed **beans**, fried **eggs**, **avocado** slices, **cherry tomatoes**, **sour cream**, **coriander** leaves and **grated cheddar**. Garnish with the **lime** wedges.

Coconut Miso Salmon Curry

with Cauliflower Rice

This light weeknight curry comes together in less than 30 min. Enjoy its rich miso flavour with a zingy lime finish.

hello chef

604 calories | 51 protein | 39 carbs | 30 fat

Low Carb | Global Eats

cook: 35 min

R3595-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2524 / 604
Fats (g)	30.3
of which saturated (g)	13.8
Carbohydrates (g)	39
of which sugars (g)	18.3
Fibers (g)	10.3
Proteins (g)	51.1
Salt (g)	3.2

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What You'll Need

- Food processor

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Salmon goujons 6*	700 Grams
Red onion	2 Piece
Small zucchini	4 Piece
Spinach	200 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Ginger garlic paste	30 Grams
Sambal oelek	20 Grams
Coconut milk	400 ML
Water	200 ML
Soy sauce 9*,10*,11*	20 ML
Sweet chilli sauce	80 ML
Miso paste 9*	60 Grams
Fresh coriander	15 Grams
Lime	2 Piece

Cauli 'rice'	
Cauliflower	800 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Allergens: *6 Fish, *9 Soya, *10 Wheat, *11 Gluten

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1. Prep

- Peel and finely slice the **red onions**.
- Chop the **zucchini** into bite-sized pieces.
- Trim and roughly chop the **spinach**.
- Discard the stems.



2. Make cauli 'rice'

- Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains.
- Heat a non-stick pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **cauliflower** with a pinch of **salt**.
- Fry for 5 min.
- Transfer the **cauli rice** to a bowl to keep warm.
- Reserve the pan.



3. Make curry

- Return the pan to a medium-high heat with another drizzle of **oil**.
- Add the **onions** with a pinch of **salt**.
- Fry for 5 min.
- Add the **ginger garlic paste**, **zucchini**, **sambal oelek (spicy!)**, **coconut milk**, **measured water**, **soy sauce** and **sweet chilli sauce**.
- Simmer, covered, for 5-7 min or until the **zucchini** is tender.

Tip! Want your curry thicker? Reduce the sauce to your desired consistency before adding the salmon.



4. Add salmon

- Add the **salmon goujons**, **spinach** and **miso paste**.
- Cook, covered, for 2-3 min further.



5. Prep

- Meanwhile, finely chop the **coriander** leaves.



6. Serve

- Once cooked, add the **coriander** (reserve some for garnish) and a squeeze of **lime** juice to the **curry**.
- Serve the **Coconut Miso Salmon Curry** with **Cauliflower Rice**.
- Garnish with the remaining **coriander** and **lime**.

Trout with Baked Asparagus Cheese
and Cherry Tomatoes

-

670 calories | 67 protein | 25 carbs | 34 fat

Gourmet

cook: 45 min

R4700-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2799 / 670
Fats (g)	33.7
of which saturated (g)	14
Carbohydrates (g)	25
of which sugars (g)	11.4
Fibers (g)	5.2
Proteins (g)	66.5
Salt (g)	2.6

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What You'll Need

- Oven
- Box grater
- Whisk

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Trout	
Skin-on trout fillet	700 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Asparagus cheese	
Thick asparagus	500 Grams
Organic Eggs 5*	2 Piece
Parmesan 4*	60 Grams
Butter 4*	50 Grams
Plain flour 10*,11*	50 Grams
Whole milk 4*	400 ML
Dijon mustard 13*	12 Grams
Salt	1 Tsp
Black pepper	1 Tsp

To serve	
Cherry tomatoes	500 Grams
Flaky sea salt	4 Grams
Olive oil	2 Tbsp

Additional items	
Dried thyme	2 Grams

Allergens: *5 Eggs, *4 Milk, *10 Wheat, *11 Gluten, *13 Mustard

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1. Prep

Preheat the oven to 220°C/200°C fan. Remove the steaks from the fridge. Trim the woody ends off the **asparagus**. Separate the **egg** yolk and discard the whites (or save the whites for an omelette!). Grate the **Parmesan**.



2. Blanch asparagus

Bring a large pot of salted water to the boil. Add the **asparagus** and cook for 1 min. Drain immediately and rinse under cold water. Transfer to a baking dish.



3. Fry steak

Meanwhile, pat the steaks dry, rub them with **oil** and season with **salt**. Heat a pan over a high heat. Once hot, add the steaks and fry them for 3 min on each side. Place on a baking tray alongside the **cherry tomatoes** and finish cooking them in the oven for 8-10 min or until cooked to your liking. Transfer the steaks to a plate and leave them to rest for 5-10 min.



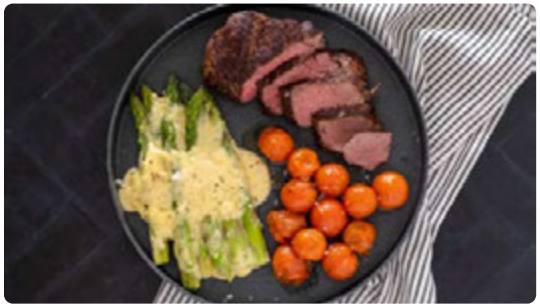
4. Make sauce

Heat a saucepan over a medium heat. Add the **butter** and **flour** and cook, stirring, for 1 min or until a sandy paste has formed. Gradually whisk in the **milk** and cook for 3-5 min further or until the **sauce** has thickened. Remove from the heat and whisk in the **mustard**, half of the **Parmesan** and the **egg** yolk. Season with **salt** and **pepper**.



5. Bake asparagus

Once the steaks are out of the oven, pour the **sauce** over the **asparagus** and top with the remaining **Parmesan**. Bake for 10 min or until the **cheese** is golden.



6. Serve

Once rested, season the steak generously with **salt** and **pepper**. Serve alongside the **asparagus cheese** and roasted **cherry tomatoes**. Sprinkle everything with the **flaky sea salt**.

Traybake Oats

–

–

1145 calories 33 protein 60 carbs 63 fat

cook: 30 min

R4418-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4943 / 1145
Fats (g)	62.6
of which saturated (g)	11.5
Carbohydrates (g)	60
of which sugars (g)	41.1
Fibers (g)	18.2
Proteins (g)	32.8
Salt (g)	66.5

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Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Oats	
Oats [11*]	200 Grams
Pecan nuts [2*]	40 Grams
Green apple	1 Piece
Brown sugar	20 Grams
Dried cranberries	30 Grams
Cinnamon powder	1 Grams
Baking powder	5 Grams
Almond slivers [2*]	30 Grams
Sliced pistachios [2*]	30 Grams
Butter [4*]	20 Grams
Light coconut milk	400 ML
Organic Eggs [5*]	1 Piece

To serve	
Natural yogurt [4*]	170 Grams
Honey	15 Grams

Allergens: *11 Gluten, *2 Tree Nuts, *4 Milk, *5 Eggs

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1. Prep

Preheat the oven to 200°C/180°C fan. Roughly chop the **pecan nuts**. Slice the **apple** into quarters, remove the core and chop into small bite-sized pieces.



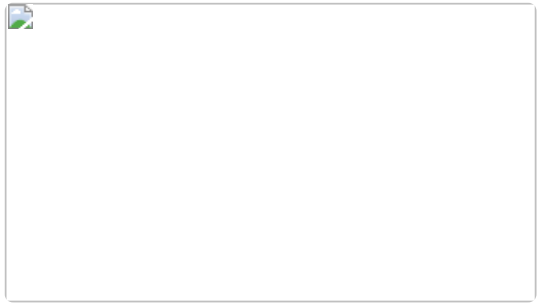
2. Combine

In an (size) oven dish, add the **apples** and evenly spread. In a large bowl, combine the **oats**, **brown sugar**, **dried cranberries**, **baking powder**, **almond slivers** and **sliced pistachios**.



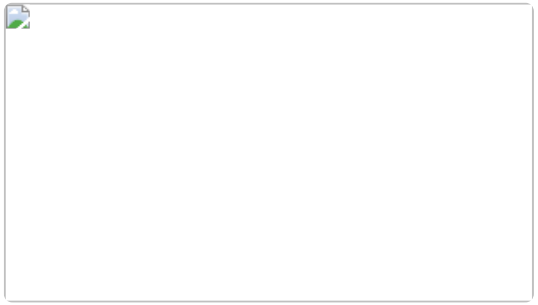
3. Finish

In a small heat-proof bowl, melt the **butter**. Once the **butter** has melted, combine with the **light coconut milk** and **eggs** with a pinch of salt. Add the wet mixture to the large bowl with the **oats** and mix until just combines. Evenly pour the mixture over the **apples**.



4. Bake

Bake the **oats** in the oven for 20-25 minutes or until golden brown.



5. Serve

Remove the **oats** from the oven and let it cool for 5 min. Divide the **Traybake Oats** among bowls and serve with dollops of **yogurt** and a drizzle of **honey**.

Beyond Meat Smash Tacos with Mac Sauce
and Potato Wedges

Your classic burger meets a taco in this delicious trending recipe we couldn't get enough of!

858 calories | 34 protein | 82 carbs | 46 fat

Family Friendly

cook: 35 min

R4609-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3584 / 858
Fats (g)	46.2
of which saturated (g)	8.9
Carbohydrates (g)	82
of which sugars (g)	11
Fibers (g)	10.7
Proteins (g)	33.6
Salt (g)	3.5

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Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Tacos	
Beyond Meat patty	4 Piece
Fajita seasoning	10 Grams
Salt	1 Tsp
Black pepper	0.5 Tsp
6" tortilla wraps 10*,11*	8 Piece
Vegetable oil	1 Tbsp

Mac sauce	
Gherkins	60 Grams
Vegan mayonnaise	100 Grams
Dijon mustard 13*	12 Grams
Ketchup	16 Grams
Smoked paprika powder	4 Grams

Toppings	
Iceberg lettuce	1 Piece
Tomatoes	2 Piece
Red onion	1 Piece

Side	
Vegetable oil	1 Tbsp
Vegetable seasoning 2*,10*,11*,13*	10 Grams
Potatoes	1000 Grams
Dried thyme	4 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp

Allergens: *10 Wheat, *11 Gluten, *13 Mustard, *2 Tree Nuts

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1. Roast potatoes

- Preheat the oven to 200°C/180°C fan.
- Line a baking tray with parchment paper.
- Slice the **potatoes** (skin on) into wedges.
- Drizzle over some **vegetable oil**, add the **vegetable seasoning**, **dried thyme**, and a pinch of **salt** and **pepper**.
- Toss to coat.
- Bake in the oven for 30-35 min until cooked through.



2. Prep toppings

- Meanwhile, finely shred the **lettuce**.
- Slice the **tomatoes** into half moons.
- Peel and finely dice the **red onion**.
- Finely chop the **gherkins**.

Tip! Feel free to use only half a head of lettuce, reserving the rest for a salad or as lettuce cups for another dish.



3. Make mac sauce

- In a small bowl, combine the **gherkins**, **mayonnaise**, **mustard**, **ketchup**, and half the **smoked paprika**, reserving the rest for the **beyond meat patties**.
- Set aside.



4. Form tortillas

- In a large bowl, combine the **beyond meat patties**, **fajita seasoning**, half the chopped **onion** (reserving the rest for garnish), remaining **smoked paprika**, and a good pinch of **salt** and **pepper**.
- Divide the mixture into **8 portions**.
- Spread the mixture onto each **tortilla**.
- Using the back of a spoon, press the **beef** into the **tortilla** and spread it right towards the edges.
- Repeat until you have all the **tortillas** prepared.



5. Fry tacos

- Heat a large non-stick fry pan to medium heat with a small drizzle of **oil**.
- Fry the **tortilla**, beef-side down for 2-3 min until crispy and cooked through.
- Using a spatula, slide under the **meat**, and flip the **tortilla** over.
- Cook for a few seconds until warmed through, then transfer to a plate.
- Repeat the steps until all **tortillas** are done.

Tip! Use your largest pan to get through these faster!



6. Serve

- Layer the **Beyond Meat tortilla** with the shredded **lettuce**, **tomatoes**, **onions**.
- Add a good dollop of **mac sauce**.
- Serve the **Beyond Meat Smash Tacos** with **Mac Sauce** and **Potato Wedges**.
- Serve with the **potato wedges** on the side.

Spinach and Ricotta Peppers

with Buttery Mushrooms and Tomatoes

All the veggies - prepared in one single baking dish!

hellochef

635 calories | 36 protein | 22 carbs | 46 fat

Low Carb

cook: 45 min

R2907-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2641 / 635
Fats (g)	45.8
of which saturated (g)	29.7
Carbohydrates (g)	22
of which sugars (g)	10.7
Fibers (g)	5.4
Proteins (g)	35.7
Salt (g)	2.5

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Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Peppers and stuffing	
Red pepper	4 Pieces
Red onion	2 Pieces
Garlic cloves	2 Pieces
Spinach	300 Grams
Olive oil	2 Tbsp
Salt	2 Tsp
Fresh basil	30 Grams
Parmesan 4*	60 Grams
Ricotta 4*	250 Grams
Organic Eggs 5*	2 Pieces
Black pepper	1 Tsp
Grated mozzarella 4*	120 Grams

Sides	
Mushroom	500 Grams
Cherry tomatoes	300 Grams
Garlic cloves	2 Pieces
Fresh parsley	20 Grams
Butter 4*	100 Grams
Salt	1 Tsp
Black pepper	0.5 Tsp

Allergens: *4 Milk, *5 Eggs

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1. Bake peppers

Preheat the oven to 200°C/180°C fan. Slice the bell **peppers** in half lengthwise, leaving their stems in place. Remove the seeds. Add the **peppers** to a wide baking dish. Drizzle the **peppers** with **oil** and bake them in the oven for 15 min.



2. Prep and fry

Meanwhile, peel and chop the **onion** and **garlic**. Wash and chop the **spinach**. Heat a pan over a medium heat with a drizzle of **olive oil**. Once hot, add the **onion** and fry with a pinch of **salt** for 3 min. Add the **garlic** and **spinach**, and fry for 3 min further until the **spinach** is wilted. Transfer to a bowl and set aside to cool.



3. Prep extras

Meanwhile, clean the **mushrooms** with kitchen paper or a cloth (do not rinse with water) and trim them. Rinse and dry the **tomatoes**. Peel and crush the **garlic**. Chop the **parsley**. Melt the **butter**. In a bowl, combine the **mushrooms**, **tomatoes**, **garlic**, **parsley**, **butter**, **salt** and **pepper**.



4. Finish stuffing

Once the **spinach** mix has cooled a little, chop the **basil** and grate the **Parmesan**. Add the **basil**, **Parmesan**, **ricotta**, **eggs** and **black pepper** to the **spinach** bowl. Mix well.



5. Stuff and bake

Remove the bell **pepper** dish from the oven. Spoon the **spinach** and **ricotta** stuffing into the **peppers**. Top with the **grated mozzarella**. Pour the **mushrooms** and **tomatoes** into the dish. Bake for 15-20 min further until well browned on top.



6. Serve

Allow the bake to cool for 3-5 min before serving.

Seabream with Vegetables

in Chilli Sauce

Delicious Asian flavours that come together in minutes!

hellóchef

379 calories | 45 protein | 38 carbs | 7 fat

Low Carb | Calorie Smart

cook: 30 min

R2960-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1585 / 379
Fats (g)	6.6
of which saturated (g)	1.2
Carbohydrates (g)	38
of which sugars (g)	21.1
Fibers (g)	8.3
Proteins (g)	45.2
Salt (g)	2.6

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fish	
Seabream 6*	660 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp

Chilli sauce	
Sriracha sauce	28 Grams
Sweet chilli sauce	80 ML
Apple cider vinegar	30 ML
Vegetable oil	4 Tbsp
Soy sauce 9*,10*,11*	30 ML
Chilli flakes	4 Grams
Salt	1 Tsp

Vegetables	
Cauliflower	400 Grams
Carrot	2 Piece
Red onion	2 Piece
Sugar snap peas	200 Grams
Garlic cloves	4 Piece
Vegetable oil	4 Tbsp
Salt	1 Tsp

To serve	
Large green chilli	2 Piece
Fresh coriander	15 Grams
Sesame seeds 3*	20 Grams

Allergens: *6 Fish, *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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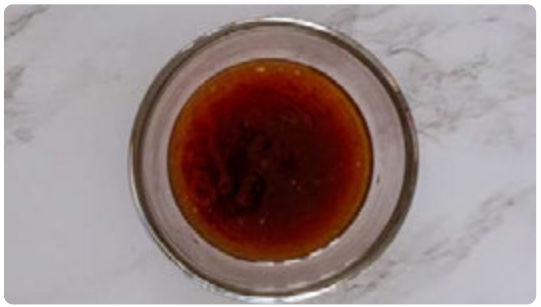
1. Prep vegetables

- Chop the **cauliflower** into bite-sized pieces.
- Peel and chop the **carrot** into half moons.
- Peel and chop the **red onion** into wedges.
- Trim and chop the **sugar snap peas** into bite-sized pieces.
- Peel and mince the **garlic**.
- Finely slice the **green chilli**.
- Finely chop the **coriander**.



2. Fry vegetables

- Heat a large pan over a medium-high heat with a drizzle of **vegetable oil**.
- Once hot, add the **cauliflower** and **carrots** with a pinch of **salt**.
- Fry for 2 min.
- Add the **red onion** and **garlic**.
- Fry for 2-3 min further.



3. Mix chilli sauce

- Meanwhile, in a small bowl, combine the **sriracha (spicy!)**, **sweet chilli sauce (spicy!)**, **apple cider vinegar**, **vegetable oil**, **soy sauce**, **chilli flakes (spicy!)** and **salt**.
- Set the **chilli sauce** aside.

Tip! Sensitive to spice? Go easy on the sriracha, sweet chilli sauce and chilli flakes.



4. Add sauce

- Add the **chilli sauce (spicy!)** and **sugar snap peas** to the **vegetables**.
- Reduce the heat to low and cover the pan with a lid.
- Cook for 2-3 min, stirring occasionally, or until the **vegetables** are tender.
- After reserving some for garnish, stir through the **coriander**, **green chilli (spicy!)** and **sesame seeds**.



5. Fry seabream

- Pat the **seabream** fillets dry with kitchen paper.
- Season the skin with **salt**.
- Heat a separate large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **seabream**, skin-side down.
- Fry for 4 min or until crispy.
- Once crispy, flip.
- Cook for 1-2 min further.



6. Serve

- Serve the **Seabream** with **Vegetables** in **Chilli Sauce**.
- Garnish with the remaining **coriander**, **green chilli slices (spicy!)** and **sesame seeds**.

Greek Feta Salad with Vinaigrette

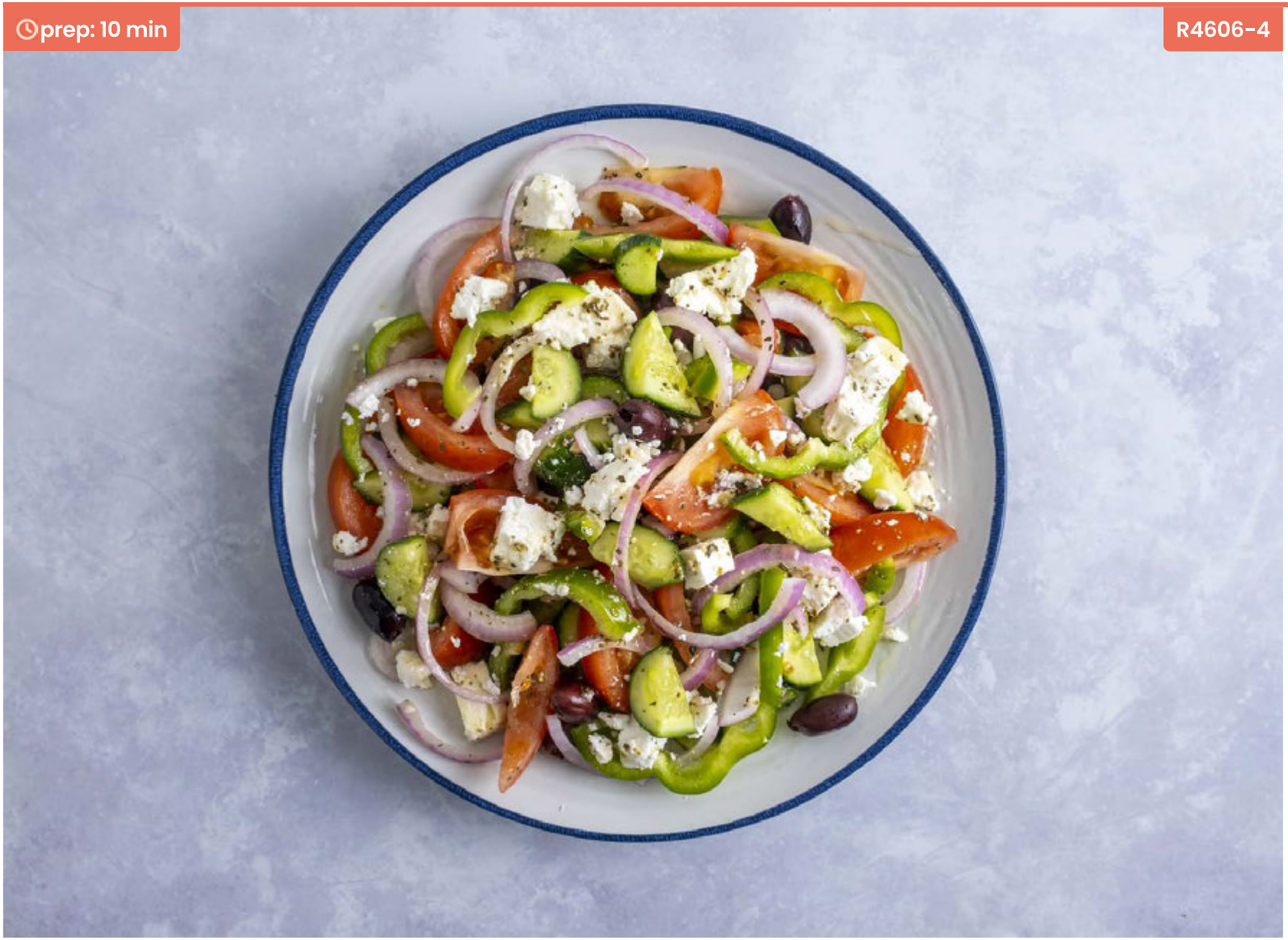
Enjoy the fresh, vibrant flavors of Greece with this classic Greek salad, bursting with fresh tomatoes, crisp veggies, tangy feta, and a zesty vinaigrette!

hellochef

186 calories | 8 protein | 13 carbs | 13 fat

prep: 10 min

R4606-4



Nutritional information

	per serving*
Energy (kJ/kcal)	778 / 186
Fats (g)	12.6
of which saturated (g)	5.6
Carbohydrates (g)	13
of which sugars (g)	6.2
Fibers (g)	3.6
Proteins (g)	7.6
Salt (g)	2.5

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What You'll Need

- Whisk

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 3 servings

Salad	
Tomatoes	2 Piece
Cucumber	1 Piece
Red onion	1 Piece
Green pepper	1 Piece
Greek feta 4*	100 Grams
Kalamata olives	60 Grams

Dressing	
Red vinegar	60 ML
Olive oil	4 Tbsp
Dijon mustard 13*	6 Grams
Dried oregano	2 Grams
Salt	0.25 Tsp
Black pepper	0.25 Tsp

Allergens: *4 Milk, *13 Mustard

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1. Make dressing

- In a jar with a lid, combine the **olive oil**, **red vinegar**, **dijon mustard**, most of the **dried oregano**, and a good pinch of **salt** and **pepper**.
- Shake really well until the dressing is thick and creamy.

Tip! Alternatively, use a bowl and whisk to make the dressing.



2. Prep vegetables

- Slice the **tomatoes** in wedges.
- Chop the **cucumbers** into rounds.
- Peel and thinly slice the **red onion**.
- Deseed and thinly slice the **green pepper**.



3. Slice feta

- Cut the **feta** into small cubes, or roughly crumble.
- Sprinkle over the rest of the **oregano**.



4. Combine

- Add the **tomatoes**, **cucumbers**, **red onion**, **green pepper**, and **olives** to a large bowl with the **feta**.
- Pour over the dressing, and gently toss to combine.



5. Serve

- Serve the **Greek Feta Salad** as a starter or side alongside your favourite Mediterranean meal.

Greek Chicken Kofta

with Feta Salad, Tzatziki and Rice

Packed with the flavours of Greece.

hello chef

921 calories | 63 protein | 96 carbs | 35 fat

Family Friendly | Tips for Kids | Global Eats

cook: 40 min

R4685-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3854 / 921
Fats (g)	35.3
of which saturated (g)	11.5
Carbohydrates (g)	96
of which sugars (g)	12.5
Fibers (g)	6.9
Proteins (g)	63
Salt (g)	3.9

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What You'll Need

Oven | Box grater

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Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Kofta	
Chicken mince	800 Grams
Fresh parsley	15 Grams
Panko bread crumbs **10*,11*,12***	30 Grams
Dried oregano	4 Grams
Smoked paprika powder	4 Grams
Coriander cumin powder	8 Grams
Cinnamon powder	2 Grams
Sumac	4 Grams
Salt	1 Tsp
Black pepper	0.5 Tsp

Rice	
Medium grain rice	300 Grams
Salt	1 Tsp
Water	600 ML

Salad	
Yellow pepper	2 Piece
Cucumber	3 Piece
Cherry tomatoes	300 Grams
Kalamata olives	80 Grams
Red vinegar	30 ML
Dijon mustard **13***	12 Grams
Olive oil	4 Tbsp
Feta cheese **4***	100 Grams

To serve	
Lemon	2 Piece
Natural yogurt **4***	340 Grams

Allergens: *10 Wheat, *11 Gluten, *12 Lupin, *13 Mustard, *4 Milk

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1. Cook rice

- Preheat the oven to 200°C/180°C fan.
- Rinse and drain the **rice**.
- To a pot add the **rice**, a pinch of **salt** and the measured **water** and bring to a boil over a high heat.
- Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the **water** is absorbed and the **rice** is cooked.
- Remove the pot from the heat and keep covered until serving.



2. Make kofta

- Pick and finely chop the **parsley**.
- To a large bowl, add the **chicken mince**, **panko**, **smoked paprika**, **coriander cumin**, **cinnamon**, **oregano**, half of the **sumac** and half of the **parsley** (saving the rest for the **salad**).
- Add a pinch of **salt** and **pepper** and with clean hands knead until combined.
- Shape into 16 equal **koftas**.
- Set aside.

Tip! If cooking for kids, make some kofta plain, seasoned only with salt and pepper.



3. Prep salad

- Deseed and chop the **pepper** into bite-sized pieces.
- Chop half of the **cucumbers** into bite-sized pieces.
- Chop the **tomatoes** into bite-sized pieces.
- Chop the **olives** in half.
- In a small bowl, combine the **red vinegar**, **dijon mustard**, **olive oil** and a pinch of **salt** and **pepper** to taste.



4. Cook kofta

- Place the **kofta** on a lined baking tray.
- Bake for 12-15 min until cooked through.
- Remove from the tray and set aside to rest until serving.



5. Mix sides

- Grate the remaining **cucumber** and cut the **lemon** into wedges.
- Using clean hands, over a bowl squeeze out as much water from the grated **cucumber** as possible.
- In a bowl, combine the **yogurt** and grated **cucumber** with a squeeze of **lemon juice** and a sprinkle of **salt** and **pepper** to taste.
- In a separate large bowl, combine the prepared **salad ingredients** with a drizzle of the **dressing**, the remaining **parsley** and **sumac**.

Tip! If cooking for kids, leave some of the pepper, tomato and cucumber separate for serving.



6. Serve

- Crumble the **feta** over the **salad**.
- Serve the **Greek Chicken Kofta with Rice and Feta Salad** with the Tzatziki on the side.

Tip! If cooking for kids, serve the plain kofta, with the separated veggies and rice on the side.

Provencale Baked Seabream

with Steamed Broccoli

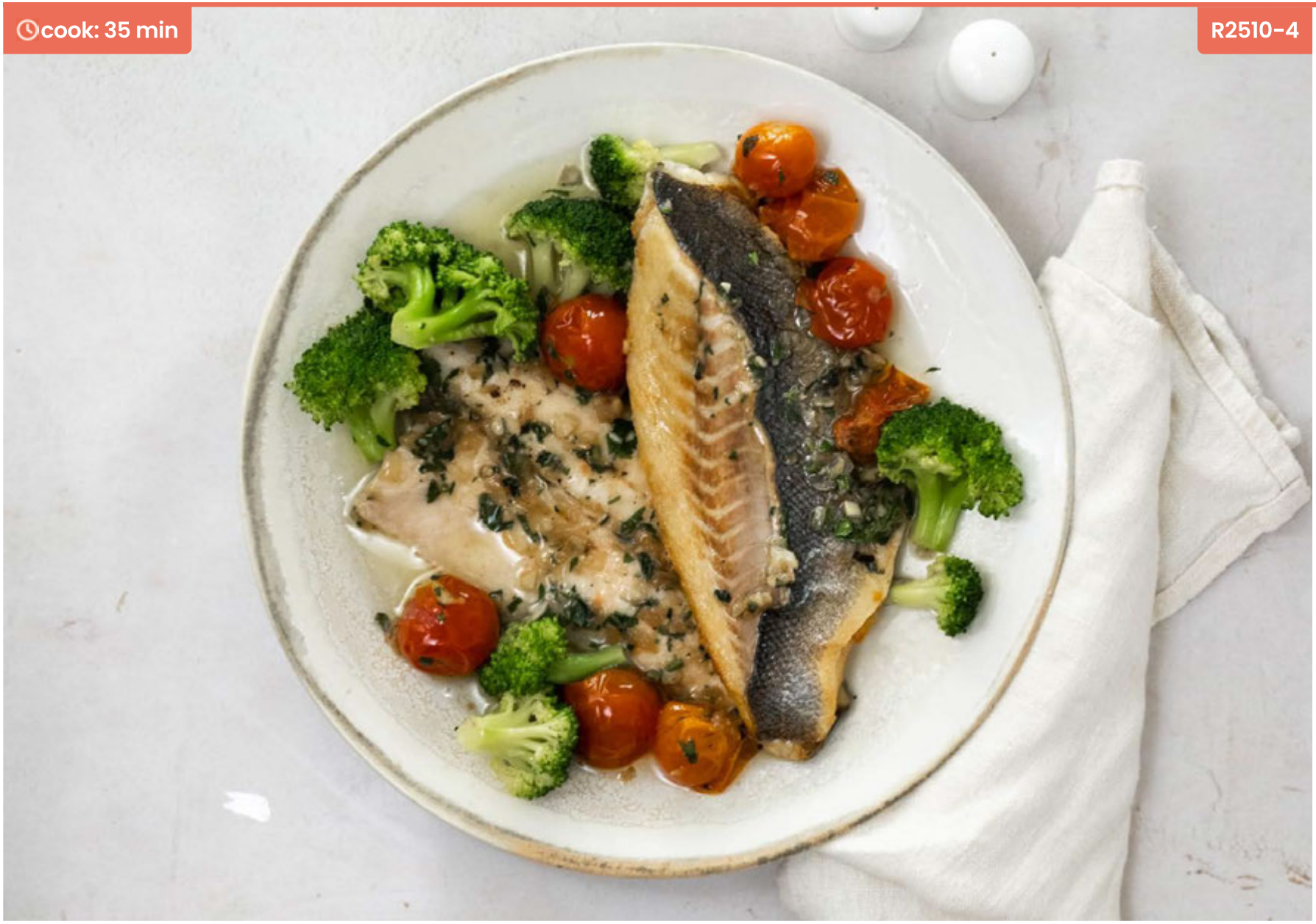
Provencale refers to dishes cooked in a sauce made with tomatoes, garlic and olive oil.

404 calories | 46 protein | 31 carbs | 13 fat

Low Carb | Calorie Smart

cook: 35 min

R2510-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1685 / 404
Fats (g)	12.9
of which saturated (g)	7.4
Carbohydrates (g)	31
of which sugars (g)	11.9
Fibers (g)	9.7
Proteins (g)	46.2
Salt (g)	3.2

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Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Baked seabream	
Seabream 6*	660 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Red onion	1 Piece
Garlic cloves	4 Piece
Olive oil	2 Tbsp
Cherry tomatoes	500 Grams
Water	200 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Salt	1 Tsp
Black pepper	1 Tsp
Butter 4*	50 Grams
Fresh parsley	15 Grams

Side	
Broccoli	600 Grams

To Serve	
Lemon	2 Piece

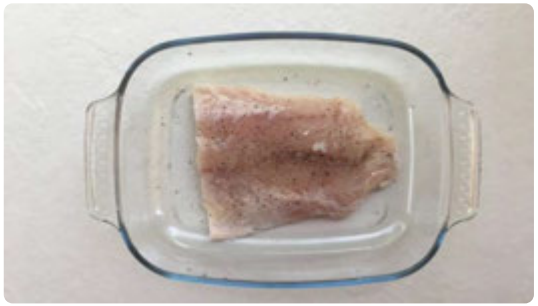
Allergens: *6 Fish, *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Simmer

- Preheat the oven to 200°C/180°C fan.
- Peel and chop the **onion** and **garlic**.
- Heat a pan over a medium heat with the **olive oil**.
- Fry the **onion** with a pinch of **salt** for 5 min.
- Add the **garlic**.
- Cook for 1 min further.
- Add the **cherry tomatoes**, **measured water**, 1 **stock cube**, **salt** and **pepper**.
- Simmer, covered, for 15 min or until the **tomatoes** have broken down and released their juices.



2. Fry

- Meanwhile, chop the **parsley**.
- Place the **seabream** in an oiled baking dish and season with **salt** and **pepper**.
- Set aside.



3. Bake

- After 15 min, add the **butter** and chopped **parsley** to the **tomatoes**.
- Pour the lot over the **seabream**.
- Bake for 15 min or until the **seabream** is cooked through.

Tip! In a rush? Fry the fish in butter while the vegetables are baking.



4. Steam

- Meanwhile, rinse the **broccoli** and separate it into florets.
- Cook the **broccoli** florets in a pot of salted boiling water for 5 min or until tender.
- Drain once cooked.



5. Serve

- Serve the **Provencale Baked Seabream** with **Steamed Broccoli** on the side.
- Finish the **seabream** with a squeeze of **lemon** juice.

Creamy Lentil
and Barley Soup

Did someone say one-pot wonder, please?

hello chef

504 calories | 22 protein | 64 carbs | 21 fat

Calorie Smart

cook: 40 min

R2156-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2098 / 504
Fats (g)	21
of which saturated (g)	2.4
Carbohydrates (g)	64
of which sugars (g)	14
Fibers (g)	14
Proteins (g)	21.5
Salt (g)	1.6

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What You'll Need

- Box grater

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Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Soup	
Red onion	2 Piece
Garlic cloves	4 Piece
Ginger	60 Grams
Carrot	4 Piece
Olive oil	4 Tbsp
Tomato paste	70 Grams
Cumin powder	4 Grams
Coriander powder	4 Grams
Turmeric powder	4 Grams
Water	1800 ML
Vegetable stock cube 15*	2 Piece
Red lentils	160 Grams
Pearl barley 11*	120 Grams
Soy cream 9*	500 ML
Baby spinach	125 Grams
Salt	2 Tsp
Black pepper	1 Tsp

Allergens: *15 Celery, *11 Gluten, *9 Soya

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1. Prep vegetables

- Peel and finely chop the **onion** and **carrot**.
- Peel and grate the **ginger** and **garlic**.
- Heat a large pot over a medium heat with a drizzle of **olive oil**.
- Once hot, add the **onion** and **carrot**.
- Fry for for 5 min.



2. Add

- Add the **garlic**, **ginger**, **carrot**, **tomato paste**, **cumin**, **coriander** and **turmeric**.
- Cook for 1-2 min.



3. Simmer

- Add the **measured water**, 2 **stock cubes**, **red lentils**, and **pearl barley**.
- Once boiling, reduce the heat to low.
- Cover with a lid and simmer for 25 min.



4. Serve

- Add the **soy cream** and **baby spinach** to the **soup**.
- Cook for 1-2 min further.
- Season with **salt** and **pepper**.
- Serve the **Creamy Lentil and Barley Soup**.

Cheesy Steak Fajitas with Peppers and Sour Cream

In Tex-Mex cuisine, Fajitas describe grilled meats served over flour or corn tortillas.

hellochef

1073 calories | 75 protein | 101 carbs | 35 fat

Family Friendly

cook: 25 min

R3366-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4489 / 1073
Fats (g)	35.4
of which saturated (g)	22.3
Carbohydrates (g)	101
of which sugars (g)	10.9
Fibers (g)	7
Proteins (g)	74.6
Salt (g)	1.8

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Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fajitas	
Steak strips	700 Grams
Red onion	2 Piece
Red pepper	2 Piece
Yellow pepper	2 Piece
Olive oil	4 Tbsp
Smoked paprika powder	4 Grams
Fajita seasoning	20 Grams
Chipotle powder	4 Grams
Water	40 ML
Salt	1 Tsp
Black pepper	1 Tsp
Grated orange cheddar 4*	180 Grams
8" tortilla wraps 10*,11*	12 Piece

To serve	
Sour cream 4*	120 Grams
Fresh coriander	15 Grams

Allergens: *4 Milk, *10 Wheat, *11 Gluten

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1. Prep

- Peel and finely slice the **onion**.
- Deseed and finely slice the **red** and **yellow peppers**.



2. Fry steak

- Heat a non-stick pan over high heat with a drizzle of **oil**.
- Once hot, fry the **steak strips** for 3 min.
- Transfer the **steak strips** to a plate and set aside.



3. Fry vegetables

- Return the pan to a medium heat with a second drizzle of **oil**.
- Fry the **onion** and **peppers** for 3-4 min.



4. Season

- Return the **steak strips** to the pan.
- Add the **smoked paprika**, **fajita seasoning**, a pinch of **chipotle (spicy!)** and a splash of water.
- Fry, stirring, for 2 min or until the liquid has evaporated.
- Season with **salt** and **pepper**.

Tip! Sensitive to spice? Go easy on the chipotle powder!



5. Add cheese

- Sprinkle the **steak strips** and the **vegetables** with the **grated cheddar**.
- Remove the pan from the heat and cover with a lid.
- Set aside until the **cheese** melts.



6. Serve

- Heat the **tortilla wraps** in a microwave or in a hot dry pan.
- Load them with the **cheesy steak** and **vegetable** filling.
- Serve the **Cheesy Steak Fajitas** with dollops of **Sour Cream** and garnish with **Fresh Coriander** leaves.

Paneer Tikka Masala

with Basmati Rice and Quick Pickled Cucumbers

We've changed up our classic tikka masala curry and swapped chicken for paneer!

hello chef

1011 calories | 40 protein | 104 carbs | 56 fat

Family Friendly | Weekly classic

cook: 30 min

R3434-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4221 / 1011
Fats (g)	55.9
of which saturated (g)	35.9
Carbohydrates (g)	104
of which sugars (g)	15.3
Fibers (g)	7.5
Proteins (g)	40.4
Salt (g)	0.9

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Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Brown onion	2 Piece
Paneer 4*	500 Grams
Ghee 4*	60 Grams
Salt	1 Tsp
Ginger garlic paste	20 Grams
Smoked paprika powder	4 Grams
Curry powder	10 Grams
Garam masala	5 Grams
Chipotle powder	4 Grams
Tomato paste	70 Grams
Vegetable stock cube 15*	2 Piece
Water	300 ML
Cooking cream 4*	200 ML
Honey	30 Grams

Rice	
Basmati rice	300 Grams
Water	600 ML
Salt	1 Tsp

Cucumber	
Cucumber	4 Piece
Fresh coriander	15 Grams
Lime	2 Piece
Salt	1 Tsp

Allergens: *4 Milk, *15 Celery

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1. Prep

- Peel and finely and chop the **onion**.
- Chop the **paneer** into bite-sized pieces.



2. Simmer

- Heat a large non-stick pan over medium-low heat with the **ghee**.
- Fry the **onion** with a pinch of **salt** for 7-8 min until softened.
- Once softened, add the **ginger garlic paste**, **smoked paprika**, **curry powder**, **garam masala** and a pinch of **chipotle powder** (spicy!).
- Fry for 2 min.
- Add the **tomato paste**, **stock cube** and **measured water**.
- Simmer for 5 min.
- This is the **tikka sauce**.



3. Boil rice

- Meanwhile, rinse the **rice** until the water runs clear.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat.
- Lower heat, cover and cook for 12-14 min, until **rice** is tender.
- Remove from the heat and keep covered until serving.
- Fluff with a fork before serving.



4. Prep cucumber

- Meanwhile, chop the **cucumber** into small chunks.
- Finely chop the **coriander**.
- Slice the **lime** into wedges.
- Mix the **cucumber** and **coriander** together in a bowl with a pinch of **salt** and a squeeze of **lime** juice.



5. Finish curry

- Increase the heat to medium-high.
- Add the **paneer**, **cream** and **honey** to the **tikka sauce**.
- Simmer for 4 min further.

Tip! Fry the paneer before tossing it in the creamy tikka sauce.



6. Serve

- Serve the **Paneer Tikka Masala** over warm **Basmati Rice** with the **Cucumber Salad** to the side.
- Serve any remaining **lime wedges** as a garnish.

Breakfast Oat Smoothies with Cinnamon and Dates

-

456 calories 12 protein 67 carbs 10 fat

Speedy

cook: 30 min

R4454-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1907 / 456
Fats (g)	9.7
of which saturated (g)	2.4
Carbohydrates (g)	67
of which sugars (g)	44.6
Fibers (g)	11.4
Proteins (g)	11.7
Salt (g)	0.4

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What You'll Need

Blender

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Smoothies	
Banana	1 Piece
Dates	4 Piece
Rolled oats	50 Grams
Cinnamon powder	1 Grams
Almond milk [2*]	480 ML
Vanilla essence	5 ML
Chia seeds	15 Grams
Natural yogurt [4*]	170 Grams

Allergens: *2 Tree Nuts, *4 Milk

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1. Prep

Remove the pit from the **dates** and discard the pits. Peel the **banana**.



2. Combine

To a blender, add the **dates**, **oats**, **cinnamon**, **almond milk**, pinch of **vanilla** and **chia seeds**.

Tip! For a thicker and creamier smoothie, remove the pits of the dates and freeze them ahead of time.



3. Blend

Blend the everything for 1-2 min until smooth or to your desired consistency.

Tip! Feel free to add an extra scoop of protein powder of your choice.



4. Serve

Have the **Breakfast Oat Smoothies with Cinnamon and Dates** as an on-the-go breakfast.

Loaded Sweet Potatoes

with Black Bean Chilli and Cheese

This spin on the classic jacket potato is loaded with Tex-Mex flavours!

872 calories | 39 protein | 120 carbs | 29 fat

Low Carb

cook: 40 min

R3202-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3645 / 872
Fats (g)	28.8
of which saturated (g)	20.2
Carbohydrates (g)	120
of which sugars (g)	27.1
Fibers (g)	22.2
Proteins (g)	38.9
Salt (g)	2.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Sweet potatoes	1600 Grams
Red onion	2 Piece
Black beans	480 Grams
Garlic cloves	4 Piece
Red pepper	2 Piece
Fresh chives	15 Grams
Vegetable oil	2 Tbsp
Coriander cumin powder	8 Grams
Smoked paprika powder	4 Grams
Chipotle powder	4 Grams
Tomato paste	70 Grams
Water	300 ML
Vegetable stock cube 15*	1 Piece
Grated orange cheddar 4*	120 Grams
Grated mozzarella 4*	200 Grams
Sour cream 4*	120 Grams
Mild tomato salsa	120 Grams
Lime	2 Piece

Allergens: *15 Celery, *4 Milk

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1. Bake sweet potatoes

Preheat the oven to 220°C/ 200°C fan. Scrub the **sweet potatoes**, then cut them in half, lengthwise. Place cut side down onto an oiled, lined baking tray. Bake for 25-30 min until soft through.

Tip! To check if your sweet potatoes are fully cooked, stab them with a fork! If it's easy to push through, the potato is ready.

2. Prep

Meanwhile, finely chop the **onion**. Drain and rinse the **black beans**. Peel and mince the **garlic**. De-seed and chop the **pepper**. Finely chop the **chives**.



3. Make chilli

Heat a pan over a medium heat with a drizzle of **oil**. Add the **onion** and **pepper** and fry with a pinch of salt for 5 min. Add the **garlic**, **coriander cumin powder**, **smoked paprika**, a pinch of **chipotle (spicy!)** and stir for 1 min. Add the **tomato paste**, **black beans**, measured **water** and **stock cube** and simmer for 5 min. Season and set aside.

4. Load potatoes

Once the **sweet potatoes** are cooked, turn them over on the tray and sprinkle with half of the **grated cheeses**. Top with the **bean chilli** and finally sprinkle with the rest of the **cheeses**. Bake for 5 min or until the **cheese** is melted.

5. Serve

Top the loaded **sweet potatoes** with the **sour cream**, chopped **chives**, **tomato salsa** and a squeeze of **lime juice**.

Pan-seared Steak in Butter Sauce

with Parmesan Chive Fries

A twist on the classic steak & frites!

hello chef

645 calories | 56 protein | 58 carbs | 22 fat

Global Eats

cook: 45 min

R3648-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2696 / 645
Fats (g)	22.3
of which saturated (g)	11.7
Carbohydrates (g)	58
of which sugars (g)	18.9
Fibers (g)	9.3
Proteins (g)	55.6
Salt (g)	1.2

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What You'll Need

Oven

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04-825-44-00

hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steak & sauce	
Rump steak	800 Grams
Salt	1 Tsp
Garlic cloves	4 Piece
White onion	2 Piece
Black pepper	1 Tsp
Worcestershire sauce 6*,11*	30 ML
Onion marmalade	56 Grams
Water	300 ML
Butter 4*	50 Grams

Fries	
Potatoes	1200 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Fresh chives	15 Grams
Parmesan 4*	60 Grams

Allergens: *6 Fish, *11 Gluten, *4 Milk

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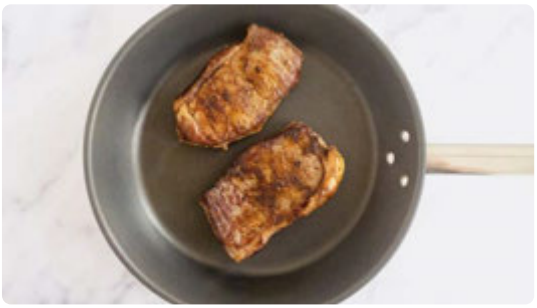
1. Bake fries

- Preheat the oven to 200°C/180°C fan.
- Slice the **potatoes** (skins on) into **fries**.
- Add the **fries** to a large lined baking tray.
- Add a drizzle of **vegetable oil** and a generous pinch of **salt**.
- Toss the **fries** in the **oil** until they are fully coated.
- Bake for 30 min or until golden and crisp.



2. Prep

- Meanwhile, peel and mince the **garlic**.
- Peel and slice the **onions**.
- Finely chop the **chives**.
- Grate the **Parmesan**.



3. Fry steak

- Pat the **steaks** dry with kitchen paper.
- Rub them with **vegetable oil** and season with **salt**.
- Heat a large pan over a high heat.
- Once very hot, add the **steaks**.
- Fry them for 2-4 min on each side or until cooked to your liking.
- Transfer the **steaks** to a plate.
- Leave them to rest.
- Reserve the pan.
- Once rested, season generously with **pepper**.



4. Make sauce

- Return the pan to a medium heat with a drizzle of **oil**.
- Once hot, add the **onions** with a pinch of **salt**.
- Fry for 8-10 min or until softened.
- Add the **garlic**, **Worcestershire**, **onion marmalade**, **measured water** and **black pepper**.
- Simmer for 3 min or until the sauce begins to thicken slightly.
- Remove from the heat.
- Stir in the **butter**.



5. Add Parmesan

- After the **fries** have baked for 30 mins add the **Parmesan**.
- Roast for 5 min further or until the **Parmesan** begins to melt and crisp up.



6. Serve

- Serve the **Pan-seared Steak** with **Butter Sauce** and **Parmesan Chive Fries**

Indian Spiced Sweet Potato and Lentil Pie

with Green Beans

Enjoy this veggie spin on shepherd's pie - packed with delicious Indian flavours!

hello chef

676 calories | 32 protein | 117 carbs | 13 fat

cook: 60 min

R3240-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2830 / 676
Fats (g)	12.8
of which saturated (g)	5.9
Carbohydrates (g)	117
of which sugars (g)	23
Fibers (g)	23.1
Proteins (g)	31.5
Salt (g)	1.3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Oven
- Potato masher

hello@hellochef.com
04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Mash	
Sweet potatoes	800 Grams
Salted vegan butter	40 Grams
Nigella seeds 3*,13*	10 Grams
Salt	1 Tsp
Panko bread crumbs 10*,11*,12*	20 Grams
Desiccated coconut	20 Grams

Dal	
Brown onion	2 Piece
Carrot	2 Piece
Red lentils	300 Grams
Fresh coriander	30 Grams
Tomato paste	70 Grams
Ginger garlic paste	20 Grams
Curry powder	10 Grams
Chilli powder	2 Grams
Vegetable stock cube 15*	2 Piece
Water	1000 ML

Green beans	
Green beans	375 Grams
Salt	1 Tsp

Allergens: *3 Sesame Seeds, *13 Mustard, *10 Wheat, *11 Gluten, *12 Lupin, *15 Celery

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1. Make mash

Preheat the oven to 200°C/180°C fan. Peel and chop the **sweet potatoes** into bite-sized pieces. Add them to a pan of salted boiling water. Cook for 20 min until soft. Once soft, drain and return them to the pan with the **butter** (use half if cooking for 2). Mash until smooth, add the **Nigella seeds** and season with **salt**.



2. Prep

Meanwhile, peel and finely chop the **onion** and **carrot**. Rinse the **lentils**. Chop the **coriander**, including the stalks.



3. Make dal

Heat a non-stick pan over a medium heat with a drizzle of oil. Once hot, add the **onion** and **carrot** with a pinch of **salt** and cook for 5 min until softened. Add the **tomato paste**, **ginger garlic paste**, **curry powder** and a pinch of **chilli powder** (spicy!). Cook for 2 min further.



4. Bake

Add the **red lentils**, **stock cube** and **measured water**. Simmer for 15 min. Meanwhile, mix the **panko** with the **dessicated coconut** and a drizzle of oil. Once cooked, add the chopped **coriander** to the **dal**. Pour the **dal** into a baking dish. Top with the **sweet potato** mash, followed by the **coconut panko** mix. Bake for 15 min.

Tip! Toast the bread crumb and coconut mix in a pan for a beautifully golden colour!



5. Boil beans

Meanwhile, trim the **green beans**. Cook the **green beans** in a pot of salted boiling water for 3-4 min or until tender. Drain.



6. Serve

Serve the **sweet potato pie** alongside the **green beans**.

Harissa Chicken with Couscous Salad

and Lemon and Mint Yogurt Dressing

Harissa is an aromatic hot chilli pepper paste made from roasted red peppers, garlic, herbs, spices and olive oil.

534 calories | 49 protein | 71 carbs | 6 fat

Calorie Smart

cook: 30 min

R3783-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2233 / 534
Fats (g)	6.3
of which saturated (g)	2.1
Carbohydrates (g)	71
of which sugars (g)	16.2
Fibers (g)	8.1
Proteins (g)	49.2
Salt (g)	1.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Harissa chicken	
Chicken breast	600 Grams
Garlic cloves	4 Piece
Vegetable oil	2 Tbsp
Harissa paste	40 Grams
Coriander cumin powder	8 Grams
Paprika powder	4 Grams
Mild tomato salsa	120 Grams
Honey	30 Grams
Water	200 ML
Salt	1 Tsp
Black pepper	1 Tsp

Couscous	
Water	400 ML
Vegetable stock cube *15*	1 Piece
Couscous *10*,*11*	200 Grams
Cherry tomatoes	300 Grams
Cucumber	2 Piece
Yellow pepper	2 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Dressing	
Fresh mint	10 Grams
Lemon	2 Piece
Natural yogurt *4*	340 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Serve	
Rocket	80 Grams

Allergens: *15 Celery, *10 Wheat, *11 Gluten, *4 Milk

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1. Prep

- Boil the **measured water** and dissolve the 1 **vegetable stock cube** in it.
- Set the **vegetable stock** aside.
- Add the **couscous** to a bowl with the **vegetable stock**.
- Cover with a lid. Set aside until in step 6.
- Meanwhile, pick and finely chop the **mint** leaves.
- Slice the **lemon** into wedges.
- In a small bowl combine the **yogurt**, **mint**, pinch of **salt** and **pepper** with a squeeze of **lemon** juice to taste.
- Set the **lemon and mint dressing** aside.



2. Prep veg

- Chop the **cherry tomatoes** in half.
- Chop the **cucumber** into cubes.
- Deseed and chop the **yellow pepper** into cubes.
- Add the **cucumber**, **pepper** and **tomatoes** to a large bowl.
- Set aside.



3. Prep chicken

- Peel and mince the **garlic**.
- Chop the **chicken breast** into bite-sized pieces.



4. Fry chicken

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken**.
- Fry for 2-3 min on each side until browned and cooked through.
- Transfer to a plate.
- Reserve the pan.



5. Simmer

- Return the reserved pan to a medium heat with a drizzle of **oil**.
- Once hot, add the **garlic** and **harissa paste** (spicy!).
- Fry for 1 min.
- Add the **coriander cumin powder**, **paprika**, **mild tomato salsa**, **honey** and the **measured water**.
- Simmer for 3 min further.
- Add the **chicken** along with any juices on the plate.
- Toss to coat. Simmer for 1 min further.
- Remove from the heat.
- Season with **salt** and **pepper** to taste.

Tip! Sensitive to spice? Go easy on the harissa paste.



6. Serve

- Once the **couscous** has cooked, fluff up with a fork.
- Add to the **chopped vegetables** with a drizzle of **olive oil**.
- Season with **salt** and **pepper**.
- Serve the **Harissa Chicken** on top of the **Couscous Salad** with **Lemon and Mint Yogurt Dressing** and **rocket** alongside.
- Garnish with the remaining **lemon wedges**.

Salmon Tacos with Mango Salsa
and Chipotle Cream

Try these tropical tacos with spicy chipotle cream, juicy salmon and sweet mango!

hellochef

863 calories | 50 protein | 84 carbs | 39 fat

Family Friendly

cook: 30 min

R3460-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3604 / 863
Fats (g)	39.2
of which saturated (g)	16.4
Carbohydrates (g)	84
of which sugars (g)	30.3
Fibers (g)	5.5
Proteins (g)	49.7
Salt (g)	2.5

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salmon	
Salmon goujons 6*	700 Grams
Black pepper	1 Tsp
Salt	2 Tsp
Vegetable oil	2 Tbsp

Salsa	
Mango	2 Piece
Cucumber	4 Piece
Fresh coriander	15 Grams
Black sesame seeds 3*	20 Grams

To serve	
Lime	2 Piece
Sour cream 4*	180 Grams
Smoked paprika powder	4 Grams
Honey	15 Grams
Salt	1 Tsp
Ketchup	16 Grams
Chipotle powder	2 Grams
Butter 4*	50 Grams
6" tortilla wraps 10*,11*	12 Piece

Allergens: *6 Fish, *3 Sesame Seeds, *4 Milk, *10 Wheat, *11 Gluten

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1. Make salsa

- Peel and cube the **mango**.
- Chop the **cucumbers**.
- Finely chop the **coriander**.
- Juice the **lime**.
- To a bowl, add half of the **lime** juice, the **mango**, **black sesame seeds**, **coriander** and **cucumbers**.
- Toss.
- Set the **mango salsa** aside.



2. Prep chipotle cream

- In a second bowl, combine the remaining **lime** juice, **sour cream**, **smoked paprika powder**, **honey**, **salt** and **ketchup** with a pinch of **chipotle powder (spicy!)**.
- Set the **chipotle cream** aside.



3. Fry salmon

- Heat a pan over a medium-high heat with a drizzle of **oil**.
- Add the **salmon goujons** with a pinch of **salt**.
- Fry for 2-3 min or until cooked.
- Flake the **salmon** with a spoon.
- Transfer the **salmon** to a bowl.
- Wipe and reserve the pan.

Tip! Feeling confident today? Fry the tortillas at the same time.



4. Fry tortillas

- Return the reserved pan to a medium-high heat.
- Add small knob of **butter**.
- Once melted, add a **tortilla**.
- Cook until both sides get crispy and lightly browned.
- Transfer to a plate.
- Repeat with all of the **tortillas**.



5. Serve

- Load the fried **tortillas** with the **salmon**, **chipotle cream** and **mango salsa**.
- Serve the **Salmon Tacos** with **Mango Salsa** and **Chipotle Cream**.

Mexican Chicken and Zucchini Low Carb 'Lasagna'

Try our Mexican version of lasagna! We've swapped lasagna sheets for zucchini and added salsa, peppers and beans to make it Mexican.

hellochef

983 calories | 85 protein | 49 carbs | 54 fat

Low Carb

cook: 60 min

R3524-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4114 / 983
Fats (g)	54.3
of which saturated (g)	25.9
Carbohydrates (g)	49
of which sugars (g)	17
Fibers (g)	13.8
Proteins (g)	85.2
Salt (g)	5.2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Lasagna	
Chicken mince	800 Grams
Yellow pepper	2 Piece
Red onion	2 Piece
Garlic cloves	4 Piece
Red kidney beans	480 Grams
Large zucchini	2 Piece
Vegetable oil	2 Tbsp
Salt	2 Tsp
Smoked paprika powder	4 Grams
Fajita seasoning	10 Grams
Black pepper	1 Tsp
Tomato passata	500 Grams
Mild tomato salsa	120 Grams
Brown sugar	10 Grams
Chicken stock cube **4*,5*,9*,15***	1 Piece
Grated orange cheddar **4***	120 Grams
Grated mozzarella **4***	200 Grams

To serve	
Fresh coriander	15 Grams
Sour cream **4***	120 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Prep

- Preheat the oven to 200°C/180°C fan.
- De-seed and finely slice the **yellow peppers**.
- Peel and finely chop the **onions** and **garlic**.
- Drain the **red kidney beans**.
- Cut the **zucchini** in half, then slice it lengthwise.
- Set aside.



2. Fry

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Add the **onions** and **peppers** with a pinch of **salt**.
- Fry for 5 min until softened.
- Add the **garlic**, **smoked paprika** and **fajita seasoning**.
- Cook for 1 min further.

Tip! This Mexican flavoured lasagna is meant to be mild. If you like it hot, add chilli flakes or chipotle powder for extra spice!



3. Simmer

- Add the **chicken mince**.
- Fry for 5 min further or until cooked through.
- Season with a pinch of **salt** and **pepper**.
- Add the **tomato passata**, **salsa**, **red kidney beans**, **sugar** and 1 **stock cube**.
- Cook for 4 min further.



4. Bake

- Spread 1/3 of the **chicken** mixture over the bottom of a baking dish.
- Top with half of the **zucchini** slices.
- Repeat.
- Finish with a final layer of the **chicken** mixture.
- Sprinkle with the **grated cheddar** and **mozzarella**.
- Bake for 25 min.

Tip! Use the grill setting on your oven for the last 5 minutes of baking time! Got any leftover zucchini? Add leftovers to your omelette the following morning!



5. Prep garnish

- Meanwhile, roughly chop the **coriander** leaves.



6. Serve

- Allow the **lasagna** to cool for 5 min before serving.
- Serve the **Mexican Chicken and Zucchini Low Carb 'Lasagna'**.
- Top with the **sour cream** and **fresh coriander**.

Mixed Berry and Almond Crumble
with Whipped Cream

A delicious summer baked dessert with juicy strawberries, blueberries, and pear. Topped with a buttery almond-oat crumble and served with refreshing whipped cream.

hello chef

450 calories | 7 protein | 39 carbs | 28 fat

Family Friendly

cook: 60 min

R4582-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1911 / 450
Fats (g)	28.3
of which saturated (g)	9.2
Carbohydrates (g)	39
of which sugars (g)	23.8
Fibers (g)	3.8
Proteins (g)	6.8
Salt (g)	0.6

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What You'll Need

Oven | Whisk

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 6 servings

Filling	
Pear	1 Piece
Strawberries	250 Grams
Blueberries	125 Grams
White sugar	50 Grams
Corn starch	10 Grams

Crumble topping	
Butter 4*	100 Grams
Plain flour 10*,11*	75 Grams
Rolled oats	75 Grams
Baking powder	5 Grams
Brown sugar	40 Grams
Almond flakes 1*,2*	60 Grams
Almond essence 2*	5 ML

Topping	
Whipping cream 4*	150 ML
Icing sugar	10 Grams

Allergens: *4 Milk, *10 Wheat, *11 Gluten, *1 Peanuts, *2 Tree Nuts

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1. Whip cream

- Preheat the oven to 200°C/180°C fan.
- In a large mixing bowl, add the cold **whipping cream** and **icing sugar** and beat or whisk for 1-2 min until the **cream** is thick, fluffy, with soft peaks.
- Transfer to the freezer to chill well until the **crumble** is ready.

Tip! Soft peaks refers to a soft and smooth consistency achieved by whipping cream until it forms peaks that hold their shape when the whisk is lifted.



2. Prep filling

- Peel the **pear** and slice in quarters, removing the core and seeds.
- Slice or chop into smaller pieces.
- Trim and slice the **strawberries** in half.
- Add the **pear**, **strawberries**, **blueberries**, **white sugar**, and **corn starch** to a 20cm medium baking dish.
- Mix well and spread in an even layer.
- Set aside.



3. Make crumble

- Cut the **butter** into smaller pieces.
- In a larger bowl, combine the **butter**, **flour**, **oats**, **baking powder**, **brown sugar**, **almond flakes**, and (optional) **almond essence**.
- Using the tips of your fingers (or a fork), press the **butter** and **ingredients** together until combined.

Tip! The almond essence imparts a unique almond flavor and aroma to this dessert, perfectly complementing the berries. If you prefer a subtler taste, you can omit it.



4. Combine

- Spread the **almond crumble** mixture on top of the mixed **fruit filling**.



5. Bake

- Bake in the center of the oven for 35-40 min or until the **fruit** is cooked and the **almond crumble** is golden brown.
- The dish is ready when the **berries** have released their juices and are bubbly around the edges.
- Set aside for 5 min to cool.

Tip! If the crumble is browning too quickly, cover with foil and continue to bake until the fruit is cooked through.



6. Serve

- Serve the **Mixed Berry and Almond Crumble** warm with a dollop of chilled **whipped cream**.

Cheat's Chicken Egg Fried Rice

with Mixed Veggies

Everything you love about a fried rice done simple in one tray and baked in the oven!

814 calories | 64 protein | 97 carbs | 16 fat

Family Friendly | Quick Prep

prep: 5 min | cook: 45 min | R4267-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3384 / 814
Fats (g)	16.3
of which saturated (g)	4.6
Carbohydrates (g)	97
of which sugars (g)	16.7
Fibers (g)	5.4
Proteins (g)	63.8
Salt (g)	7.4

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Soy sauce 9*,10*,11*	20 ML
Teriyaki sauce 8*,9*,10*	80 ML
Ginger garlic paste	20 Grams
Sesame oil 3*,9*	30 ML

Baked Rice	
Water	700 ML
Long grain rice	300 Grams
Sweet corn kernels	244 Grams
Green peas	200 Grams
Carrot	2 Piece
Chicken stock cube 4*,5*,9*,15*	2 Piece
Oyster sauce 8*,10*	40 Grams

Eggs	
Spring onion	80 Grams
Organic Eggs 5*	4 Piece
Salt	0.25 Tsp
Black pepper	0.25 Tsp

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *8 Molluscs, *3 Sesame Seeds, *4 Milk, *5 Eggs, *15 Celery

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1. Prep

- Preheat the oven to 200°C / 180°C fan.
- Boil **water** in a kettle.
- Rinse and drain the **rice**, **corn**, and **peas**.
- Peel and chop the **carrots** into small cubes or bite-sized pieces.
- Dissolve the **chicken stock cube** in the measured boiled **water**, and mix in the **oyster sauce**.
- Set the **cooking sauce** aside.



2. Bake rice

- In a large baking dish, add the **rice**, **corn**, **carrot** and **peas**.
- Pour the **cooking sauce** over.
- Shake to spread evenly, ensuring that the **rice** is submerged under the **sauce**.
- Cover with the foil.
- Bake for 25 min.

Tip! Make sure you use a larger baking dish or casserole to accomodate for the 3 and 4 ppl boxes.



3. Marinate chicken

- Meanwhile, chop the **chicken** into small bite-sized pieces.
- In a bowl, combine the **chicken** with the **teriyaki sauce**, **soy sauce**, **ginger garlic paste**, and **sesame oil**.
- Mix and set aside.



4. Bake chicken

- Remove the foil, and add the **chicken** on top of the **rice**.
- Spread the **chicken** in a single layer across the **rice**.
- Bake, uncovered for 20 min until the **chicken** is cooked through, and the **rice** has absorbed all the **water** and is fluffy.
- Remove from the oven.
- Cover with the foil and let it rest for 5 min until serving.



5. Fry eggs

- Meanwhile, finely chop the **spring onions**.
- Heat a small frying pan with a drizzle of **oil**.
- Once hot, add a handful of **spring onions** and the **eggs** with a pinch of **salt** and **pepper**.
- Scramble for 1-2 min until fluffy.



6. Finish and serve

- Add the **eggs** to the **tray bake**.
- Use a rubber spatula to stir up the **rice** and **chicken**.
- Serve the **Cheat's Chicken Egg Fried Rice with Mixed Veggies**.
- Garnish with the remaining **spring onions**.

Beef Patties with Creamy Mushroom Sauce

and Broccoli Rice

We're sure you've tried cauliflower rice, but have you tried its green cousin? Enjoy!

896 calories | 41 protein | 27 carbs | 70 fat

Low Carb

cook: 40 min

R3544-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3740 / 896
Fats (g)	69.8
of which saturated (g)	30.2
Carbohydrates (g)	27
of which sugars (g)	10.4
Fibers (g)	7.3
Proteins (g)	41.3
Salt (g)	2.1

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Food processor

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef patties	
Beef mince	700 Grams
Organic Eggs 5*	2 Piece
Red onion	2 Piece
Cream cheese 4*	40 Grams
Vegetable oil	2 Tbsp
Tamari 9*	30 ML

Mushroom sauce	
Cooking cream 4*	200 ML
Water	200 ML
Worcestershire sauce 6*,11*	30 ML
Chestnut mushrooms	500 Grams
Black pepper	2 Tsp

Broccoli rice	
Broccoli	800 Grams
Salt	2 Tsp
Vegetable oil	2 Tbsp

Allergens: *5 Eggs, *4 Milk, *9 Soya, *6 Fish, *11 Gluten

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1. Prep

Peel the **red onion**. Grate one half of the **onion** and finely chop the other half. Slice the **mushrooms**. Using a box grater or food processor, grate or blitz the **broccoli** until it resembles rice grains.



2. Make patties

In a bowl, combine the **beef mince**, **eggs**, **tamari**, grated **onions** (save the chopped half!) and **cream cheese**. Season generously with **salt** and **pepper**. With clean hands, shape the mixture into **patties**.



3. Fry patties

Heat a large pan over a medium heat with a drizzle of **oil**. Once hot, add the **patties** and fry for 6-7 min on each side. Once cooked, transfer to a plate and keep warm. Reserve the pan.



4. Make sauce

Return the pan to a medium heat. Add the chopped **onions** and **mushrooms** to the pan juices and fry for 6 min or until browned. Add the **measured water**, **cooking cream** and **Worcestershire sauce**. Simmer for 3 min or until thickened. Add a splash of **water** if needed.



5. Broccoli rice

Meanwhile, heat a second pan over a medium heat with a drizzle of **oil**. Once hot, add the **broccoli** with a pinch of **salt** and stir-fry for 5 min.



6. Serve

Serve the **beef patties** over the **mushroom sauce** with the **broccoli rice** alongside.

Tangy Tomato Chicken Wholewheat Pasta

with Romaine and Feta Salad

Fun fact: The word pasta comes from Latin and Greek, meaning 'barley porridge'! Yum!

hello chef

1006 calories | 73 protein | 102 carbs | 34 fat

Tips for Kids

cook: 30 min

R3784-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4228 / 1006
Fats (g)	34.2
of which saturated (g)	12.2
Carbohydrates (g)	102
of which sugars (g)	27.3
Fibers (g)	16.2
Proteins (g)	73
Salt (g)	6.3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Box grater

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pasta sauce	
Chicken mince	800 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Carrot	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Tomato paste	70 Grams
Tomato passata	500 Grams
Sriracha sauce	28 Grams
Brown sugar	10 Grams
Water	100 ML
Black pepper	1 Tsp
Whole-wheat spaghetti **5*,9*,10*,11***	400 Grams

Salad	
Romaine lettuce	400 Grams
Cucumber	2 Piece
Feta cheese **4***	200 Grams
Balsamic vinegar **14***	30 ML
Honey	30 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Olive oil	2 Tbsp

Serve	
Fresh parsley	15 Grams

Allergens: *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten, *4 Milk, *14 Sulphur Dioxide

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1. Prep

- Bring a large pot of salted water to the boil.
- Peel and finely chop the **red onion**.
- Peel and mince the **garlic**.
- Peel and grate the **carrot**.

Tip! If cooking for kids, use the finest side of a box grater.



2. Fry mince

- Heat a large pan over a high heat with a drizzle of **oil**.
- Once hot, add the **chicken mince**, **onion** and **carrot** with a pinch of **salt**.
- Fry for 5 min.
- Add the **garlic** and **tomato paste**.
- Fry for 1 min further.



3. Simmer

- Reduce the heat to medium.
- Add the **tomato passata**, **sriracha (spicy!)**, **brown sugar** and **measured water**.
- Simmer for 8-10 until thickened.
- Remove from the heat.
- Season with **salt** and **pepper**.

Tip! Sensitive to spice? Go easy on the sriracha.



4. Boil pasta

- Once the water is boiling, add the **whole-wheat spaghetti**.
- Cook for 8-10 min until 'al dente' or cooked to your liking and drain.



5. Make salad

- Meanwhile, finely chop the **romaine lettuce**.
- Chop the **cucumber** into half moons.
- Chop the **feta** into cubes.
- In a large bowl, whisk the **balsamic vinegar**, **honey**, **salt**, **pepper** and **olive oil** until fully combined.
- Add the **lettuce** and **cucumber**.
- Toss well.
- Top with the **feta**.

Tip! If cooking for kids, set aside some cucumber, lettuce and feta before tossing. Toss the salad just before serving to prevent it from going soggy.



6. Serve

- Pick and finely chop the **parsley** leaves.
- Add the **pasta** to the **chicken mince**.
- Mix well.
- Serve the **Tangy Tomato Chicken Wholewheat Pasta** with **Romaine and Feta Salad** alongside.
- Garnish with the **parsley**.

Tip! If cooking for kids, serve the reserved cucumber, lettuce and feta separately with the pasta and chicken mince sauce to the side. Serve the parsley on the side as 'sprinkles'.

Cajun Prawns

with Cauliflower and Bean Mash and Garlic Kale

The bold Cajun and garlic flavours of this dish are well complemented with the nutrient dense Cauli and Bean Mash for an exciting, balanced meal..

404 calories | 38 protein | 33 carbs | 13 fat

Low Carb | Calorie Smart

cook: 30 min

R4660-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1685 / 404
Fats (g)	13.2
of which saturated (g)	7.6
Carbohydrates (g)	33
of which sugars (g)	7.6
Fibers (g)	13.7
Proteins (g)	37.9
Salt (g)	0.9

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What You'll Need

- Food processor

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Prawns	
Prawns 7*	700 Grams
Cajun spice	8 Grams
Smoked paprika powder	4 Grams
Dried oregano	4 Grams
Garlic powder	4 Grams
Butter 4*	40 Grams

Cauli bean mash	
Cauliflower	800 Grams
White beans	480 Grams
Vegetable seasoning 2*,10*,11*,13*	8 Grams
Whole milk 4*	200 ML

Garlic kale	
Garlic cloves	4 Piece
Kale	300 Grams
Olive oil	2 Tbsp

Allergens: *7 Crustaceans, *4 Milk, *2 Tree Nuts, *10 Wheat, *11 Gluten, *13 Mustard

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1. Make mash

- Bring a large pot of salted water to a boil.
- Roughly chop the **cauliflower** into small florets.
- Rinse and drain the **white beans**.
- Add the **cauliflower** and cook, covered, for 10-12 min until soft.
- Add **beans** to the pot with the **cauliflower** for the last 5 min. Drain, reserving the pot.
- Add the **cauliflower**, **beans** and **vegetable seasoning** to a food processor and blitz for 1-2 min until smooth. Season with **salt** and **pepper** to taste.
- Add **milk** to achieve a smooth consistency. Reserve for step 5.



2. Prep

- Peel and finely slice the **garlic**.
- Wash the **kale** and drain. Cut away the stem from the **kale** leaves.
- Drain the **prawns** on kitchen paper.
- In a large bowl, combine the **cajun spice (spicy!)**, **smoked paprika**, **garlic powder**, **salt**, **pepper** and a drizzle of **olive oil**.
- Add the **prawns** and toss to coat. Reserve for step 4.

Tip! Can't handle the heat? Go easy on the cajun spice!



3. Fry kale

- Heat a large pan over medium heat with a drizzle of **oil**.
- Fry the **garlic** for 1-2 min until it turns golden and crisp.
- Add the **kale**.
- Cook for 2-3 min until wilted to your preference.
- Remove from the pan and keep warm.
- Reserve the pan.



4. Fry prawns

- Return the pan to high heat with another drizzle of **oil** and **butter**.
- Add the **prawns** and fry for 2-3 min until cooked through.



5. Heat mash

- Meanwhile, return the **mash** to the reserved pot.
- Heat the **mash** over medium heat for 2-3 min.



6. Serve

- Serve the **Cajun Prawns** on a bed of **Cauliflower and Bean Mash** with the **Garlic Kale** alongside.
- Drizzle over any **buttery cajun sauce** from the pan.

Persian Minced Beef and Chickpea Stew

with Rice and Cucumber Mint Salad

Our take on a Persian style "Qeimeh" with warm spices of cinnamon and cardamom, and a unique citrusy flavour from dried lemon bring this dish to life.

hello chef

888 calories | 53 protein | 112 carbs | 23 fat

Global Eats

cook: 40 min

R4140-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3716 / 888
Fats (g)	22.9
of which saturated (g)	9.6
Carbohydrates (g)	112
of which sugars (g)	16.2
Fibers (g)	10.4
Proteins (g)	52.8
Salt (g)	4.7

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stew	
Lean beef mince	700 Grams
Chickpeas	480 Grams
Red onion	2 Piece
Dried lemon	3 Piece
Vegetable oil	2 Tbsp
Salt	0.5 Tsp
Turmeric powder	4 Grams
Cardamom powder	4 Grams
Cinnamon powder	4 Grams
Curry powder	4 Grams
Tomato passata	400 Grams
Chicken stock cube 4*,5*,9*,15*	2 Piece
Water	400 ML
White sugar	10 Grams

Rice	
Long grain rice	300 Grams
Salt	1 Tsp
Water	600 ML

Salad	
Fresh mint	10 Grams
Spring onion	80 Grams
Cucumber	2 Piece
Salt	0.25 Tsp
Olive oil	1 Tbsp

To serve	
Natural yogurt 4*	340 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Prep

- Drain the **chickpeas**.
- Peel and finely chop the **onions**.
- Rinse the **dried lemons**.
- With one hand, hold tightly and using a fork, gently pierce holes through the hard shell several times all the way around.

Tip! Piercing the dried lemons will help them soften and infuse their flavour better while braising in the stew.



2. Make rice

- Rinse the **rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 12-14 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from the heat.
- Keep covered until serving.



3. Start stew

- Heat a pot over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion** with a pinch of **salt**.
- Fry for 5 min until softened.
- Add the **beef**.
- Fry for 5-7 min until browned.
- Add the **turmeric**, **cardamom powder**, **cinnamon powder**, **curry powder**, and **dried lemon**.
- Fry for 2-3 min further until fragrant.



4. Finish stew

- Add the **chickpeas**, **tomato passata**, 2 **stock cube**, a pinch of **sugar**, and the **measured water**.
- Bring to a boil, then reduce the heat to medium.
- Cover and simmer for 20-25 min until the **sauce** has reduced, the **beef** is tender, and the **chickpeas** have softened.
- Keep warm until serving.

Tip! Adjust the thickness of the stew towards the end of cooking by either adding a bit more water, or by simmering a few minutes extra until the stew is thickened to your liking.



5. Make salad

- Meanwhile, pick the **mint**.
- Trim and finely chop the **spring onions**.
- Cut the **cucumber** into half moons.
- In a bowl, combine the **mint**, **spring onions** (leaving some for garnish), **cucumber**, a pinch of **salt**, and a drizzle of **olive oil**.
- Mix well.
- Set aside.



6. Serve

- Serve the **Persian Minced Beef and Chickpea Stew** on **Rice** with **Cucumber Mint Salad** and **yogurt** to the side.

Shredded Chicken Alfredo and Broccoli Lasagna

–

hello chef

840 calories | 63 protein | 68 carbs | 35 fat

Family Friendly | Quick Prep

cook: 60 min

R4838-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3502 / 840
Fats (g)	35.1
of which saturated (g)	17.8
Carbohydrates (g)	68
of which sugars (g)	9.1
Fibers (g)	5.2
Proteins (g)	62.8
Salt (g)	4.5

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What You'll Need

Oven | Whisk

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Lasagna	
Lasagna sheets 5*,9*,10*,11*	12 Piece
Chicken breast	600 Grams
Garlic cloves	4 Piece
Broccoli	400 Grams
Olive oil	4 Tbsp
Salt	2 Tsp
Black pepper	1 Tsp
Green pesto 2*,4*	75 Grams

White sauce	
Butter 4*	200 Grams
Chicken stock cube 4*,5*,9*,15*	1 Piece
Plain flour 10*,11*	30 Grams
Whole milk 4*	600 ML
Salt	1 Tsp
Parmesan 4*	60 Grams
Grated mozzarella 4*	120 Grams
Nutmeg	2 Grams
Dried thyme	2 Grams
Panko bread crumbs 10*,11*,12*	40 Grams
Water	250 ML

Allergens: *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten, *2 Tree Nuts, *4 Milk, *15 Celery, *12 Lupin

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1. Cook chicken

- Preheat the oven to 200°C/180°C fan.
- Season **chicken** with **salt** and **pepper**.
- Fry until golden.
- Add splash of **water**.
- Cover and cook.
- Shred **chicken**.



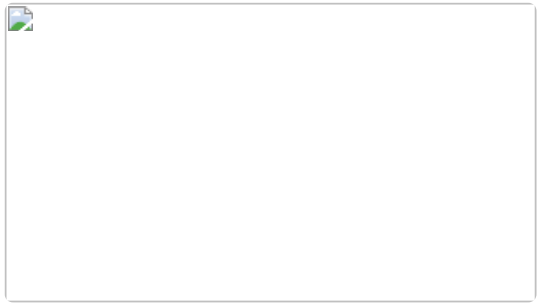
2. Prep vegetables

- Finely chop the **broccoli**.
- Peel and finely chop the **garlic**.
- Grate the **parmesan** cheese.



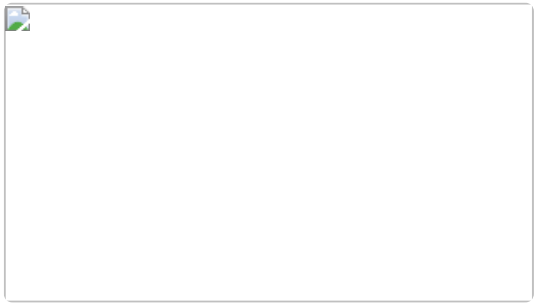
3. Start cheese sauce

- Melt the **butter** in a non-stick pan or soup pot over a medium heat.
- Add the **garlic** and fry for 1 min.
- Add the **flour** and **chicken stock cube**, and cook for 1-2 min, whisking, until a sandy paste has formed.
- Once the paste has formed, slowly add the **milk**, whisking constantly.
- Bring to a simmer and cook, stirring, for 3 min until the sauce has thickened.



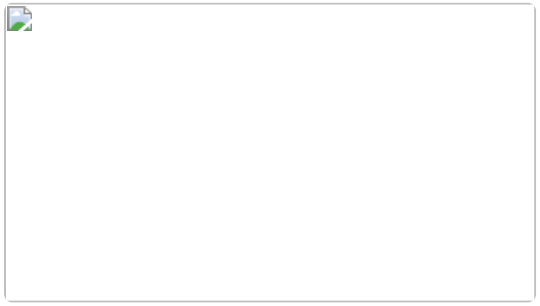
4. Finish cheese sauce

- Take the sauce off the heat and season it with a pinch of **salt**.
- Add the **grated mozzarella** and stir until it has melted into the sauce.
- Finally fold in the shredded **chicken**.



5. Layer

- Arrange 1/3 of the **lasagna sheets** on top, followed with 1/3 of the **cheese sauce**.
- Make two more layers using the remainder of the **vegetable mix**, **lasagna sheets** and **cheese sauce**.



6. Bake

- Add the **Parmesan**, **panko**, and **thyme** directly over the final layer of cheese sauce.
- Bake the **lasagna** for 30-35 min.
- Let the **lasagna** rest for 5-10 min before serving.
- Garnish with the fresh basil leaves.

Chicken and a Zingy Peanut Sauce

with Cauliflower Rice

This take on 'rice' keeps carbs low, but taste to the max!

hello chef

569 calories | 61 protein | 43 carbs | 18 fat

Low Carb | Calorie Smart

cook: 40 min

R3077-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2381 / 569
Fats (g)	17.6
of which saturated (g)	3.4
Carbohydrates (g)	43
of which sugars (g)	18
Fibers (g)	11.1
Proteins (g)	61.3
Salt (g)	3.3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Box grater
- Food processor

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stir-fry	
Chicken breast	800 Grams
Red pepper	2 Piece
Snow peas	200 Grams
Salt	1 Tsp
Corn starch	30 Grams
Vegetable oil	2 Tbsp
Ginger garlic paste	20 Grams
Sesame seeds 3*	20 Grams

Cauliflower rice	
Spring onion	80 Grams
Cauliflower	800 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Peanut sauce	
Peanut butter 1*,9*	90 Grams
Soy sauce 9*,10*,11*	40 ML
Honey	30 Grams
Sriracha sauce	28 Grams
Lime	2 Piece

Allergens: *3 Sesame Seeds, *1 Peanuts, *9 Soya, *10 Wheat, *11 Gluten

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1. Prep

- De-seed and finely slice the **pepper**.
- Trim and slice the **snow peas** diagonally.
- Trim and chop the **spring onion**.
- Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains.



2. Make sauce

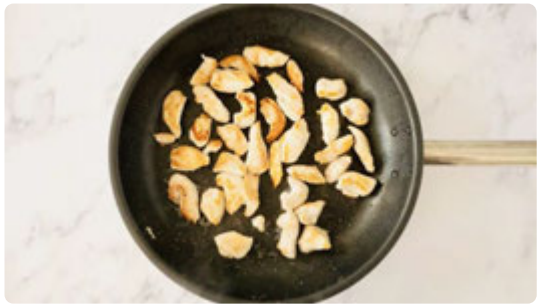
- In a large bowl, whisk the **peanut butter**, **soy sauce**, **honey**, **sriracha (spicy!)** and **lime** juice until combined and smooth.

Tip! Adding a splash of icy water to the sauce will help it emulsify and become smooth.



3. Cauliflower rice

- Heat a large frying pan over a medium-high heat.
- Once hot, add the **cauliflower** with a pinch of **salt**.
- Stir-fry for 7 min.
- Add the **spring onion** (reserve some for garnish).
- Cook for 30 sec longer.
- Remove from heat and set aside.



4. Fry chicken

- Meanwhile, slice the **chicken breast** into bite-size strips.
- Add the **corn starch** to a plate.
- Turn the **chicken** strips in the **corn starch** until well coated.
- Heat a large non-stick pan over a medium-high heat with a drizzle of **vegetable oil**.
- Once hot, add the **chicken strips** with a pinch of **salt**.



5. Stir-fry vegetables

- Add the **garlic ginger paste**, **pepper** and **snow peas** to the **chicken**.
- Stir-fry for 3-5 min further or until the **pepper** begins to soften.



6. Serve

- Serve the **Chicken** and a **Zingy Peanut Sauce** with **Cauliflower Rice**.
- Drizzle with the [b]**peanut sauce**.
- Garnish with **sesame seeds** and any remaining **spring onion**.

Retro Cordon Bleu

with Crunchy French Salad

Cordon Bleu is a French classic which consists of meat wrapped around cheese and ham, before being breaded and pan-fried.

1124 calories | 83 protein | 96 carbs | 47 fat

Low Carb

cook: 35 min

R3361-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4698 / 1124
Fats (g)	46.7
of which saturated (g)	19
Carbohydrates (g)	96
of which sugars (g)	22.5
Fibers (g)	12.5
Proteins (g)	82.7
Salt (g)	4.9

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Rolling pin

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04-383-93-99
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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Cordon bleu	
Chicken breast	800 Grams
Smoked turkey bacon	180 Grams
Grated cheddar 4*	120 Grams
Dijon mustard 13*	12 Grams
Corn starch	120 Grams
Garlic onion powder	8 Grams
Organic Eggs 5*	2 Piece
Cornflakes 11*	200 Grams
Vegetable oil	2 Tbsp

Salad	
Romaine lettuce	600 Grams
Cucumber	2 Piece
Green apple	2 Piece
Carrot	2 Piece
Sunflower seeds	40 Grams

Dressing	
Sour cream 4*	120 Grams
Mayonnaise 5*,9*,13*	50 Grams
Apple cider vinegar	30 ML
Salt	1 Tsp
Black pepper	1 Tsp
Olive oil	2 Tbsp

Allergens: *4 Milk, *13 Mustard, *5 Eggs, *11 Gluten, *9 Soya

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1. Flatten chicken

Preheat the oven to 200/180 °C fan. Wrap the **chicken breasts** in cling film and place them on a chopping board. Using a rolling pin, bash the **chicken breasts** until halved in thickness. Unwrap.



2. Roll chicken

Top the unwrapped **chicken breasts** with the burger cheese and **turkey bacon**. Smear the **Dijon** over the **turkey bacon**. Season. Roll the **chicken breasts** up very tightly until they resemble cylinders. If necessary, cut the **bacon** and cheese to size to ensure both are included in every roll.



3. Bread

Add the **corn starch**, a pinch of **salt** and the **garlic onion powder** to a shallow bowl. Add the **eggs** to a second shallow bowl and whisk. Crush or bash the **cornflakes** in their bag (until they resemble breadcrumbs) and place into a third shallow bowl. First, carefully turn the **chicken** rolls in the **starch**, then in the **eggs** and finally in the **cornflakes**.



4. Bake

Transfer each **chicken** roll, seam-side down, to an oiled baking tray. Drizzle with more **oil** and bake for 25-30 min until cooked through.



5. Prep dressing

Meanwhile, place the **sour cream**, **mayonnaise**, **vinegar**, **salt**, **pepper** and a drizzle of **olive oil** in a bowl and whisk - this is your **dressing**.



6. Salad

Roughly chop the **lettuce**. Slice the **cucumber**. Finely chop the **apple**. Peel and grate the **carrot**. Toss the **seeds**, **lettuce**, **carrot**, **apple** and **cucumber** in the **dressing**. Serve the **chicken** over the top.

Yaki Udon

with Chicken

Talk about a mid-week treat! The absolute classic, ready in under 25 mins and in the comfort of home.

hellochef

740 calories | 47 protein | 107 carbs | 12 fat

Family Friendly | Speedy

cook: 25 min

R4218-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3117 / 740
Fats (g)	12.1
of which saturated (g)	2.1
Carbohydrates (g)	107
of which sugars (g)	18.7
Fibers (g)	5.5
Proteins (g)	47.3
Salt (g)	7.3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Box grater

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Udon	
Chicken breast	600 Grams
Udon noodles 10*,11*	1000 Grams
Red pepper	2 Piece
Carrot	2 Piece
Spring onion	80 Grams
Sesame oil 3*,9*	30 ML
Dark soy sauce 9*,10*,11*	40 ML
Oyster sauce 8*,10*	80 Grams
Ginger garlic paste	20 Grams
Brown sugar	10 Grams
Rice vinegar	30 ML
Vegetable oil	1 Tbsp
Bean sprouts	100 Grams

To serve	
Crispy onions	40 Grams
Sushi ginger	80 Grams

Allergens: *10 Wheat, *11 Gluten, *3 Sesame Seeds, *9 Soya, *8 Molluscs

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1. Prep

Place the **noodles** in a bowl, cover with boiling water to loosen for 30 sec, then drain. Deseed and chop the **pepper** into strips. Peel and grate the **carrot**. Trim and finely slice the **spring onions**. Chop the **chicken** into bite-sized pieces.

Tip! The thinner you chop the chicken the faster it will cook.



2. Make sauce

In a small bowl combine the **sesame oil**, **dark soy sauce**, **oyster sauce**, **ginger garlic paste**, **brown sugar** and **rice vinegar**. This is your **stir-fry sauce**.



3. Fry chicken

Heat a large non-stick frying pan over a high heat with a drizzle of **oil**. Once hot, add the **chicken** and fry for 3-5 min until golden and cooked through. Once cooked remove from the pan and set aside on a plate. Reserve the pan.



4. Fry veg

Return the reserved pan to the heat with another drizzle of **oil**. Once hot, add the **peppers** and **carrot**. Fry for 2-3 min until slightly softened.



5. Finish stir-fry

Add the drained **udon noodles**, **chicken**, **bean sprouts**, half of the **spring onions** (saving the rest for garnish) and **stir fry sauce**. Fry for a further 1-2 min. Tossing to coat the ingredients in the **sauce**

Tip! Like it saucy, add a splash of water with the udon.



6. Serve

Divide the **yaki udon** amongst bowls or plates. Top with the **crispy onions**, remaining **spring onions** and **sushi ginger**.

Spicy Chilli Lime Tofu

with Pak Choi, Edamame Beans and Jasmine Rice

Aromatic and fragrant!

hellochef

668 calories | 42 protein | 105 carbs | 18 fat

cook: 30 min

R4653-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2797 / 668
Fats (g)	18
of which saturated (g)	2.2
Carbohydrates (g)	105
of which sugars (g)	14.2
Fibers (g)	11.3
Proteins (g)	42.3
Salt (g)	2.3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Tofu	
Firm tofu 9*	600 Grams
Sauce	
Lime	4 Piece
Soy sauce 9*,10*,11*	40 ML
Ginger garlic paste	20 Grams
Brown sugar	15 Grams
Chilli jam	56 Grams
Water	200 ML
Corn starch	15 Grams
Rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	700 ML
Veg	
Baby pak choi	6 Piece
Edamame beans 9*	200 Grams
To serve	
Fresh coriander	15 Grams
Sesame seeds 3*	5 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Cook rice

- Rinse and drain the **rice**.
- To a pot add the **rice**, a pinch of **salt** and the measured **water** and bring to a boil over a high heat.
- Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the **water** is absorbed and the **rice** is cooked.
- Keep covered until serving.



2. Prep

- Meanwhile, drain and pat dry the **tofu**.
- Cut it into bite-sized cubes.
- Cut the **pak choi** into halves.



3. Make sauce

- Cut the **lime** into wedges.
- In a small pan, combine the **soy sauce**, **ginger garlic paste**, **brown sugar**, **chilli jam** (spicy!), measured **water**, **juice** of half the **limes** and 2 tsp of **corn starch**.
- Heat the **sauce** over a medium heat for 1 min.



4. Add tofu

- Add the **tofu** to the **sauce**.
- Cook for 3-5 min, tossing gently until the **sauce** has thickened.



5. Cook veg

- Meanwhile, heat a frying pan with a drizzle of **oil**.
- Fry the **pak choi** for 4 min, with a pinch of **salt**.
- Add the **beans** with a splash of **water**.
- Cover and cook for 2-3 min.



6. Serve

- Serve the **Chilli Lime Tofu** with **Pak Choi**, **Edamame Beans** and **Jasmine Rice** garnished with **coriander leaves** and **sesame seeds**.
- Squeeze over the juice of the remaining **limes** to taste.

Fish Finger Sandwich

with Potato Wedges and Tartare Sauce

A popular British comfort food that is enjoyed by all!

hello chef

938 calories | 52 protein | 86 carbs | 45 fat

Family Friendly

cook: 40 min

R4279-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3930 / 938
Fats (g)	45.1
of which saturated (g)	7.8
Carbohydrates (g)	86
of which sugars (g)	6.9
Fibers (g)	13.9
Proteins (g)	51.7
Salt (g)	4.1

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What You'll Need

Oven

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Sandwiches	
Alaskan pollock loin 6*	700 Grams
BBQ spice 15*	8 Grams
Black pepper	1 Tsp
Panko bread crumbs 10*,11*,12*	120 Grams
Dried oregano	4 Grams
Burger bun 3*,4*,10*,11*	4 Piece
Romaine lettuce	300 Grams

Potatoes	
Potatoes	1000 Grams
Olive oil	1 Tbsp
Vegetable seasoning 2*,10*,11*,13*	10 Grams
Paprika powder	4 Grams
Salt	1 Tsp
Black pepper	0.5 Tsp

Tartare Sauce	
Mayonnaise 5*,9*,13*	200 Grams
Gherkins	80 Grams
Fresh dill	15 Grams
Lemon	1 Piece
Dijon mustard 13*	12 Grams

Allergens: *6 Fish, *15 Celery, *10 Wheat, *11 Gluten, *12 Lupin, *3 Sesame Seeds, *4 Milk, *2 Tree Nuts, *13 Mustard, *5 Eggs, *9 Soya

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1. Prep potato wedges

- Preheat the oven to 220°C/200°C fan.
- Line a baking tray with baking paper.
- Slice the **potatoes** (skins on) into wedges.
- Add the **potatoes** with a drizzle of **oil**, **vegetable seasoning**, **paprika** and a pinch of **salt** and **pepper**.
- Bake for 20-25 min.



2. Prep fish

- Meanwhile, cut the **fish** into finger width portions.
- In a medium bowl, mix 4 Tbsp **mayonnaise** together with the **BBQ spice**.
- Add a pinch of **pepper**.
- Toss the **fish fingers** in the mixture to coat.



3. Cook fish

- In a large bowl, combine the **panko breadcrumbs** and **oregano**.
- Coat the **fish fingers** in the **herbed crumb**.
- Spread them onto a lined baking tray.
- Bake for 15 min until the **crumb** is browned and crispy, adding the grill for 5 min to brown, if necessary.



4. Make tartare sauce

- Finely chop the **gherkins** and **dill**.
- Zest the **lemon** and slice into wedges.
- Combine the **mayonnaise**, **dijon mustard**, **gherkins**, **dill**, **lemon zest** and a small squeeze of **lemon juice** to taste.



5. Toast buns

- Heat a non-stick frying pan over medium-high heat.
- Add the **buns** cut side down.
- Toast for 30 sec or until golden.



6. Serve

- Shred the **lettuce**.
- Spread **tartare sauce** onto the **buns**.
- Top with a handful of chopped **lettuce** followed by the **fish fingers**.
- Serve the **Fish Finger Sandwich** and **Tartare Sauce** with **Potato Wedges** alongside.

Spicy Prawn Tom Kha

Thai Coconut Soup

This low-carb aromatic soup is a complete meal in a bowl.

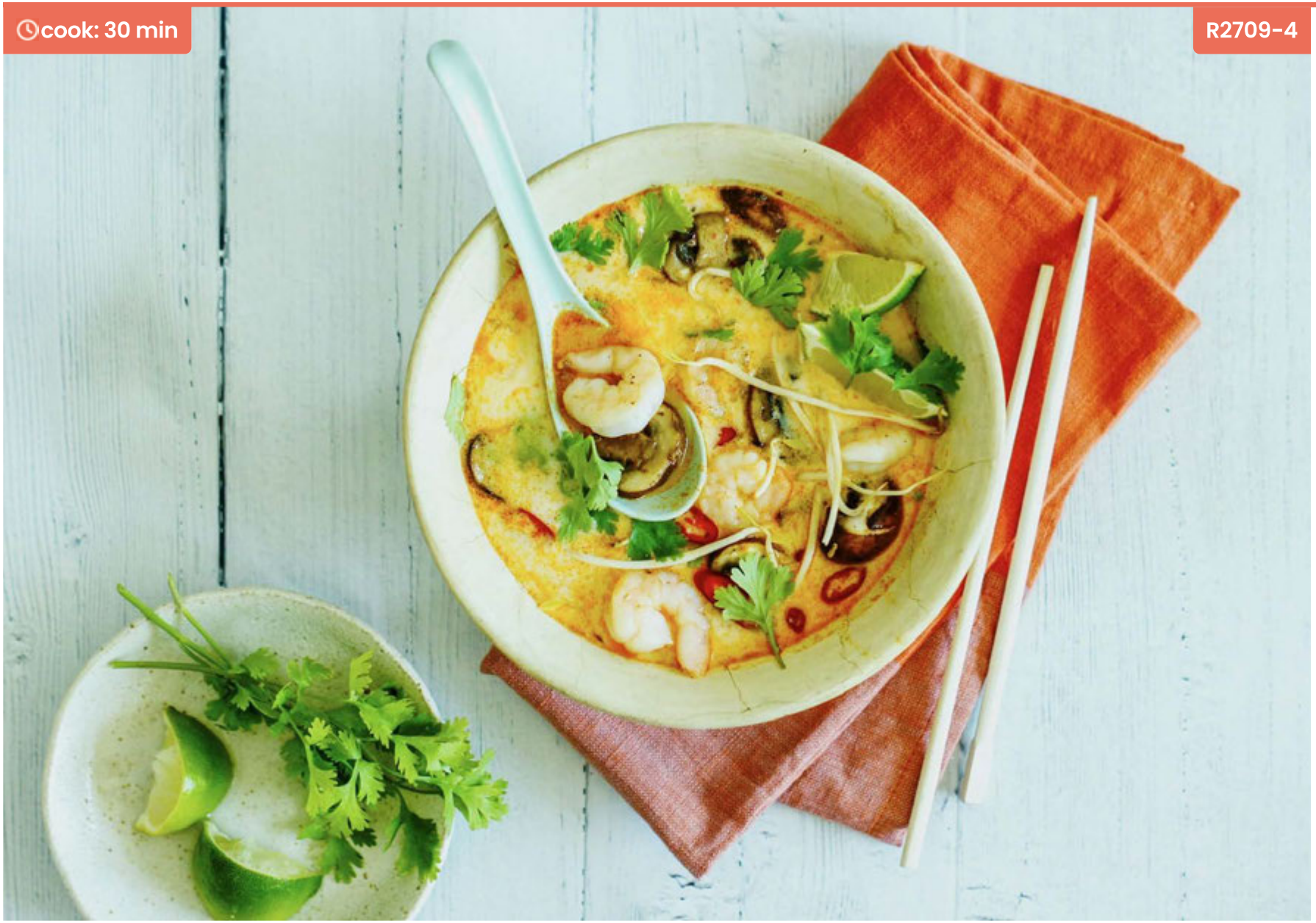
hellofresh

428 calories | 33 protein | 31 carbs | 20 fat

Low Carb | Calorie Smart | Global Eats

cook: 30 min

R2709-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1792 / 428
Fats (g)	19.5
of which saturated (g)	10.9
Carbohydrates (g)	31
of which sugars (g)	7.8
Fibers (g)	8.1
Proteins (g)	33.4
Salt (g)	3.4

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What You'll Need

- Box grater

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Soup	
Prawns 7*	700 Grams
Chestnut mushrooms	500 Grams
Shallots	2 Piece
Ginger	60 Grams
Garlic cloves	6 Piece
Lemongrass	1 Piece
Vegetable oil	2 Tbsp
Red curry paste 7*	40 Grams
Water	600 ML
Coconut sugar	20 Grams
Vegetable stock cube 15*	1 Piece
Coconut milk	400 ML
Lime leaves	6 Piece
Sambal oelek	30 Grams
Fish sauce 6*,10*	20 ML
Bean sprouts	100 Grams

Garnishes	
Fresh coriander	15 Grams
Small red chilli	2 Piece
Lime	2 Piece

Allergens: *7 Crustaceans, *15 Celery, *6 Fish, *10 Wheat

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1. Prep

- Roughly chop the **mushrooms**.
- Peel, halve and slice the **shallots**.
- Peel and grate the **ginger** and **garlic**.
- Bash the **lemongrass** with something heavy until it splits.

Tip! Bashing the lemongrass helps to release its aromatic flavours!



2. Fry prawns

- Rinse, drain and dry the **prawns** on kitchen paper.
- Heat a non-stick pan over a medium-high heat with a drizzle of **vegetable oil**.
- Once hot, add the **prawns**.
- Cook for 2-3 min until pink and cooked through.
- Transfer the cooked **prawns** to a plate.
- Reserve the pan.



3. Fry veg

- Return the pan to a medium heat with a drizzle of **vegetable oil**.
- Once hot, add the **mushrooms** with a pinch of salt.
- Cook for 5 min or until browned.
- Add the **shallots**.
- Cook for 2 min further.



4. Simmer

- Add the **garlic**, **ginger**, **lemongrass** and **red curry paste** (spicy!).
- Fry for 1 min further.
- Add the **measured water**, **coconut sugar**, 1 **vegetable stock cube**, the **coconut milk** and **lime leaves**.
- Simmer for 10 min.



5. Prep garnishes

- Meanwhile, pick the **coriander leaves**.
- Finely slice the **red chilli**.
- Slice the **lime** into wedges.

Tip! Can't handle the heat? Remove and discard the seeds from the chilli, that's where most of the spice is!



6. Serve

- Add the **sambal oelek** (spicy!), **fish sauce**, **prawns** and **bean sprouts**.
- Squeeze the **lime** juice into the **soup**.
- Serve the **Spicy Prawn Tom Kha Thai Coconut Soup**.
- Garnish with the **coriander** and sliced **chilli** (spicy!).

9 oz Fillet Steaks

with Crispy Crushed Potatoes and Dijonnaise

Dijonnaise is as quick to prepare as it is delicious. Traditionally served with chicken, we think it might taste even better with beef!

754 calories | 63 protein | 65 carbs | 28 fat

Gourmet

cook: 40 min

R2872-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3143 / 754
Fats (g)	27.7
of which saturated (g)	13
Carbohydrates (g)	65
of which sugars (g)	8
Fibers (g)	9.6
Proteins (g)	63.1
Salt (g)	4

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What You'll Need

Oven

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steak	
Fillet steak	1000 Grams
Shallots	2 Piece
Fresh chives	30 Grams
Fresh parsley	30 Grams
Capers	40 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp
Butter 4*	50 Grams
Cooking cream 4*	400 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Red vinegar	30 ML
Dijon mustard 13*	24 Grams

Sides	
New potatoes	1000 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Tenderstem broccoli	300 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *13 Mustard

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1. Boil potatoes

- Preheat the oven to 200°C/180°C fan.
- Thoroughly wash the **potatoes**.
- Cut them in half.
- Cook in a pot of salted boiling water for 12-15 min or until tender.
- Once cooked, drain and leave them to steam dry in a colander.



2. Prep

- Meanwhile, peel and finely chop the **shallots**.
- Finely chop the **chives**, **parsley** and **capers**.



3. Crush potatoes

- Once the **potatoes** are ready, place them on a baking tray.
- Drizzle generously with **oil**, crush with a fork and season with **salt**.
- Bake in the oven for 20 min until crisp.



4. Fry steak

- Pat the **steaks** dry with kitchen paper, rub them with **oil** and season with **salt**.
- Heat a large pan over a high heat.
- Once very hot, add the **steaks** and fry them for 3 min on each side.
- Place on a baking tray and finish cooking them in the oven for 8-10 min or until cooked to your liking.
- Transfer the **steaks** to a plate and leave them to rest for 10 min. Reserve the pan.
- Once rested, season generously with **salt** and **pepper**.

Tip! Why not cook the steaks on the grill/barbecue/braai?



5. Boil broccoli

- Meanwhile, trim the **tenderstem broccoli**.
- Cook it in a pot of salted boiling water for 3-4 min or until tender.
- Drain once cooked.



6. Make sauce

- Return the **steak** pan to a medium-low heat with the **shallots** and **butter**.
- Fry for 2-3 min.
- Add the **cooking cream**, 1 **stock cube** and **vinegar** and simmer for 3 min.
- Add the **capers**, **parsley**, **chives**, **Dijon** and simmer for 1 final min.
- Serve the rested **Fillet Steaks** over the **Dijonnaise Sauce** with the **Crispy Crushed Potatoes** and **Broccoli** on the side.

Creamy Chicken Orzo

with Butternut Squash and Kale

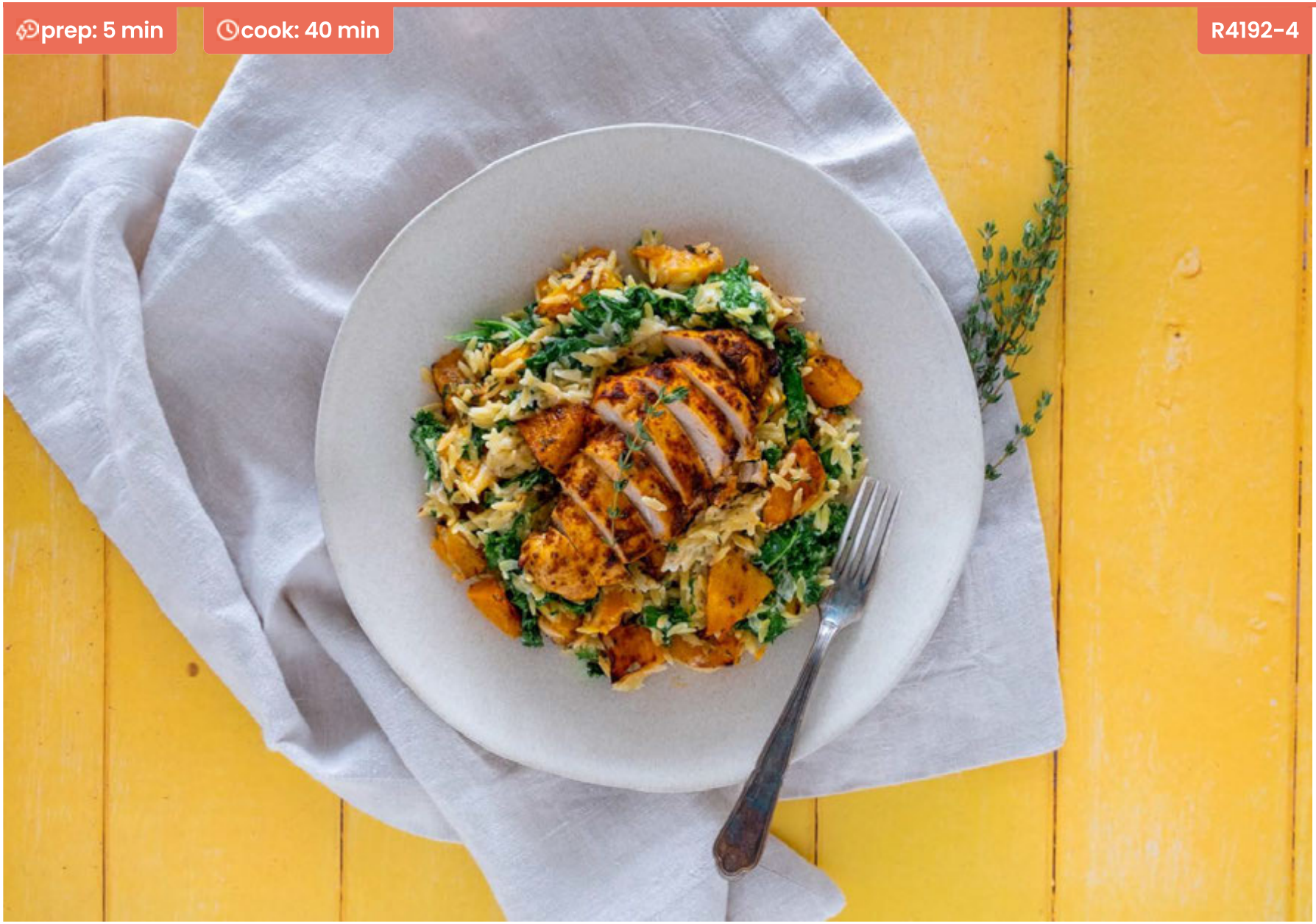
Wholesome and warming!

hellochef

746 calories | 49 protein | 93 carbs | 21 fat

Quick Prep | Family Friendly

prep: 5 min | cook: 40 min | R4192-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3109 / 746
Fats (g)	20.8
of which saturated (g)	12.9
Carbohydrates (g)	93
of which sugars (g)	13.2
Fibers (g)	11.7
Proteins (g)	48.8
Salt (g)	3

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What You'll Need

Oven

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Butternut	
Butternut squash	1200 Grams
Fresh thyme	10 Grams
Olive oil	1 Tbsp
Vegetable seasoning 2*,10*,11*,13*	10 Grams

Chicken	
Chicken breast	600 Grams
Olive oil	1 Tbsp
Smoked sea salt	4 Grams
Smoked paprika powder	4 Grams

Orzo	
Butter 4*	20 Grams
Kale	200 Grams
Orzo 9*,10*,11*	250 Grams
Water	800 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Dried onion flakes	20 Grams
Cooking cream 4*	200 ML
Garlic powder	4 Grams
Chilli flakes	4 Grams

Allergens: *2 Tree Nuts, *10 Wheat, *11 Gluten, *13 Mustard, *4 Milk, *9 Soya, *5 Eggs, *15 Celery

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1. Prep

- Preheat the oven to 210°/190°C fan.
- Peel and deseed the **butternut squash**.
- Cut the **squash** into bite-sized pieces.
- Pick the **thyme**, saving some stems whole.
- Trim and roughly chop the **kale**.



2. Bake squash

- Add the **squash** to a lined baking tray.
- Drizzle the **squash** with **oil** and sprinkle with the **vegetable seasoning** and **thyme** (saving some for garnish).
- Mix to coat the **squash** fully in the **seasoning**.
- Bake in the oven for 10 min.



3. Bake chicken

- Pat dry the **chicken breasts**. Drizzle with a small amount of **oil**.
- Sprinkle over the **smoked salt** and **smoked paprika**.
- Add the **chicken** to the same baking tray as the **squash**.
- Bake the **squash** and **chicken** for a further 18-20 min, or until the **chicken** is fully cooked and the **squash** is tender.
- Once cooked, remove from the oven.
- Set aside.



4. Cook orzo

- Heat a non-stick frying pan over a medium-high heat with the **butter**.
- Once hot, add the **orzo**.
- Fry for 2-3 min until slightly golden.
- Add the measured **water**, 1 **stock cube** and **onion flakes**.
- Mix well. Bring to a boil.
- Once boiling, lower the heat.
- Simmer the **orzo** for 8-10 min (stirring regularly).



5. Finish orzo

- When the **orzo** is tender, add the **kale** to the pan.
- Mix through, and cook for 2-3 min.
- When the **kale** has wilted, add the baked **squash**, **cream**, **garlic powder** and a pinch of **chilli flakes** (spicy!).
- Cook for a further 2-3 min, until the **squash** has warmed through and the **sauce** has thickened.

Tip! Add an extra splash of water if you want the orzo more saucy.



6. Serve

- Slice the cooked **chicken breast**.
- Serve the **Creamy Chicken** on **Orzo with Butternut Squash and Kale**.
- Garnish with any remaining **thyme**.

Malai Paneer Kofta Balls

with Basmati Rice and Roti

An extremely popular and tasty north Indian creamy curry recipe made with paneer in a onion and tomato spiced sauce.

hello chef

1152 calories | 53 protein | 136 carbs | 50 fat

Family Friendly

cook: 30 min

R3199-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4817 / 1152
Fats (g)	50.1
of which saturated (g)	22.9
Carbohydrates (g)	136
of which sugars (g)	12
Fibers (g)	9.4
Proteins (g)	53.3
Salt (g)	2.2

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What You'll Need

- Blender

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04-383-93-99

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Paneer balls	
Paneer 4*	500 Grams
Organic Eggs 5*	4 Pieces
Corn starch	30 Grams
Salt	1 Tsp
Garam masala	2 Grams
Fresh coriander	15 Grams
Vegetable oil	2 Tbsp

Sauce	
Coriander cumin powder	8 Grams
Turmeric powder	4 Grams
Red onion	2 Pieces
Ginger garlic paste	30 Grams
Chilli powder	4 Grams
Tomatoes	4 Pieces
Cashew nuts 1*,2*	80 Grams
Honey	30 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp
Water	250 ML
Vegetable stock cube 15*	2 Pieces
Crispy onions	40 Grams
Green peas	250 Grams

Rice	
Basmati rice	300 Grams
Chapati 10*,11*	8 Pieces
Water	600 ML

Allergens: *4 Milk, *5 Eggs, *1 Peanuts, *2 Tree Nuts, *15 Celery, *10 Wheat, *11 Gluten

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1. Make koftas

Wash and chop the **coriander** finely (stalks included). Grate the **paneer** into a bowl. Add the **almonds**, **garam masala**, **corn starch**, **eggs**, **salt** and half of the chopped **coriander**.



2. Prep

Divide the mixture into 20 pieces and shape each piece into a meatball. Gently shape the **paneer** mixture into even round balls. Refrigerate. Roughly chop the **tomatoes**. Peel and finely chop the **red onion**.



3. Cook rice

Meanwhile, rinse the **basmati rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked.



4. Fry koftas

Heat a large non-stick pan over a high heat with a drizzle of **oil**. Once hot, fry the koftas for 1 min on each side or until starting to brown. Transfer the koftas to a plate. Reserve the pan



5. Make sauce

Return the pan to a medium-high heat with another drizzle of **oil**. Once hot, add the **onions** and **ginger garlic paste**. Fry for 5 min. Add the **coriander** and **cumin powder**, **turmeric** and **chilli powder**. Fry for 3 min. Add the **tomatoes**, **cashew nuts**, measured **water**, **stock cube** and **honey**. Cook for 8 min. Transfer the lot into a blender and blend everything until smooth.



6. Serve

Return the koftas to the sauce. Simmer covered for 3 min. Fluff the **basmati rice** and divide equally amongst plates. Serve the koftas beside the **rice** and garnish with the remaining **fresh coriander** and fried **onions**.

Shawarma Spiced Chicken

with Couscous and Garlic Yogurt Dip

Not too spicy, not too mild. Not too filling, not too light. Goldilocks, this one's for you - it's just right.

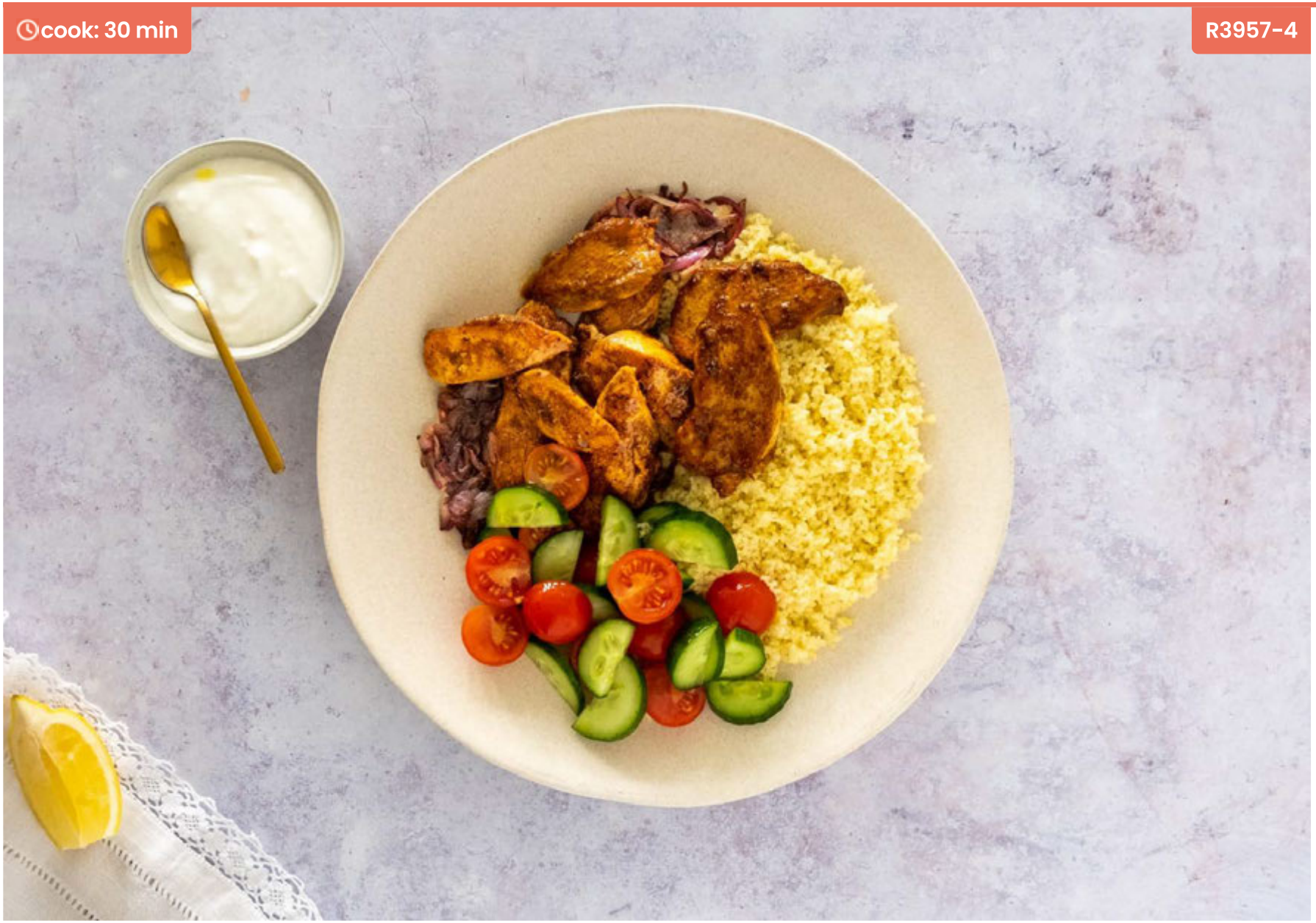
hello chef

579 calories | 60 protein | 67 carbs | 8 fat

Family Friendly | Calorie Smart

cook: 30 min

R3957-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2424 / 579
Fats (g)	7.5
of which saturated (g)	3.1
Carbohydrates (g)	67
of which sugars (g)	14.7
Fibers (g)	9.2
Proteins (g)	60
Salt (g)	3.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken shawarma	
Chicken breast	600 Grams
Lemon	2 Piece
Olive oil	1 Tbsp
Allspice powder	4 Grams
Chilli powder	4 Grams
Cinnamon powder	2 Grams
Garlic onion powder	8 Grams
Coriander cumin powder	8 Grams
Smoked paprika powder	4 Grams
Salt	1 Tsp

Couscous	
Water	400 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Couscous 10*,11*	200 Grams

Sides	
Red onion	2 Piece
Vegetable oil	4 Tbsp
Salt	1 Tsp
Sumac	4 Grams
Cherry tomatoes	300 Grams
Cucumber	4 Piece
Garlic cloves	1 Piece
Natural yogurt 4*	340 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *10 Wheat, *11 Gluten

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1. Prep

- Slice the **chicken breast** into bite-sized strips.
- Slice the **lemon** into wedges.
- Add a drizzle of **olive oil** into a large bowl with a pinch of **allspice** and **chilli powder** (spicy!).
- Add the **cinnamon powder**, **garlic onion powder**, **coriander cumin powder**, **smoked paprika** a pinch of **salt** and a squeeze of **lemon** juice.
- Mix until combined.
- Add the **chicken**.
- Set aside.



2. Make couscous

- Boil the **measured water** and dissolve the 1 **stock cube**.
- Set the **stock** aside.
- Add the **couscous** to a large bowl with the **stock**.
- Cover with a plate for 10 min.
- After 10 min, fluff up with a fork.
- Set **couscous** aside.



3. Fry onion

- Meanwhile, peel and finely slice the **onion**.
- Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onions** with a pinch of **salt**.
- Fry for 5 min stirring frequently.
- Add the **sumac powder**.
- Fry for 1 min further.
- Transfer the **onions** to a plate.
- Reserve the pan.



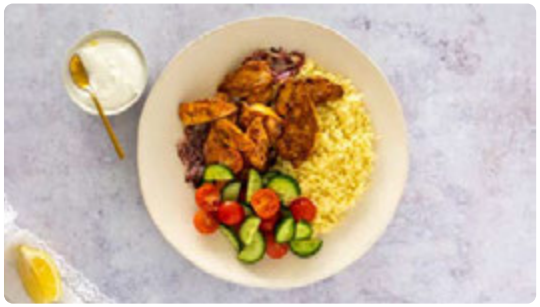
4. Fry chicken

- Meanwhile, return the pan over a medium heat with a drizzle of **olive oil**.
- Once hot, add the **chicken**.
- Fry for 5-7 min or until cooked through.



5. Prep

- Meanwhile, halve the **cherry tomatoes**.
- Slice the **cucumbers** into half moons.
- Peel and grate the **garlic**.
- In a small bowl, mix together the **garlic** and **yogurt** with a pinch of **salt**.



6. Serve

- Serve the **Shawarma Spiced Chicken** with **Couscous** with **Garlic Yogurt Dip** , **sumac onions**, **cucumber** and **tomatoes** alongside.
- Garnish with **lemon** wedges.

Classic American-style Meatloaf

with Cheddar Mashed Potatoes

A true family comfort classic this holiday season. It's certainly worth the wait!

hello chef

862 calories | 61 protein | 80 carbs | 35 fat

Family Friendly

cook: 60 min

R4161-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3610 / 862
Fats (g)	34.8
of which saturated (g)	16
Carbohydrates (g)	80
of which sugars (g)	23.4
Fibers (g)	12.6
Proteins (g)	60.7
Salt (g)	2.3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Oven
- Food processor
- Potato masher

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meatloaf	
Lean beef mince	700 Grams
Red onion	2 Piece
Carrot	2 Piece
Celery	2 Piece
Fresh thyme	10 Grams
Fresh parsley	30 Grams
Olive oil	1 Tbsp
Garlic powder	10 Grams
Chicken seasoning	4 Grams
Paprika powder	4 Grams
Worcestershire sauce 6*,11*	30 ML
Dijon mustard 13*	12 Grams
Panko bread crumbs 10*,11*,12*	120 Grams
Organic Eggs 5*	2 Piece
Black pepper	1 Tsp

Glaze	
Ketchup	80 Grams
Brown sugar	15 Grams
Apple cider vinegar	22 ML

Cheesy Mash	
Potatoes	1000 Grams
Grated cheddar 4*	120 Grams
Whole milk 4*	200 ML
Salt	1 Tsp
Black pepper	0.5 Tsp

Allergens: *6 Fish, *11 Gluten, *13 Mustard, *10 Wheat, *12 Lupin, *5 Eggs, *4 Milk

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1. Prep

- Preheat the oven to 200°C/180°C fan.
- Pick half the **thyme** and chop the **parsley**.
- Peel and chop the **onion**, **carrot**, and **celery** into chunks.
- Place half into a food processor (reserve the rest for roasting).
- Pulse the **vegetables** 10-12 times, scraping down in between.
- In a bowl, combine the **ketchup**, **brown sugar**, and **apple cider vinegar**.
- Set the **glaze** aside.

Tip! Alternatively, use a box grater to finely grate the vegetables.



4. Roast meatloaf

- Drizzle **oil** on a baking tray.
- Shape the **meatloaf** into a 15-18 cm long rectangle on the tray.
- Roast for 18-20 minutes.
- Once browned, pour the **glaze** on top, add the remaining **vegetables** and **thyme** alongside.
- Roast for another 18-20 minutes until the **meatloaf** and **vegetables** are fully cooked and the **glaze** has thickened.

Tip! For the 4-person box, divide the meatloaf into two and bake on the same tray for even cooking.



2. Fry vegetables

- Heat a pan over a medium heat with a drizzle of **oil**.
- Once hot, add the finely chopped **vegetables** (**onion**, **carrot**, and **celery** mixture) with a pinch of **salt**.
- Fry for 5-6 min until softened and most of the water has evaporated.
- Set aside to cool.

Tip! Frying the vegetables will ensure the meatloaf will have a better flavour and overall texture that isn't too crumbly.



5. Mash potatoes

- Meanwhile, bring a large pot of salted water to the boil.
- Peel and chop the **potatoes** into bite-sized pieces.
- Once the water is boiling, add the **potatoes**.
- Cook over medium-high heat for 20 min or until soft.
- Once soft, drain the **potatoes**. Return them to the pot.
- Add the **grated cheddar**.
- Mash until smooth, gradually adding the **milk** until it reaches your desired consistency.
- Season with **salt** and **pepper** to taste.



3. Mix meatloaf

- In a large bowl, combine the **beef**, **garlic powder**, **chicken seasoning**, **paprika**, **worcestershire sauce**, **dijon mustard**, **panko bread crumbs**, **eggs**, **fresh parsley**, picked **thyme** , **black pepper**, and the **cooked vegetables**.
- Knead the mixture really well until fully combined.



6. Serve

- Rest the **meatloaf** for 5 min, then slice into thick pieces.
- Serve the **Classic American-style Meatloaf** on **Cheddar Mashed Potatoes** with **roasted vegetables**.

Fillet Steak with Saffron Risotto
and Mushrooms

Steak and saffron in one recipe!? What's not to like?

helló chef

953 calories | 76 protein | 97 carbs | 36 fat

Gourmet

cook: 35 min

R3349-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3981 / 953
Fats (g)	35.5
of which saturated (g)	17.4
Carbohydrates (g)	97
of which sugars (g)	6.3
Fibers (g)	6.7
Proteins (g)	76.2
Salt (g)	1.7

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven | Box grater

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steak	
Fillet steak	1000 Grams
Chestnut mushrooms	500 Grams
Olive oil	2 Tbsp
Salt	2 Tsp
Fresh thyme	10 Grams

Risotto	
Water	1400 ML
Vegetable stock cube 15*	2 Piece
Shallots	2 Piece
Garlic cloves	2 Piece
Olive oil	2 Tbsp
Butter 4*	50 Grams
Arborio rice	320 Grams
Parmesan 4*	120 Grams
Saffron Splash	30 ML
Lemon	2 Piece
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *15 Celery, *4 Milk

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1. Roast mushrooms

- Preheat the oven to 200°C/180°C fan.
- Remove the **steaks** from the fridge.
- Tear or chop the **mushrooms** into small pieces.
- Add the **mushrooms** to one side of a baking tray with a drizzle of **oil**, the **thyme** and a generous pinch of **salt**.
- Roast for 20 min.
- Once done, discard the **thyme**.



2. Prep

- Meanwhile, boil the **measured water**.
- Add the 2 **stock cube** and boiled **water** to a jug and set aside.
- Peel and finely dice the **shallots**.
- Peel and mince the **garlic**.



3. Start risotto

- Heat a non-stick pan over a medium-low heat with a drizzle of **olive oil** and the **butter**.
- Fry the **shallots** for 5-6 min or until softened.
- Add the **garlic** and **Arborio rice** and cook for 1 min further, stirring to coat the grains in the **oil**.

Tip! The amount of stock you will require, depends on the size of your pan and the heat over which you simmer the risotto. Make sure to adjust the amount accordingly.



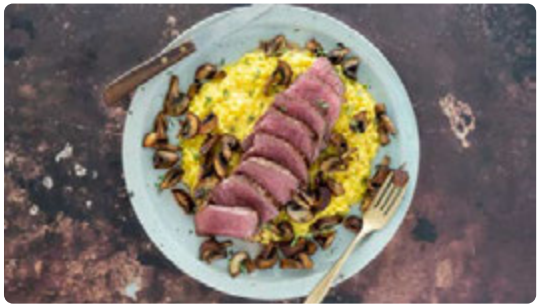
4. Simmer

- Add 1/3 of the **stock** and stir continuously until it has absorbed.
- Continue to add the **stock**, a little at a time for 20 min or until all the **stock** is absorbed and the **rice** is cooked 'al dente' – this is your **risotto**.



5. Fry steak

- Meanwhile, pat the **steaks** dry with kitchen paper, rub them with **oil** and season with **salt**.
- Heat a large pan over a high heat.
- Fry the **steaks** for 3 min on each side.
- Place on the empty side of the baking tray and finish them in the oven for 8-10 min or until cooked to your liking.
- Transfer the **steaks** to a plate to rest for 10 min, then season generously with **salt** and **pepper**.



6. Finish

- Meanwhile, grate the **Parmesan**.
- Once the **stock** is absorbed, add the **splash** of **saffron**, **Parmesan** and a squeeze of **lemon** juice to the **risotto**.
- Add a splash of water to loosen.
- Season with **salt** and **pepper**.
- Once rested, serve the **Steak** on top of the **Saffron Risotto** and the **Mushrooms** to the side.

Pan-Fried Seabream

with Crushed Potatoes and Salsa Verde

The fresh and zingy Salsa Verde adds amazing flavour to this dish!

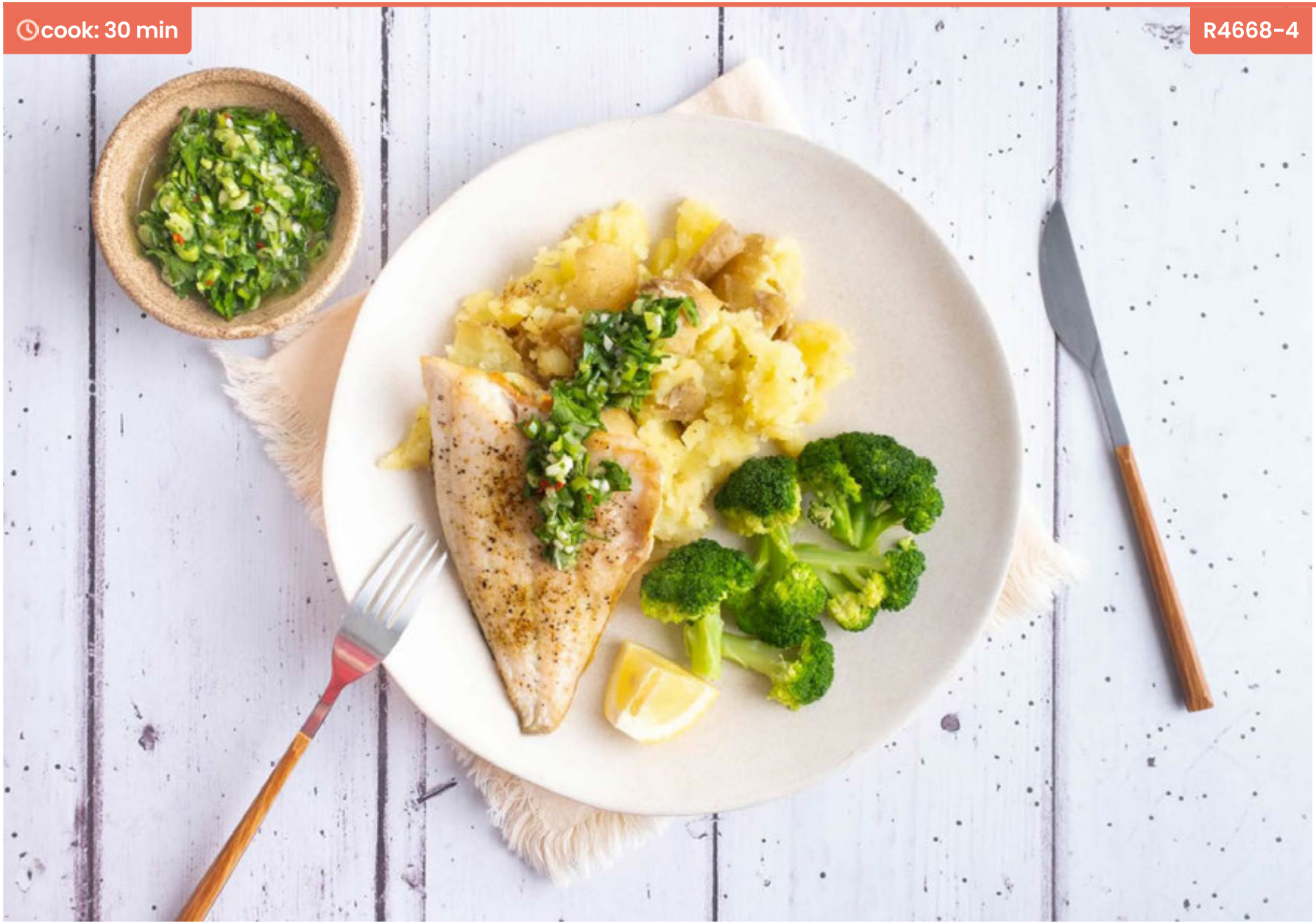
hello chef

486 calories | 52 protein | 59 carbs | 8 fat

Calorie Smart

cook: 30 min

R4668-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2030 / 486
Fats (g)	8.4
of which saturated (g)	3.7
Carbohydrates (g)	59
of which sugars (g)	8.1
Fibers (g)	14.8
Proteins (g)	52
Salt (g)	0.7

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What You'll Need

- Potato masher

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fish	
Seabream 6*	525 Grams
Salt	0.5 Tsp
Lemon pepper seasoning 13*,15*	8 Grams
Olive oil	2 Tbsp

Sides	
Potatoes	1200 Grams
Butter 4*	20 Grams
Broccoli	600 Grams

Salsa	
Fresh parsley	30 Grams
Spring onion	80 Grams
Fresh chives	15 Grams
Lemon	2 Piece
Garlic cloves	2 Piece
Small red chilli	2 Piece
Salt	0.5 Tsp
Olive oil	5 Tbsp

Allergens: *6 Fish, *13 Mustard, *15 Celery, *4 Milk

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1. Cook potatoes

- Bring a large pot of salted water to the boil.
- Cut the **potatoes** (skin-on) into bite-sized pieces.
- Boil for 15-20 min.
- Once cooked, add the **butter** and crush the **potatoes** with a potato masher.



2. Prep

- Pick and finely chop the **parsley**.
- Trim and finely chop the **spring onions**.
- Finely chop the **chives**.
- Cut the **lemon** into wedges.
- Peel and finely chop the **garlic**.
- Deseed and finely chop the **red chilli**.



3. Mix salsa

- In a bowl, combine the chopped **herbs**, **garlic** and **chilli** with a squeeze of **lemon juice** and a pinch of **salt** to taste.
- Add a generous drizzle of **olive oil** and mix.
- Set aside until serving.



4. Fry fish

- Pat the **seabream** fillets dry with kitchen paper and season the skin with **salt**.
- Coat the flesh side in the **lemon pepper seasoning**.
- Heat a large frying pan over a medium-high heat with a drizzle of **oil**.
- Add the **seabream**, skin-side down and fry for 4 min or until crispy. Once crispy, flip and cook for 1-2 min further



5. Cook brocolli

- Meanwhile, bring a pot of water to the boil.
- Separate the **broccoli** into small florets.
- Cook it in lightly salted boiling water for 3-4 min or until tender.
- Drain once cooked.



6. Serve

- Serve the **Pan-Fried Seabream with Crushed Potatoes and Salsa Verde**

Hearty Tomato Soup

with Cheesy Pesto Toasties

Homemade soup and toasties - is there a more comforting combination?

hellochef

585 calories | 19 protein | 45 carbs | 39 fat

Calorie Smart

cook: 30 min

R3082-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2430 / 585
Fats (g)	38.7
of which saturated (g)	20.9
Carbohydrates (g)	45
of which sugars (g)	27.4
Fibers (g)	11.1
Proteins (g)	18.7
Salt (g)	2

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What You'll Need

- Blender

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Tomato soup	
Tomatoes	8 Piece
Garlic cloves	6 Piece
Red onion	2 Piece
Carrot	2 Piece
Olive oil	4 Tbsp
Tomato paste	70 Grams
Chopped tomatoes	800 Grams
Water	1000 ML
Vegetable stock cube [15*]	2 Piece
White balsamic vinegar [14*]	30 ML
Honey	30 Grams
Dried basil	2 Grams
Cooking cream [4*]	200 ML
Salt	2 Tsp
Black pepper	1 Tsp

Pesto cheese toasties	
Butter [4*]	50 Grams
Green pesto [2*,4*]	75 Grams
Grated cheddar [4*]	120 Grams

Allergens: *15 Celery, *14 Sulphur Dioxide, *4 Milk, *2 Tree Nuts

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1. Prep

Slice the **tomatoes** into wedges. Peel and roughly chop the **garlic**, **onion** and **carrots**.



2. Fry soup base

Heat a large non-stick pan over a medium heat with a drizzle of **oil**. Once hot, add the **onion** and **carrot** and fry for 5 min. Add the **garlic** and **tomato paste** and cook for 1-2 min further.



3. Simmer soup

Add the fresh **tomatoes**, **chopped tomatoes**, **measured water**, **vegetable stock cube**, **white balsamic vinegar**, **honey** and **dried basil**. Bring to a boil, cover and simmer for 20 min. Add the **cream** and, using a stick blender, puree until smooth. Season with **salt** and **pepper**.



4. Make toasties

Meanwhile, **butter** one side of each slice of bread. On the other side, spread the **pesto** and top with the **cheddar** cheese. Make sandwiches (with the buttered sides on the outside). Heat a pan over a medium heat and fry the **toasties** for 3 min on each side until golden brown.

Tip! Place a second pan directly on top of the toasties when frying. Weigh them down with something heavy (like cans of beans!) to get the perfect finish.



5. Serve

Serve the **soup** with the **toasties** on the side.

Re-Costed: Classic Cheese Burger

with Potato Wedges

This burger comes with the entire works - lettuce, tomato and cheese!

hellofresh

1267 calories | 48 protein | 73 carbs | 87 fat

Family Friendly | Weekly classic

cook: 40 min

R4342-4



Nutritional information

	per serving*
Energy (kJ/kcal)	5308 / 1267
Fats (g)	87.3
of which saturated (g)	32.5
Carbohydrates (g)	73
of which sugars (g)	6.2
Fibers (g)	10.8
Proteins (g)	47.9
Salt (g)	2.6

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Burgers	
Beef mince	700 Grams
Salt	1 Tsp
Garlic onion powder	8 Grams
Vegetable oil	2 Tbsp

Fries	
Potatoes	1200 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Smoked paprika powder	4 Grams

Sauce	
Fresh chives	15 Grams
Mayonnaise 5*,9*,13*	100 Grams
Ketchup	24 Grams
Dijon mustard 13*	12 Grams
Salt	0.5 Tsp

To serve	
Tomatoes	2 Piece
Grated cheddar 4*	120 Grams
Crispy onions	40 Grams
Burger bun 3*,4*,10*,11*	4 Piece
Crispy green lettuce mix	200 Grams

Allergens: *5 Eggs, *9 Soya, *13 Mustard, *4 Milk, *3 Sesame Seeds, *10 Wheat, *11 Gluten

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1. Make wedges

Preheat the oven to 200°C/180°C fan. Slice the **potatoes** (skins on) into **wedges**. Add the **wedges** to a large baking tray with a drizzle of **vegetable oil**. Toss the **wedges** in the **oil** until fully coated. Bake for 30 min or until crisp. Once crisp, season with a generous pinch of **salt** and the **smoked paprika**. Bake for 5 min further.



2. Make patties

Meanwhile, add the **beef mince**, **smoked salt** and **garlic onion powder** to a bowl. With clean hands, knead the mixture until fully combined. Divide into 8 equal pieces and roll into balls. Place the balls between two sheets of baking paper and roll them into flat **patties** with a rolling pin (see pro tip!). Refrigerate.

Tip! Cooking for kids? Give them a single patty and freeze the rest for a future barbecue.



3. Prep

Slice the **tomatoes**. Very finely chop the **chives**.



4. Make sauce

In a bowl, combine the **mayonnaise**, **ketchup**, chopped **chives** and **Dijon mustard** with a pinch of **salt** - this is your **burger sauce**.



5. Fry patties

Heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **patties** and fry for 3 min on each side or until browned and cooked through. Once browned, top with the **grated cheddar**, cover with a lid and cook for 1 min further or until the **cheese** has melted. Once melted, sprinkle with the **crispy onions**.



6. Assemble

Meanwhile, place the **burger buns** in the hot oven for 3-4 min or until warmed through. Load the warmed **burger buns** with a handful of lollo salad, the sliced **tomatoes**, **burger** patties and **burger** sauce. Serve the **wedges** to the side, along with any leftover **sauce** and salad leaves.

One-pot Orzo with Prawns and Marinated Feta

This one's perfect for when you want a home cooked meal with no fuss!

hellofresh

660 calories | 46 protein | 86 carbs | 12 fat

Family Friendly

cook: 30 min

R3890-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2760 / 660
Fats (g)	12.3
of which saturated (g)	6.4
Carbohydrates (g)	86
of which sugars (g)	12.2
Fibers (g)	6.2
Proteins (g)	45.5
Salt (g)	5.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Prawns 7*	700 Grams
Olive oil	2 Tbsp
Cherry tomatoes	300 Grams
Peeled plum tomatoes	800 Grams
Chilli flakes	4 Grams
Feta cheese 4*	200 Grams
Garlic paste	20 Grams
Water	800 ML
Vegetable stock cube 15*	2 Piece
Orzo 9*,10*,11*	500 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Fresh basil	15 Grams

Allergens: *7 Crustaceans, *4 Milk, *15 Celery, *9 Soya, *10 Wheat, *11 Gluten

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1. Fry

Heat a non-stick pan with a lid over a medium heat with a drizzle of **oil**. Once hot, add the whole **cherry tomatoes**, a pinch of **chilli flakes (spicy!)** (reserve the rest for the **feta**) and **garlic paste**. Fry for 1 min. Add the **plum tomatoes**, **measured water**, **stock cube** and bring to a boil.



2. Simmer

Once boiling, add the **orzo** and season with **salt** and **pepper**. Cover with a lid and reduce the heat to medium-low. Simmer for 15 min, stirring occasionally.



3. Prep

Meanwhile, chop the **feta** into small pieces. Add to a bowl with the remaining **chilli flakes** and drizzle with **olive oil**. Set aside. Roughly chop the **basil** leaves.

Tip! Don't feel like chopping herbs? Simply tear the basil into the orzo before serving.



4. Finish orzo

After 15 min, remove the lid from the **orzo**. Add the **prawns** and mix well. Cook for 2-3 or until the **prawns** are pink and cooked through. Remove the pan from the heat and stir through the **basil**. Season to taste with **salt** and **pepper**.



5. Serve

Divide the **orzo** amongst bowls and top with the marinated **feta**.

Greek Style Stuffed Peppers
with Lamb and Feta

Deliciously spiced lamb dish!

hello chef

629 calories | 44 protein | 39 carbs | 28 fat

Low Carb | Global Eats

cook: 35 min

R2249-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2898 / 629
Fats (g)	28.3
of which saturated (g)	16.5
Carbohydrates (g)	39
of which sugars (g)	22.2
Fibers (g)	12.6
Proteins (g)	43.6
Salt (g)	4.3

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What You'll Need

Oven | Box grater

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stuffing	
Lean lamb mince	700 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Carrot	2 Piece
Olive oil	2 Tbsp
Coriander cumin powder	8 Grams
Cinnamon powder	2 Grams
Tomato paste	70 Grams
Tomato passata	500 Grams
Vegetable stock cube 15*	2 Piece
Dried oregano	4 Grams
Chilli powder	4 Grams
Salt	2 Tsp
Black pepper	1 Tsp

To serve	
Red pepper	6 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Feta cheese 4*	100 Grams
Baby spinach	125 Grams

Allergens: *15 Celery, *4 Milk

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1. Bake peppers

- Preheat the oven to 200°C/180°C fan.
- Slice the **peppers** in half lengthwise, leaving their stems in place.
- De-seed them.
- Place the **peppers** onto a baking tray skin side up.
- Drizzle with **oil** and season generously with **salt**.
- Bake in the oven for 20 min.



2. Prep

- Meanwhile, peel and chop the **onion** and **garlic**.
- Peel and grate the **carrot**.



3. Fry

- Heat a non-stick pan over a medium heat with a drizzle of **olive oil**.
- Once hot, add the **lamb mince**.
- Fry for 5-7 min or until browned.
- Transfer the **mince** to a plate.
- Return the pan to a medium heat.
- Add the **onion**, **carrot** and **garlic**.
- Cook for 5 min.
- Return the **mince** to the pan with the **coriander cumin** and **cinnamon powder**.
- Fry for 1 min further.



4. Simmer

- Reduce the heat to low.
- Add the **tomato paste**, **tomato passata**, **stock cube**, **oregano** and **chilli (spicy!)**.
- Season generously with **salt** and **pepper**.
- Simmer for 5 min.
- Add a splash of water if needed!.

Tip! Sensitive to spice? Go easy on the chilli powder!



5. Stuff and bake

- Spoon the **lamb** stuffing into the pre-baked **pepper** halves.
- Press the stuffing down firmly to make extra room.
- Sprinkle with the crumbled **feta**.
- Return the **peppers** to the oven.
- Roast for 5 min further or until the **feta** has turned golden.

Tip! Switch to the grill setting on your oven for the last 5 min!



6. Serve

- Serve the **Greek Style Stuffed Peppers** with **Lamb and Feta** with the **baby spinach** alongside.
- Drizzle of **olive oil** over the top.

Lemony Breaded Chicken

with Chips, Carrots and Peas

Simple and easy. A meal sure to satisfy all!

hello chef

813 calories | 58 protein | 66 carbs | 36 fat

Family Friendly | Tips for Kids | Weekly classic

cook: 40 min

R4593-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3399 / 813
Fats (g)	36.4
of which saturated (g)	8.8
Carbohydrates (g)	66
of which sugars (g)	9.1
Fibers (g)	13.7
Proteins (g)	58.2
Salt (g)	1.8

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Lemon	2 Piece
Fresh chives	15 Grams
Panko bread crumbs **10*,11*,12***	80 Grams
Vegetable seasoning **2*,10*,11*,13***	10 Grams
Olive oil	3 Tbsp
Chips	
Potatoes	1200 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Black pepper	0.5 Tsp
Smoked paprika powder	4 Grams
Veg	
Carrot	2 Piece
Green peas	300 Grams
Butter **4***	20 Grams
Salt	0.5 Tsp
Sauce	
Mayonnaise **5*,9*,13***	150 Grams

Allergens: *10 Wheat, *11 Gluten, *12 Lupin, *2 Tree Nuts, *13 Mustard, *4 Milk, *5 Eggs, *9 Soya

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1. Bake Chips

- Preheat the oven to 200°C/180°C fan.
- Cut the **potatoes** (skin on) into chips.
- Place onto a baking tray, drizzle with **oil**, and sprinkle with **salt**, **pepper**, and **smoked paprika**.
- Bake for 30-35 min until golden and crispy.

Tip! For extra crispy chips, cook them in an air fryer at 180°C for 20-25 min.



2. Prep

- Boil a kettle. Zest the **lemon** and cut it into wedges.
- Finely chop the **chives**.
- Peel and chop the **carrots** into batons.
- In a small bowl, combine the **panko bread crumbs**, half of the **chives**, **lemon zest** and **vegetable seasoning** with a drizzle of **oil**.
- Mix to form a wet **crumb**.
- In another small bowl, combine the **mayonnaise**, remaining **chives** and a squeeze of **lemon** juice (saving some for serving).

Tip! If cooking for kids, prepare some of the crumb without the chives.



3. Bread chicken

- Drain and pat dry the **chicken**.
- Cut into portions.
- Place the **chicken** on a separate lined baking tray.
- Top evenly with the **crumb** and press it into the **chicken** using the back of a spoon.

Tip! If cooking for kids, cut the chicken into smaller pieces.



4. Bake chicken

- Bake the **breaded chicken** for the last 15-18 min of the chip's cooking time.



5. Cook carrots and peas

- Meanwhile, heat a pan over medium-high heat with the pre-boiled water.
- Add the **carrots** and cook for 3 min.
- After 3 min, add the **peas** and cook for a further 2 min until tender.
- Once cooked, drain and return the **veg** to the pan with the **butter** and a pinch of **salt**.
- Cover until serving.

Tip! For softer veg, cook the carrots for a further 2-3 mins before adding the peas.



6. Serve

- Serve the **Breaded Chicken with Chips, Carrots and Peas** with the **Lemon and Chive Mayo** alongside.

Tip! If serving for kids, serve the breaded chicken with the chips, carrots and peas on the side.

Cauliflower Korma

with Basmati Rice and Chapatis

This mild curry is a great way of introducing kids to curry.

hello chef

879 calories | 25 protein | 142 carbs | 33 fat

cook: 30 min

R3134-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3676 / 879
Fats (g)	32.6
of which saturated (g)	12.3
Carbohydrates (g)	142
of which sugars (g)	28
Fibers (g)	18.2
Proteins (g)	24.5
Salt (g)	1.7

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What You'll Need

- Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Shallots	4 Piece
Tomatoes	4 Piece
Cardamom pods	6 Piece
Vegetable oil	2 Tbsp
Water	200 ML
Ginger garlic paste	20 Grams
Curry powder	10 Grams
Coriander powder	4 Grams
Turmeric powder	4 Grams
Nutmeg	1 Grams
Coconut milk	400 ML
Vegetable stock cube 15*	2 Piece
Almond flour 1*,2*	80 Grams
Mango chutney	100 Grams

Cauliflower	
Cauliflower	600 Grams
Vegetable oil	2 Tbsp
Garam masala	10 Grams
Salt	1 Tsp

Sides	
Basmati rice	300 Grams
Water	600 ML
Chapati 10*,11*	4 Piece
Fresh coriander	15 Grams
Lime	2 Piece

Allergens: *15 Celery, *1 Peanuts, *2 Tree Nuts, *10 Wheat, *11 Gluten

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1. Prep

- Preheat the oven to 200°C/180°C fan.
- Peel and finely chop the **shallots**.
- Roughly chop the **tomatoes**.
- Split the **cardamom pods** open with the back of knife.
- Separate the **cauliflower** into florets.



2. Roast cauliflower

- Add the **cauliflower** florets to a lined baking tray.
- Drizzle with **oil** and sprinkle with the **garam masala** and a generous pinch of **salt**.
- Toss to coat.
- Roast in the oven for 20 min.

Tip! Don't feel like using the oven? Boil or steam the cauliflower!



3. Boil rice

- Meanwhile, rinse the **basmati rice**.
- Add the **rice**, a pinch of salt and the **measured water** to a pan with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Remove the pan from the heat.
- Keep covered until serving.



4. Sauté

- Meanwhile, heat a pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **shallots**.
- Cook for 3 min.
- Add the **garlic ginger paste**, **curry powder**, **coriander powder**, **cardamom pods**, **turmeric** and a pinch of **nutmeg**.
- Cook for 1 min further.



5. Simmer

- Add the **water**, **coconut milk**, **stock cube**, **tomatoes**, **almond flour** and **mango chutney**.
- Simmer for 10 min.
- Meanwhile, place the **chapatis** in the oven.
- Warm through for 3-5 min.



6. Serve

- Once ready, fold the roasted **cauliflower** into the sauce.
- Pick the **fresh coriander** leaves directly into the pan.
- Finish the **korma** with a squeeze of **fresh lime** juice.
- Serve the **Cauliflower Korma** with **Basmati Rice** with **Chapatis** to the side.

Seabream and Cauliflower Mash

with Green Beans and Garlic Butter

While this one's simple to prep, it's bound to impress!

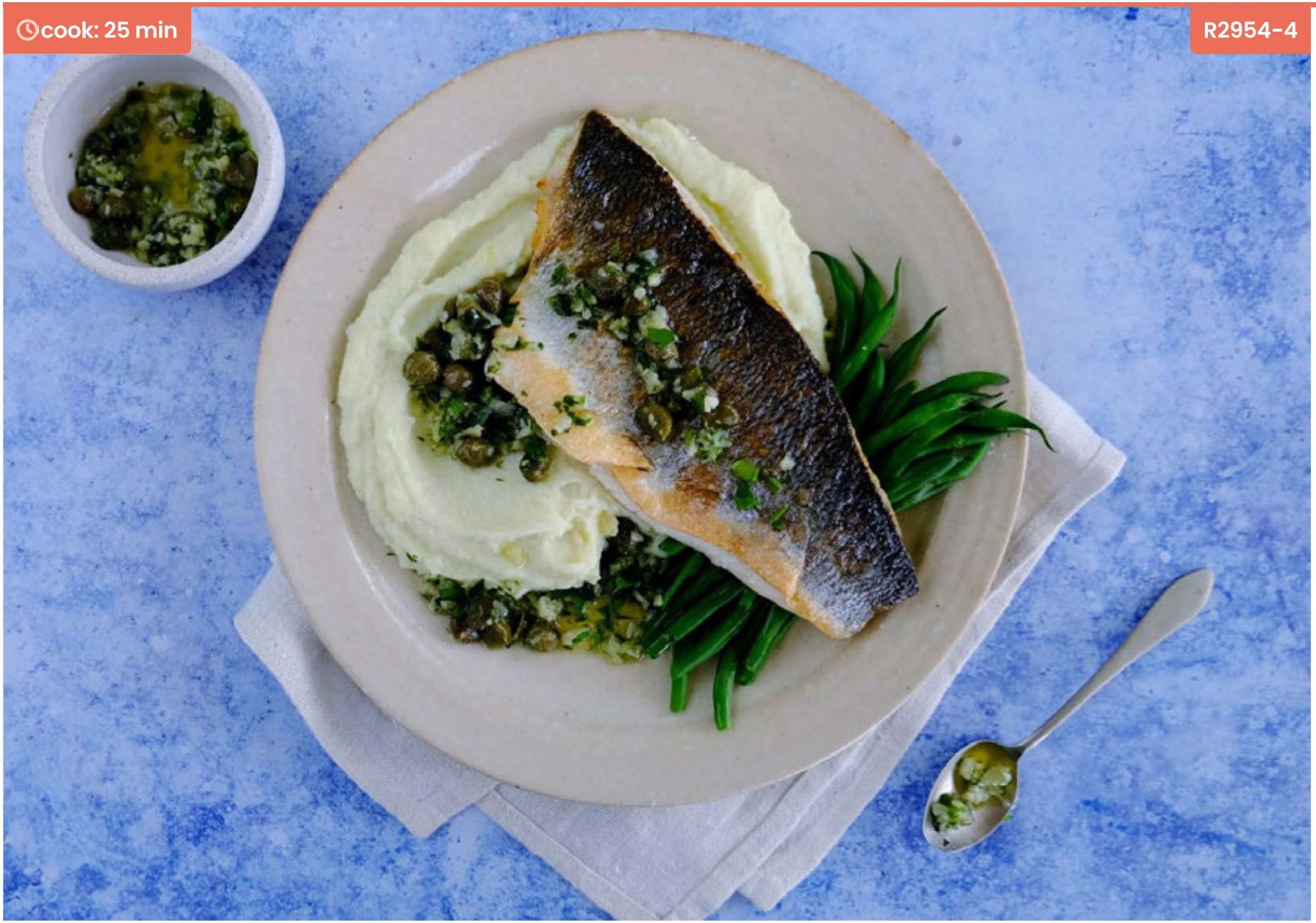
hellochef

564 calories | 53 protein | 21 carbs | 31 fat

Low Carb | Calorie Smart

cook: 25 min

R2954-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2342 / 564
Fats (g)	31.4
of which saturated (g)	15
Carbohydrates (g)	21
of which sugars (g)	9.2
Fibers (g)	7
Proteins (g)	52.7
Salt (g)	1.8

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What You'll Need

- Food processor

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Seabream and butter	
Seabream 6*	660 Grams
Fresh parsley	15 Grams
Garlic cloves	6 Piece
Butter 4*	100 Grams
Capers	40 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp

Sides	
Cauliflower	800 Grams
Whole milk 4*	200 ML
Vegetable stock cube 15*	1 Piece
Green beans	300 Grams
Grated Parmesan 4*	60 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *6 Fish, *4 Milk, *15 Celery

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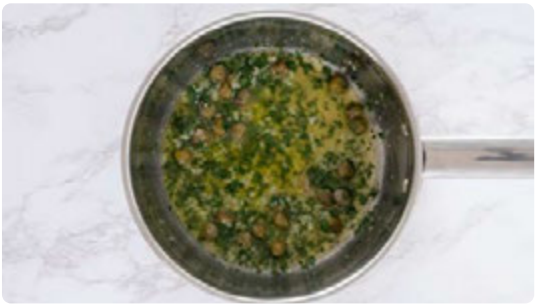
1. Simmer cauliflower

- Trim the **cauliflower** and chop it, including the stalk, into bite-sized pieces.
- Heat the **milk** and 1 **vegetable stock cube** in a pot with a lid over a medium heat.
- Add the **cauliflower**.
- Cook, covered, for 10-12 min or until soft.



2. Prep

- Meanwhile, finely chop the **parsley** leaves.
- Peel and mince the **garlic**.
- Trim the **green beans**.
- Bring a second pot of salted water to the boil.



3. Make garlic butter

- Heat a saucepot over a medium-low heat with the **butter** and **garlic**.
- Once melted, add the chopped **parsley** and the **capers**.
- Cook for 1-2 min.
- Set aside to keep warm.

Tip! Make sure not to burn the butter or garlic.



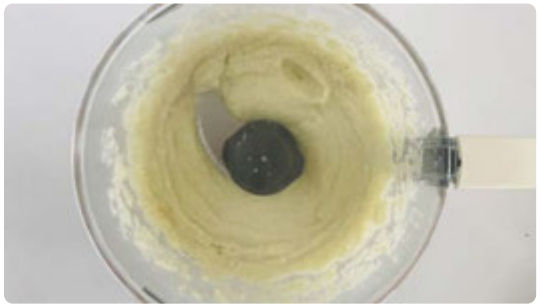
4. Boil green beans

- Once the water is boiling, add the **green beans** to the pot.
- Cook the **beans** over a medium heat for 5 min or until tender.
- Drain.



5. Fry seabream

- Meanwhile, pat the **seabream** fillets dry with kitchen paper and season the skin with **salt**.
- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **seabream**, skin-side down.
- Fry for 4 min or until crispy.
- Once crispy, flip.
- Fry for 1 min further.



6. Serve

- Meanwhile, once soft, add the **cauliflower** and **milk** into a blender or food processor.
- Blend for 1-2 min until smooth.
- Add the **grated Parmesan** and season with **salt** and **pepper** to taste.
- Serve the **Seabream** with **Cauliflower Mash** and **Green Beans**.
- Drizzle with the **garlic butter**.

Tip! Not got a food processor? Use a hand-held blender instead.

Beef 'Taco' Salad

with Sour Cream and Avocado

Yay for low carb tacos!

hellochef

846 calories | 56 protein | 48 carbs | 53 fat

Low Carb | Speedy

cook: 20 min

R2417-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3540 / 846
Fats (g)	53.2
of which saturated (g)	18.9
Carbohydrates (g)	48
of which sugars (g)	18.8
Fibers (g)	18.6
Proteins (g)	56.1
Salt (g)	2.1

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Toppings	
Lean beef mince	700 Grams
Red onion	1 Piece
Black pepper	1 Tsp
Olive oil	4 Tbsp
Salt	1 Tsp
Smoked paprika powder	4 Grams
Coriander cumin powder	8 Grams
Chipotle powder	4 Grams
Tomato paste	70 Grams
Honey	30 Grams
Soy sauce 9*,10*,11*	20 ML
Water	100 ML
Grated cheddar 4*	120 Grams
Red pepper	2 Piece

Salad	
Fresh coriander	15 Grams
Romaine lettuce	400 Grams
Cherry tomatoes	300 Grams
Avocado	2 Piece
Lime	4 Piece

To serve	
Sour cream 4*	120 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *4 Milk

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1. Fry vegetables

- Peel and finely chop half of the **red onion** (reserve the rest for the salad).
- De-seed and finely chop the **pepper**.
- Heat a non-stick pan over a medium-low heat with a drizzle of **olive oil**.
- Once hot, add the **onion** and **pepper** with a pinch of **salt**.
- Cook for 5 min or until softened.

Tip! Don't want to add raw onion to your salad? Chop it all in this step, and cook it all in step 2.



2. Fry beef

- Add the **beef mince**.
- Fry for for 4 min.
- Add the **smoked paprika**, **cumin coriander powder** and a pinch of **chipotle (spicy!)**.
- Fry for 1 min.



3. Simmer

- Add the **tomato paste**, **honey**, **soy sauce** and **measured water**.
- Simmer for 5 min until most of the liquid has evaporated.
- Season with **salt** and **pepper**.
- Sprinkle with the **grated cheddar**.
- Remove the pan from the heat, cover with a lid and set aside to melt slightly.



4. Make salad

- Meanwhile, rinse and chop the **lettuce**.
- Halve the **cherry tomatoes**.
- Slice the remaining **red onion** finely.
- Chop the **coriander**.
- Cut the **avocado** in half and remove the stone.
- Scoop the **avocado** out of the skin using a spoon and slice it.
- Mix the **lettuce**, **tomatoes**, **red onion**, **coriander** and **avocado** in a bowl with 2 Tbsp of **lime** juice.



5. Serve

- Serve the **Beef 'Taco' Salad** with **Sour Cream** and **Avocado**.

Tom Kha Gai Chicken and Coconut Soup

with Vermicelli Noodles

This Thai bestseller couldn't be easier to make at home!

hello chef

609 calories | 54 protein | 47 carbs | 21 fat

Global Eats

cook: 25 min

R2591-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2546 / 609
Fats (g)	21.3
of which saturated (g)	12.1
Carbohydrates (g)	47
of which sugars (g)	11.8
Fibers (g)	8.3
Proteins (g)	54.4
Salt (g)	7.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Soup	
Chicken breast	800 Grams
Ginger	60 Grams
Lemongrass	1 Piece
Fresh coriander	15 Grams
Large red chilli	2 Piece
Vegetable oil	2 Tbsp
Garlic paste	20 Grams
Lime leaves	6 Piece
Red curry paste 7*	60 Grams
Chicken stock cube 4*,5*,9*,15*	1 Piece
Water	800 ML
Rice vermicelli 10*	100 Grams
Sugar snap peas	200 Grams
Coconut milk	400 ML
Brown sugar	20 Grams
Tamari 9*	30 ML
Fish sauce 6*,10*	20 ML

To serve	
Lime	2 Piece

Allergens: *7 Crustaceans, *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *10 Wheat, *6 Fish

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1. Prep

- Finely slice the **ginger** (skins on).
- Finely slice a 20 cm piece of the **lemongrass**.
- Bash the remaining **lemongrass** with the back of a knife.
- Separate the **coriander** stems and leaves.
- Finely slice the **red chilli**.

Tip! Chopping the lemongrass helps it release more of the aromatic oils.



2. Make broth

- Heat a large pot over a medium heat with a drizzle of **oil**.
- Once hot, add the **garlic paste** and **red chilli (spicy!)** (reserve some for garnish). Fry for 1 min.
- Add the **ginger**, both the chopped and the whole **lemongrass**, the **lime leaves**, **red curry paste (spicy!)** and **coriander** stems. Fry for 2 min further.
- Add the 1 **stock cube** and the **measured water**.
- Bring to a boil and simmer, covered, on a medium-low heat for 10 min.

Tip! Sensitive to spice? Go easy on the red chilli and



3. Prep

- Meanwhile, boil a kettle.
- Add the **rice vermicelli** to a pot or bowl and cover with boiling water.
- Stir once, then cover with a lid or cling film.
- Leave to soften for 4-5 min.
- Drain once tender and run under cold water to stop them from sticking together.
- Meanwhile, chop the **chicken** into bite-sized pieces.
- Trim and slice the **sugar snap peas** in half.



4. Discard aromatics

- Place a sieve over a bowl.
- Pour the **broth** through the sieve into the bowl.
- Discard the **aromatics** in the sieve.
- Return the pot to a medium-high heat with a drizzle of **oil**.
- Add the **chicken**.
- Fry for 3 min.



5. Simmer

- Add the **coconut milk** and the **broth** to the pot and cover.
- Simmer for 8-10 min or until the **chicken** is cooked through.
- Add the **brown sugar**, **tamari**, **fish sauce** and **sugar snap peas**.
- Simmer for 2 min further.
- Once cooked, remove the pot from the heat.
- Add the drained **rice vermicelli**.



6. Serve

- Meanwhile, slice the **limes** into wedges.
- Season the **soup** with a squeeze of **lime**.
- Serve the **Tom Kha Gai Chicken and Coconut Soup** with **Vermicelli Noodles**.
- Garnish with the **lime** wedges, reserved **coriander leaves** and **red chilli**.

Seabream with Creamy Chive Sauce, Tenderstem Broccoli and Green Peas

With minimal prep, this recipe comes together in under 20 min!

hello chef

504 calories | 45 protein | 11 carbs | 31 fat

Low Carb | Calorie Smart | Speedy

cook: 20 min

R3898-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2092 / 504
Fats (g)	30.9
of which saturated (g)	20.3
Carbohydrates (g)	11
of which sugars (g)	7.5
Fibers (g)	3.7
Proteins (g)	44.8
Salt (g)	0.8

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Seabream	
Seabream 6*	660 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp

Greens	
Salt	1 Tsp
Tenderstem broccoli	300 Grams
Green peas	375 Grams

Chive sauce	
Fresh chives	15 Grams
Butter 4*	20 Grams
Onion powder	4 Grams
Cooking cream 4*	400 ML
White balsamic vinegar 14*	30 ML
Salt	1 Tsp

Allergens: *6 Fish, *4 Milk, *14 Sulphur Dioxide

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1. Prep

- Boil a kettle.
- Add the boiled water to large pot with a generous pinch of **salt**.
- Meanwhile, finely chop the **chives**.



2. Boil veg

- Once the water is boiling, add the **tenderstem broccoli**.
- Cook over a medium-high heat for 5 min or until tender.
- Add the **peas**.
- Cook for 1 min further.
- Drain once cooked.



3. Fry fish

- Meanwhile, pat the **seabream** fillets dry with kitchen paper.
- Season the skin with **salt**.
- Heat a large non-stick pan with a drizzle of **oil** over a medium-high heat.
- Once hot, add the **seabream**, skin-side down.
- Fry for 4 min or until crispy.
- Once crispy, flip.
- Cook for 1-2 min further.
- Transfer the **seabream** to a plate.
- Drain and reserve the pan.



4. Make sauce

- Return the reserved pan to a medium heat with the **butter**.
- Once melted, add the **onion powder**.
- Fry, stirring frequently for 30 sec.
- Add the **cream** and **chives**.
- Simmer for 2 min further or until the sauce thickens.
- Add the **vinegar** and season with **salt** to taste.



5. Serve

- Serve the **Seabream** with **Creamy Chive Sauce, Tenderstem Broccoli** and **Green Peas**.

Shimeji Mushroom Soba Noodle Soup

with Pak Choi

Crispy and sticky Shimeji mushrooms add an excellent topping to this noodle soup!

hellochef

501 calories | 19 protein | 100 carbs | 5 fat

Calorie Smart | Speedy

cook: 25 min

R4338-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2096 / 501
Fats (g)	5.4
of which saturated (g)	0.1
Carbohydrates (g)	100
of which sugars (g)	8.7
Fibers (g)	7.1
Proteins (g)	19
Salt (g)	2.4

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Soup	
Soba noodles 10*,11*	400 Grams
Spring onion	80 Grams
Baby pak choi	6 Piece
Shimeji mushroom	300 Grams
Corn starch	20 Grams
Vegetable oil	2 Tbsp
Water	2000 ML
Dried porcini mushrooms	20 Grams
Chilli garlic sauce	40 Grams
Ginger paste	20 Grams
Miso paste 9*	120 Grams
White sugar	10 Grams
Vegetarian oyster sauce 9*	80 Grams

Allergens: *10 Wheat, *11 Gluten, *9 Soya

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1. Cook soba noodles

- Bring a pot of salted water to the boil.
- Add the **noodles**.
- Cook for 4 min until tender.
- Drain and rinse with cold water.
- Retain the pot for the **soup**.

Tip! Drizzle the noodles with a small amount of oil to help prevent them sticking together.



2. Prep

- Meanwhile, trim and finely slice the **spring onions**.
- Separate the **pak choi leaves**.
- Trim and discard the base of the **shimeji mushrooms**.
- Separate the individual **mushrooms**.
- Add them to a large bowl with the **corn starch**.
- Toss to coat.



3. Fry mushrooms

- Meanwhile, heat a large non-stick frying pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **mushrooms** in batches.
- Fry for 2-3 min until golden and crispy.
- Repeat until all of the **mushrooms** are cooked, transfer them as you go to a paper towel lined plate.
- Wipe and reserve the pan for step 5..



4. Make soup

- Boil the **measured water** in the reserved pan.
- Add the **dried porcini mushrooms**, **chilli garlic sauce**, **ginger paste**, **white sugar**, half the **miso paste** and half of the **vegetarian oyster sauce**.
- Mix well.
- Bring to a boil.
- Add the **pak choi** and simmer for 3-5 min.



5. Coat mushrooms

- Return the reserved pan to the heat.
- Add the remaining half of the **miso paste** and **vegetarian oyster sauce** and splash of **water**.
- Bring to a gentle simmer and remove from the heat.
- Just before serving, add the **mushrooms** and toss to coat in the **sauce**.



6. Serve

- Pour the **soup** over the **noodles**.
- Top with the **mushrooms** and **pak choi**.
- Serve the **Shimeji Mushroom Soba Noodle Soup with Pak Choi**.
- Garnish with the **spring onions**.

Middle-Eastern Eggplant and Potato Stew

with Basmati Rice and Pine Nuts

A hearty vegetarian stew in a rich tomato-based sauce, with tangy pomegranate molasses and mild spices.

hellochef

669 calories | 20 protein | 133 carbs | 14 fat



Nutritional information

	per serving*
Energy (kJ/kcal)	2797 / 669
Fats (g)	14.4
of which saturated (g)	3.4
Carbohydrates (g)	133
of which sugars (g)	26.9
Fibers (g)	18
Proteins (g)	20.4
Salt (g)	1.1

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Eggplant	
Eggplant	2 Piece
Salt	1 Tsp
Brown onion	2 Piece
Green pepper	1 Piece
Garlic cloves	4 Piece
Potatoes	400 Grams
Olive oil	4 Tbsp
Allspice powder	4 Grams
Coriander cumin powder	16 Grams
Curry powder	10 Grams
Paprika powder	4 Grams
Black pepper	1 Tsp
Tomato paste	70 Grams

Tomato Sauce	
Tomato passata	500 Grams
Pomegranate molasses	60 Grams
Brown sugar	15 Grams
Vegetable stock cube [15*]	2 Piece
Water	400 ML

Rice	
Basmati rice	300 Grams
Butter [4*]	20 Grams
Salt	1 Tsp
Water	600 ML

To serve	
Fresh parsley	15 Grams
Pine nuts [2*]	40 Grams

Allergens: *15 Celery, *4 Milk, *2 Tree Nuts

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1. Make rice

Rinse the **basmati rice** and drain. Heat a pot with a lid over a medium heat with the **butter**. Once melted, add the drained **rice**, **salt**, and the **measured water** and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the **water** is absorbed and the **rice** is cooked. Once cooked, remove the pan from heat and keep covered until serving.



2. Prep

Meanwhile, chop the **eggplants** into bite-sized pieces. Place them in a colander over a plate. Sprinkle **salt** over and let it stand for 10 min. Peel and finely chop the **onion**. Deseed and chop the **green pepper** into small chunks. Pick and finely chop the **parsley** leaves. Peel and finely mince the **garlic**. Once the **eggplants** "sweat", give them a quick rinse and pat dry.

Tip! Salting eggplants prior to cooking helps draw out excess moisture so they have a softer texture, and a stronger flavour.



3. Pre-cook Potatoes

Meanwhile, peel and chop the **potatoes** into bite-sized pieces. Place them in a microwave safe bowl, cover with a plate and microwave on high for 4-5 min until they are halfway cooked through. Alternatively, you can boil or steam the **potatoes** for 5-7 min until they are slightly softened.

Tip! Did you know that potatoes take longer to cook in tomatoe-based stews due to the high acidity? Par-cooking them helps speed up the process.



4. Fry

Heat a large pan over a medium heat, add the **pine nuts** and dry toast them for 1 min until golden, remove and set aside in a small bowl. To the same pan, add a drizzle of **olive oil**. Once hot, add the **eggplant** with a pinch of **salt**. Fry for 6-7 min until golden. Add the **onion** and **garlic** and cook for 5 min further. Add the **allspice**, **coriander cumin powder**, **curry powder**, **paprika powder**, **tomato paste**, and fry for 1-2 min further.



5. Simmer

Add the **passata**, **pomegranate molasses**, **brown sugar**, **vegetable stock cube**, **measured water**, and **peppers** to the **stew**. Bring to a boil and simmer, covered, for 5 min. Add the **potatoes** and simmer for 5 min further or until the **eggplant** is cooked through.

Tip! Adjust the consistency of the stew by adding more water, if you like.



6. Serve

Serve the **eggplant stew** over the **rice** and garnish with the **fresh parsley** leaves and **pine nuts**.

Chicken Shish Tawook Skewers

with Hummus and Arabic Salad

Get ready for some juicy chicken skewers!

hellochef

669 calories | 53 protein | 53 carbs | 30 fat

Low Carb

cook: 30 min

R2607-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2801 / 669
Fats (g)	29.7
of which saturated (g)	3.5
Carbohydrates (g)	53
of which sugars (g)	19.9
Fibers (g)	16.4
Proteins (g)	53
Salt (g)	1.4

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Shish tawook	
Chicken breast	600 Grams
Bamboo skewers	12 Piece
Natural yogurt 4*	340 Grams
Tomato paste	70 Grams
Lemon	2 Piece
Dried oregano	4 Grams
Chilli powder	4 Grams
Coriander cumin powder	8 Grams
Smoked paprika powder	4 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Red pepper	2 Piece
Vegetable oil	2 Tbsp

Salad & dressing	
Olive oil	4 Tbsp
Pomegranate molasses	40 Grams
Sumac	8 Grams
Salt	1 Tsp
Romaine lettuce	400 Grams
Cucumber	2 Piece
Cherry tomatoes	300 Grams
Fresh parsley	15 Grams

To serve	
Hummus 3*	400 Grams

Allergens: *4 Milk, *3 Sesame Seeds

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1. Marinate chicken

- Preheat the oven to 220°C/200°C grill.
- Soak the **bamboo skewers** in water.
- Chop the **chicken** into bite-sized pieces.
- In a bowl, combine the **yogurt**, **tomato paste**, 2 Tbsp of **lemon** juice, **dried oregano**, **chilli (spicy!)**, **coriander cumin powder**, **smoked paprika**, **salt** and **black pepper**.
- Add the **chicken** and mix until coated.
- Set aside.

Tip! Marinate the chicken for up to 24 hours in advance.



2. Assemble skewers

- Deseed and roughly chop the **peppers**.
- Thread the marinated **chicken** and the **peppers** onto the **bamboo skewers**.
- Make sure to alternate between the **peppers** and **chicken**.
- Transfer the **chicken skewers** to a baking tray with a drizzle of **oil**.



3. Grill skewers

- Grill the **chicken skewers** for 10-12 min or until browned and cooked through.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready!



4. Make dressing

- Meanwhile, in a small bowl, whisk together the **olive oil**, **pomegranate molasses**, **sumac**, **salt** and a squeeze of **lemon**.



5. Prep salad

- Roughly chop the **romaine lettuce**.
- Chop the **cucumbers** into half moons.
- Halve the **cherry tomatoes**.
- Finely chop the **parsley** leaves.



6. Serve

- Add the **romaine lettuce**, **cucumber**, **cherry tomatoes** and **parsley** to the **dressing**.
- Serve the **Chicken Shish Tawook Skewers** with **Hummus** and **Arabic Salad** to the side.

Tip! Dress your salad just before serving, otherwise it will go soggy!

Sayadieh: Baked Fish and Turmeric Rice

with Cucumber and Tomato Tahini Salad

Loosely translated from Arabic to mean "Fisherman's Catch"; this delicious and aromatic fish and rice dish is inspired by the rich culinary traditions of Syria and Lebanon.

hello chef

766 calories | 55 protein | 87 carbs | 23 fat

Tips for Kids | Global Eats

cook: 40 min

R4012-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2757 / 766
Fats (g)	23.3
of which saturated (g)	2.1
Carbohydrates (g)	87
of which sugars (g)	8.5
Fibers (g)	8
Proteins (g)	54.5
Salt (g)	3.2

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What You'll Need

Oven | Whisk

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fish	
Seabream 6*	660 Grams
Salt	1 Tsp
Olive oil	2 Tbsp
Paprika powder	4 Grams
Cumin powder	4 Grams
Lemon pepper seasoning 13*,15*	4 Grams
Rice	
Long grain rice	300 Grams
Red onion	1 Piece
Olive oil	1 Tbsp
Turmeric powder	4 Grams
Arabic mix masala	4 Grams
Coriander powder	4 Grams
Chicken stock cube 4*,5*,9*,15*	2 Piece
Water	600 ML
Tahini Salad	
Lemon	2 Piece
Garlic cloves	2 Piece
Tomatoes	2 Piece
Cucumber	2 Piece
Fresh parsley	15 Grams
Tahini 3*	80 Grams
Salt	1 Tsp
To serve	
Almond flakes 1*,2*	60 Grams

Allergens: *6 Fish, *13 Mustard, *15 Celery, *4 Milk, *5 Eggs, *9 Soya, *3 Sesame Seeds, *1 Peanuts, *2 Tree Nuts

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1. Prep

- Preheat the oven to 200°C/180°C fan.
- Wash and drain the **rice**.
- Peel and finely chop the **onions**.



2. Cook onions

- Heat a large pot with a lid over medium-high heat.
- Add a small drizzle of **oil** and fry the **almond flakes** for 1-2 min until lightly golden and toasted. Transfer to a plate.
- Return the pot to the heat, add the **onions** and fry for 6-8 min until softened and browned.

Tip! If cooking for kids, reserve some almond flakes as "sprinkles" to the side.



3. Make turmeric rice

- Once the **onions** have browned, add the **turmeric**, **arabic mix masala**, **coriander powder**, and drained **rice**.
- Fry for 1-2 min further, stirring to coat the grains in the **oil**.
- Add the **chicken stock cube**, **measured water** and bring to a boil over a high heat.
- Once boiling, reduce the heat to low, cover, and cook for 12-14 min or until the **water** is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from heat and keep covered until serving.



4. Bake fish

- Meanwhile, line a baking tray with parchment paper.
- Cut the **lemon** in wedges.
- Drain and rinse the **fish** over a sink and sprinkle generously with **salt** and squeeze a **lemon** wedge over.
- Rinse under cold water and pat dry with kitchen paper.
- Place the **fish** on the baking tray, add a drizzle of **olive oil**, and rub with **paprika**, **cumin powder**, **lemon pepper seasoning**, and a small pinch of **salt**.
- Bake for 12-15 min until the fish is cooked through and flakey.



5. Make tahini salad

- Meanwhile, peel and finely chop the **garlic**.
- Chop the **tomatoes** and **cucumber** into very small bite-sized pieces.
- Pick and finely chop the **parsley**.
- In a mixing bowl, combine the **tahini**, a generous squeeze of **lemon** juice, 2 Tbsp of **water**, and a small pinch of **salt** and **pepper**.
- Whisk until the **sauce** is a smooth consistency first, then fold in the **garlic**, **tomatoes**, **cucumber**, and **parsley**. Set aside.

Tip! If cooking for kids, reserve some tomatoes and cucumbers separately.



6. Serve

- Divide the **turmeric rice** and **fish** amongst plates, and garnish with **almond flakes** on top.
- Serve with the **tahini salad** and any remaining **lemon** wedges.

Tip! If cooking for kids, divide the fish, rice, and vegetables separately. Serve the almond flakes as "sprinkles" to the side.

Rib-Eye Steak with Patatas Bravas

and Asparagus with Crispy Garlic

1276 calories | 84 protein | 103 carbs | 66 fat

Gourmet

cook: 45 min

R4814-4



Nutritional information

	per serving*
Energy (kJ/kcal)	5332 / 1276
Fats (g)	66
of which saturated (g)	32
Carbohydrates (g)	103
of which sugars (g)	16.3
Fibers (g)	15.5
Proteins (g)	84.3
Salt (g)	0.7

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What You'll Need

Oven

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steak	
Grain-fed ribeye steak	1000 Grams
Vegetable oil	4 Tbsp
Salt	1 Tsp
Smoked paprika powder	4 Grams

Patatas bravas	
New potatoes	1000 Grams
Vegetable oil	4 Tbsp
Salt	1 Tsp
Black pepper	0.5 Tsp
Shallots	1 Piece
Garlic cloves	2 Piece
Tomato paste	100 Grams
Vegetable seasoning **2*,10*,11*,13***	4 Grams
Water	100 ML
Cayenne powder	4 Grams
White sugar	10 Grams

To serve	
Rocket	80 Grams

Garlic crumb pistachio	
Garlic cloves	6 Piece
Butter **4***	40 Grams
Panko bread crumbs **10*,11*,12***	120 Grams
Lemon	2 Piece
Thin asparagus	500 Grams

Allergens: *2 Tree Nuts, *10 Wheat, *11 Gluten, *13 Mustard, *4 Milk, *12 Lupin

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1. Roast potatoes

- Preheat the oven to 200°C/180°C fan.
- Slice the **potatoes** (skins on) into **cubes**.
- Add the **cubes** to a large baking tray.
- Drizzle with **vegetable oil** and sprinkle with the **salt**, and **smoked paprika**.
- Roast for 30-35 min or until golden.



2. Prep

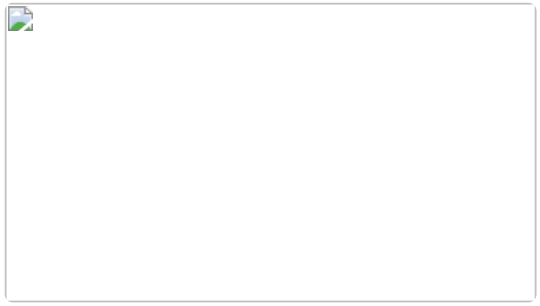
- Peel and finely chop the **shallots**.
- Peel and finely chop the **garlic**.
- Deseed and finely chop the red chilli **(spicy!)**
- Finely chop the coriander and parsley (stalks included).



3. Make chimichurri

- In a bowl, add half the **garlic**, red chilli **(spicy!)**, coriander, parsley, **salt**, olive **oil**, red vinegar, dried oregano, and the **measured water**.
- Mix and set aside.

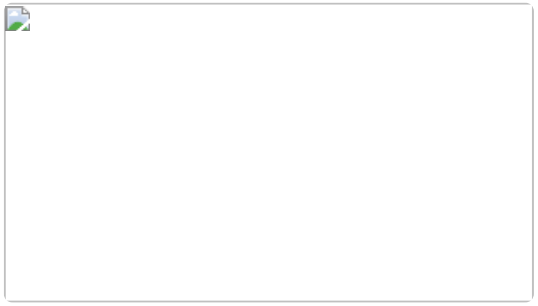
Tip! You can make the chimichurri a day ahead to allow the flavours to intensify!



4. Make bravas sauce

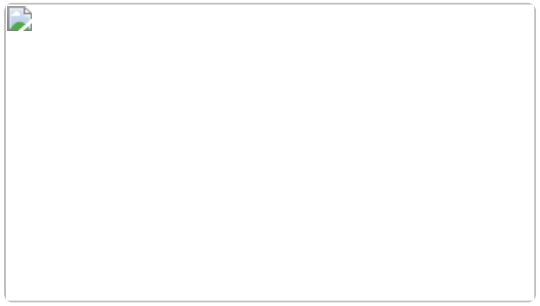
- In a pot over medium heat, add the **shallots** and remaining **garlic**. Fry for 4-5 min until lightly golden.
- Add the **tomato paste**, chicken **seasoning**, **paprika**, and 0.5 tsp of flour.
- Fry for 1 min until thickened.
- Add the **white** vinegar, **sugar**, and **measured water**.
- Whisk and cook for 1-2 min until thickened.
- Remove from heat and season with a pinch of **salt** and **pepper** to taste.
- Set aside.

Tip! You can serve the sauce as is, or blend into a smoother consistency.



5. Fry steak

- Pat the **steaks** dry with kitchen paper.
- Rub them with **oil** and season with **salt**.
- Heat a large pan over a high heat.
- Once very hot, add the **steaks** and fry for 3 min on each side, or until cooked to your desired doneness
- Transfer the **steaks** to a plate, and leave them to rest for 5 min.



6. Serve

- Serve the...
- Serve with the **chimichurri** sauce to the side.

Lentil Meatballs with Harissa Tomato Sauce,

Couscous and Cucumber Salad

Harissa brings this dish alive with rich, intense spice flavours.

733 calories | 28 protein | 109 carbs | 19 fat

cook: 40 min

R4200-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3076 / 733
Fats (g)	18.6
of which saturated (g)	14
Carbohydrates (g)	109
of which sugars (g)	15.8
Fibers (g)	20
Proteins (g)	28.4
Salt (g)	3.5

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What You'll Need

- Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Lentils	
Canned lentils	530 Grams
Fresh parsley	30 Grams
Red onion	2 Piece
Garlic powder	4 Grams
Panko bread crumbs 10*,11*,12*	120 Grams
Nutritional yeast	8 Grams
Vegetable seasoning 2*,10*,11*,13*	10 Grams

Sauce	
Small zucchini	3 Piece
Olive oil	1 Tbsp
Tomato paste	70 Grams
Harissa paste	40 Grams
Coriander cumin powder	8 Grams
Smoked paprika powder	4 Grams
Dried thyme	4 Grams
Brown sugar	10 Grams
Tomato passata	400 Grams
Water	400 ML
Vegetable stock cube 15*	1 Piece
Dried onion flakes	20 Grams

Couscous	
Water	400 ML
Couscous 10*,11*	200 Grams
Salt	1 Tsp

Cucumber herb salad	
Fresh mint	10 Grams
Lemon	1 Piece
Cucumber	2 Piece
Salt	0.5 Tsp

To Serve	
Vegan feta	200 Grams

Allergens: *10 Wheat, *11 Gluten, *12 Lupin, *2



1. Prep

Preheat oven to 210°C/190°C fan. Drain and rinse the **lentils**. Pick the **parsley** leaves. Peel and finely chop the **onion**. Cut the **zucchini** into bite-sized pieces.



2. Bake meatballs

To a food processor, add the **onion**, **lentils**, **garlic powder**, **bread crumbs**, **parsley**, **nutritional yeast** and **vegetable seasoning**. Blitz until smooth and firm. Form the **lentil mix** into 24 **balls**. Add the **balls** to a lined baking tray. Bake for 20-25 min, until crisp and cooked through.



3. Make sauce

Heat the reserved pan over a medium-high heat with a drizzle of **oil**. Once hot, add the remaining half of the **onion** and **zucchini**. Fry for 5-7 min until softened. Add the **tomato paste**, **harissa (spicy!)**, **coriander cumin**, **smoked paprika**, **thyme**, **brown sugar**, **passata**, **measured water**, 1 **stock cube** and **onion flakes**. Mix well and bring to a boil. Once boiling, lower the heat and simmer for 6-8 min.



4. Cook couscous

Boil the measured **water**. Add the **couscous** and **salt** to a pan or bowl and pour over the boiling **water**. Cover and leave to steam for 10-12 min until tender. Once cooked use a fork to fluff up the **couscous**. Keep covered until serving



5. Make salad

Pick and chop the **mint**. Cut the **lemon** into wedges. Cut the **cucumber** into small bite-sized pieces. To a bowl, add the **cucumber** and **mint**. Squeeze in the **lemon juice** to taste and a pinch of **salt**.



6. Serve

Divide the **sauce** and **couscous** amongst bowls. Top with the **meatballs**, crumble the **feta** over and serve with the **salad** on the side.

Chicken Marbella

with Roasted Potatoes and Peppers

Chicken Marbella is an '80s classic inspired by Spanish and Moroccan flavours. It is traditionally made with prunes - we've swapped these for dates!

hellochef

735 calories | 69 protein | 78 carbs | 17 fat

Family Friendly

cook: 50 min

R3671-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3075 / 735
Fats (g)	16.5
of which saturated (g)	3.6
Carbohydrates (g)	78
of which sugars (g)	32
Fibers (g)	13.3
Proteins (g)	68.8
Salt (g)	2.3

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What You'll Need

Oven

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Skin-on, bone-in chicken thighs	1200 Grams
Garlic cloves	6 Piece
Dates	8 Piece
Olive oil	6 Tbsp
Red vinegar	60 ML
Brown sugar	10 Grams
Dried oregano	4 Grams
Dried bay leaves	2 Piece
Green olives	100 Grams
Capers	40 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Roasted vegetables	
Potatoes	900 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Red onion	2 Piece
Red pepper	2 Piece
Yellow pepper	2 Piece

Allergens:

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1. Roast potatoes

- Preheat the oven to 200°C/180°C fan.
- Chop the **potatoes** (skins on) into small bite-sized pieces.
- Add to a large baking tray with a drizzle of **vegetable oil** and a generous pinch of **salt**.
- Roast for 20 min.



2. Prep

- Meanwhile, peel and mince the **garlic**.
- Finely chop the **dates**.
- In a large bowl, combine the **olive oil**, **dates**, **red vinegar**, **sugar**, **garlic**, **dried oregano**, **bay leaves**, **olives**, **capers**, **salt** and **pepper**.

> **Tip!** Tough dates? Briefly soak them in hot water to help them to soften.



3. Marinate chicken

- Place the **chicken** in the **marinade**.
- Turn until fully coated.

> **Tip!** For deeper flavour, marinate the chicken up to 24 hours in advance.



4. Bake chicken

- Place the **chicken thighs** skin-side up in a baking dish.
- Pour the **marinade** over the top.
- Bake for 25-30 min or until cooked through.



5. Roast vegetables

- Meanwhile, de-seed and chop the **peppers** into large chunks.
- Peel and slice the **onion** into wedges.
- After the **potatoes** have been cooking for 20 min, add the **peppers** and **onions** to the tray.
- Drizzle with **oil** and a pinch of **salt**.
- Bake for 20 min further.



6. Serve

- Serve the **Chicken Marbella** with **Roasted Potatoes** and **Peppers**.
- Spoon over any leftover juices from the tray.

Hot Smoked Salmon Kedgeree

Kedgeree is widely believed to have been introduced to the UK by Victorian colonials returning from India.

hellochef

873 calories | 48 protein | 91 carbs | 43 fat

Family Friendly

cook: 30 min

R3216-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3637 / 873
Fats (g)	43.1
of which saturated (g)	18.7
Carbohydrates (g)	91
of which sugars (g)	6.5
Fibers (g)	7.7
Proteins (g)	47.7
Salt (g)	3.2

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

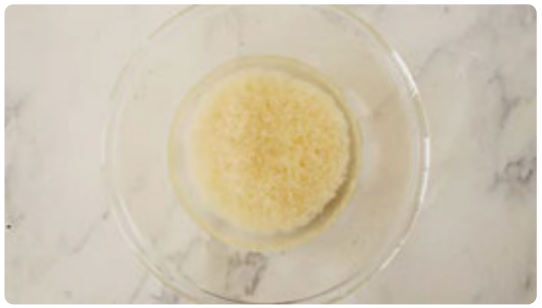
Ingredients

for 4 servings

Kedgeree	
Hot smoked salmon 6*	500 Grams
Basmati rice	300 Grams
Shallots	2 Pieces
Garlic cloves	4 Pieces
Cardamom pods	8 Pieces
Fresh chives	15 Grams
Lemon	2 Pieces
Butter 4*	100 Grams
Turmeric powder	4 Grams
Curry powder	10 Grams
Water	600 ML
Vegetable stock cube 15*	2 Pieces
Organic Eggs 5*	4 Pieces
Green peas	200 Grams
Chilli flakes	8 Grams

Allergens: *6 Fish, *4 Milk, *15 Celery, *5 Eggs

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1. Soak rice

Rinse the **rice** 2-3 times until the water runs clear. Once clear, cover with cold water and set aside to soak.



2. Prep

Peel and slice the **shallots** and **garlic**. Split the **cardamom pods** open with the back of a knife. Finely chop the **chives**. Slice the **lemon** into wedges.



3. Sweat

Heat a pan with a lid over a medium heat with the **butter**. Once melted, add the **turmeric**, **curry powder**, **cardamom**, **shallots** and **garlic** with a pinch of salt. Cook for 3 min until fragrant.



4. Simmer

Meanwhile, drain the **rice**. Add the drained **rice** to the pan with the **measured water**, **stock cube**. Stir once and cover with a lid. Simmer for 12 min or until all the water has been absorbed.



5. Boil eggs

Meanwhile, cook the **eggs** in boiling water for 5-7 min or until cooked to your liking. Drain, run under cold water and peel once cool enough to handle. Slice into quarters.



6. Serve

Once the **rice** is tender, place the **peas** and flake the **salmon** on top of the **rice**. Cover with a lid, remove the pan from the heat and set aside for 3 min. After 3 min, add a pinch of **chilli flakes** and a generous squeeze of **lemon** juice. Give everything a good mix up. Divide among plates, top with the **egg** and garnish with the **chives**.

Kung Pao Prawn Stir-fry

with Jasmine Rice

Skip the restaurant take-out in favour of this tasty Chinese supper.

hello chef

759 calories | 41 protein | 114 carbs | 20 fat

Tips for Kids

cook: 25 min

R3028-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3175 / 759
Fats (g)	20.3
of which saturated (g)	3.2
Carbohydrates (g)	114
of which sugars (g)	21.2
Fibers (g)	7.8
Proteins (g)	41.1
Salt (g)	7.9

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Whisk

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stir-fry	
Prawns 7*	700 Grams
Yellow pepper	2 Piece
Spring onion	80 Grams
Snow peas	300 Grams
Vegetable oil	2 Tbsp

Sauce	
Sweet chilli sauce	80 ML
Ginger garlic paste	30 Grams
Hoisin sauce 3*,9*,10*	60 Grams
Soy sauce 9*,10*,11*	40 ML
Rice vinegar	30 ML
Sesame oil 3*,9*	30 ML
Sriracha sauce	28 Grams
Corn starch	40 Grams
Water	100 ML

Rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML

To serve	
Chilli flakes	4 Grams
Salted peanuts 1*	80 Grams

Allergens: *7 Crustaceans, *3 Sesame Seeds, *9 Soya, *10 Wheat, *11 Gluten, *1 Peanuts

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1. Boil rice

- Rinse and drain the **jasmine rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat.
- Lower heat, cover and cook for 12-14 min, until **rice** is tender.
- Remove from the heat and keep covered until serving.



2. Start sauce

- Meanwhile, to a small saucepan, add the **sweet chilli sauce**, **ginger garlic paste**, **hoisin sauce**, **soy sauce**, **rice vinegar**, **sesame oil**, **sriracha (spicy!)** and a pinch of **chilli flakes (spicy!)**.
- Reserve the remaining **chilli flakes**.
- In a separate small bowl, whisk 2 tsp of **corn starch** with the **measured water**.
- Add the **corn starch slurry** to the saucepan.

Tip! If cooking for kids, cook the sauce as instructed leaving out the sriracha and chilli flakes. Once cooked, set aside a portion and add the sriracha and chilli flakes to the remaining sauce.



3. Simmer sauce

- Place the saucepan over a medium heat and cook, whisking continuously, until the mixture starts to bubble.
- Once bubbling, reduce the heat to low and cook, stirring, for 2 min further or until glossy and thickened.
- Set aside the **stir-fry sauce**.



4. Prep

- Drain the **prawns** on kitchen paper and add them to a large bowl with the remaining **corn starch**.
- Toss until well coated.
- Deseed and roughly chop the **pepper**.
- Trim and finely slice the **spring onion**.
- Trim and slice the **snow peas** in half.



5. Stir-fry

- Heat a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **prawns** and fry for 2-3 min until pink and cooked through.
- Transfer to a plate.
- Return the pan to medium-high heat with another drizzle of **oil**.
- Fry the **peppers** and **snow peas** for 3 min.
- Add the **prawns** and **spring onion**.
- Cook for 2 min until and mix well.

Tip! If cooking for kids, set a portion of the prawns, peppers and snow peas aside before adding spring onion.



6. Combine

- Add the **stir-fry sauce** to the pan and toss together.
- Add the **salted peanuts**.
- Serve the **Kung Pao Prawn Stir-fry** over **Jasmine Rice** and garnish with a pinch of the remaining **chilli flakes (spicy!)**.

Tip! If cooking for kids, serve the plain prawns, pepper, snow peas, peanuts, spring onion and milder sauce separately.

Beyond Meat Bun Cha:

Vietnamese Meatless Meatballs with Noodles and Salad

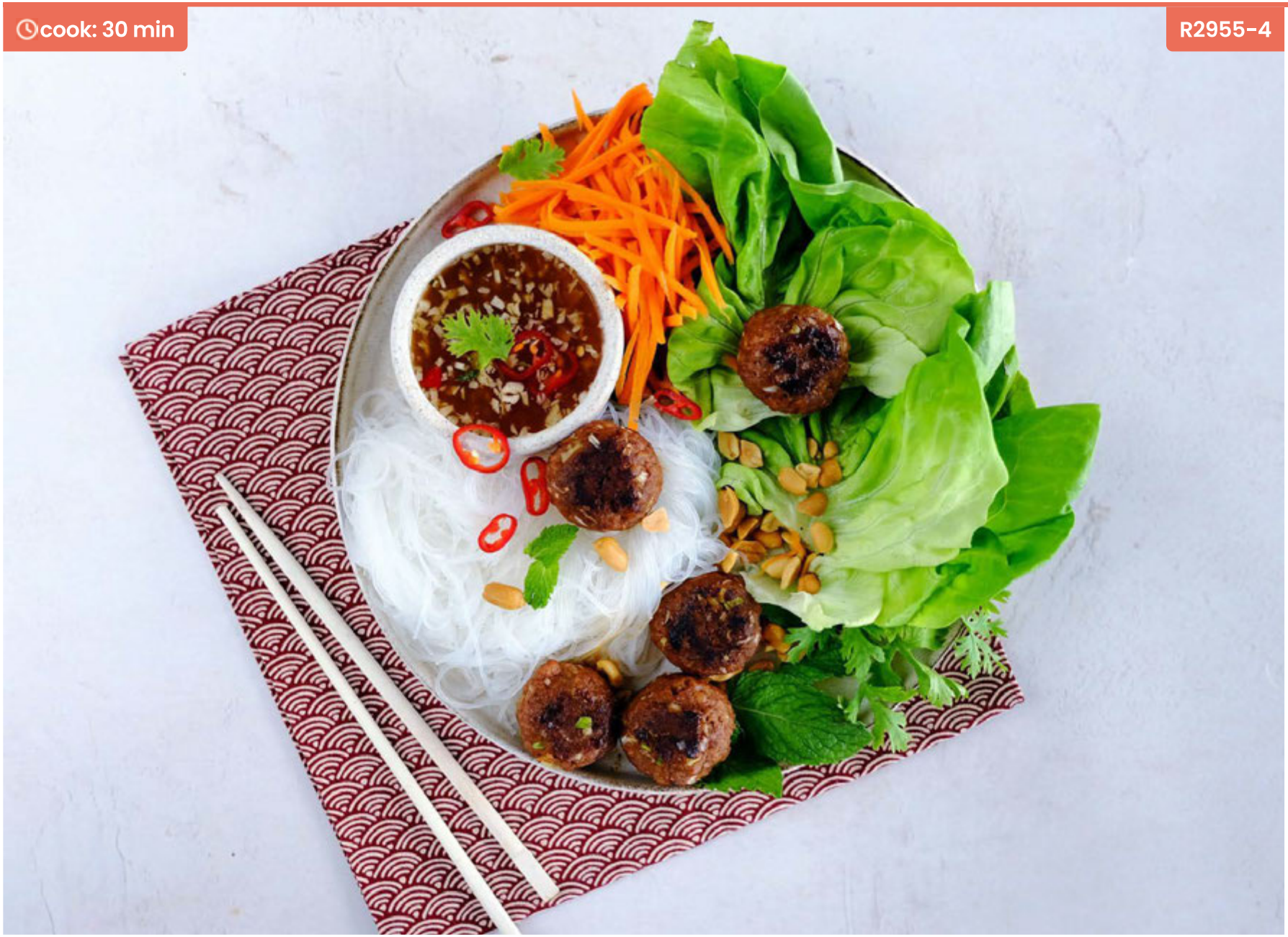
Time to ditch the knife and fork and get stuck in!

hellochef

760 calories | 35 protein | 88 carbs | 33 fat

cook: 30 min

R2955-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3171 / 760
Fats (g)	33.3
of which saturated (g)	8.5
Carbohydrates (g)	88
of which sugars (g)	22.3
Fibers (g)	10.7
Proteins (g)	34.7
Salt (g)	7.7

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meatballs	
Spring onion	80 Grams
Panko bread crumbs 10*,11*,12*	40 Grams
Ginger powder	8 Grams
Brown sugar	10 Grams
Soy sauce 9*,10*,11*	20 ML
Vegetable oil	2 Tbsp
Beyond Meat patty	4 Piece

Sides	
Salted peanuts 1*	80 Grams
Carrot	2 Piece
Boston lettuce	2 Piece
Large red chilli	2 Piece
Fresh coriander	30 Grams
Fresh mint	20 Grams
Rice vermicelli 10*	150 Grams

Sauce	
Garlic cloves	2 Piece
Lime	4 Piece
Sweet chilli sauce	80 ML
Soy sauce 9*,10*,11*	30 ML
Water	30 ML
Salt	1 Tsp

Allergens: *10 Wheat, *11 Gluten, *12 Lupin, *9 Soya, *1 Peanuts

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1. Prep meatballs

- Finely slice the **spring onion**.
- Crumble the **patties** into a large bowl.
- Add the **panko bread crumbs**, **ginger powder**, **spring onion**, **brown sugar** and the first load of **soy sauce**.
- With clean hands, knead until all the ingredients are fully combined.
- Divide the mixture into 20 pieces and shape each piece into a **meatball**.
- Refrigerate.



2. Make sauce

- Peel and mince the **garlic** into a bowl.
- Squeeze the **limes** into the bowl.
- Add the **sweet chilli sauce** and the second load of **soy sauce**.
- Mix with a splash of cold water, season with **salt** and set aside.

Tip! Making the sauce in advance takes the harsh edge off the raw garlic.



3. Prep

- Finely chop the **peanuts**.
- Peel and slice the **carrot** into thin matchsticks.
- Wash and separate the **Boston lettuce** leaves.
- Finely slice the **chilli**.
- Pick the **coriander** and **mint** leaves.



4. Soak vermicelli

- Boil a kettle of water.
- Add the **rice vermicelli** to a pot or bowl.
- Cover with boiling water.
- Stir once, then cover with a lid or cling film.
- Leave to soften for 4-5 min.
- Drain once tender and run under cold water to stop them from sticking together.



5. Fry meatballs

- Meanwhile, heat a pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **meatballs**.
- Fry for 5 min or until browned all over.
- Cover with a lid.
- Cook for 2 min further or until cooked through.



6. Serve

- Serve the **Beyond Meat Bun Cha: Vietnamese Meatless Meatballs** with **Noodles** and **Salad**.
- Enjoy as a salad, or as finger food (see tip)!

Tip! Wrap a [b]meatball[/b], some [b]noodles[/b], [b]herbs[/b], carrots and peanuts in a lettuce leaf before dipping the lot in the sauce.

Greek Lentil Moussaka with Eggplant and Potatoes

with Béchamel Sauce

Savor the taste of Greece with this classic Moussaka. Layers of eggplant, potatoes, spiced meat, and creamy béchamel sauce create a truly comforting dish.

613 calories | 38 protein | 74 carbs | 19 fat

Family Friendly

cook: 60 min

R4712-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2565 / 613
Fats (g)	19.3
of which saturated (g)	11.6
Carbohydrates (g)	74
of which sugars (g)	13
Fibers (g)	20.5
Proteins (g)	37.8
Salt (g)	1.9

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What You'll Need

Oven | Whisk

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Lamb sauce	
Canned lentils	265 Grams
Potatoes	900 Grams
Long Eggplant	375 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp
Red onion	2 Piece
Garlic cloves	4 Piece
Fresh parsley	30 Grams
Tomato paste	140 Grams
Vegetable stock cube 15*	1 Piece
Dried oregano	4 Grams
Cinnamon powder	4 Grams
Allspice powder	4 Grams
Water	400 ML

Bechamel	
Parmesan 4*	60 Grams
Organic Eggs 5*	2 Piece
Butter 4*	30 Grams
Plain flour 10*,11*	30 Grams
Whole milk 4*	400 ML
Nutmeg	2 Grams
Salt	0.5 Tsp
Black pepper	0.25 Tsp

Allergens: *15 Celery, *4 Milk, *5 Eggs, *10 Wheat, *11 Gluten

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1. Roast vegetables

Preheat the oven to 220°C/200°C fan. Slice the **potatoes** and **eggplant** into approx 0.25cm thick long vertical slabs. Place the **potatoes** at the bottom of a baking tray. Add the **eggplant** on top. Drizzle with **olive oil** and season with **salt** and **pepper**. Roast for 25 min until the **potatoes** are fork tender and halfway cooked through.

> **Tip!** Roasting the vegetables cuts back on calories compared to frying, and it's just as delicious!



2. Prep

Meanwhile, peel and finely chop the **onion** and **garlic**. Pick and finely chop the **parsley**.



3. Cook lamb

Heat a large pan over a medium heat with a drizzle of **olive oil**. Add the **onion** and fry for 3-5 min until softened. Add the **garlic** and lamb and fry for 5 min until browned. Add the **tomato paste** and fry for 1-2 min further. Add the **stock cube**, **oregano**, **cinnamon**, **allspice**, **measured water**, and **black pepper**. Mix, cover and simmer for 5 min until thickened. Turn off the heat and stir in the **parsley**.



4. Make bechamel

Grate the **parmesan**. Separate the **egg yolks**, discarding the **white**. Heat a saucepan over medium heat. Add the **butter** and **flour** and cook, stirring continuously, for 1 min or until a sandy **paste** has formed. Gradually whisk in the **milk** and cook for 3-5 min until the sauce thickens. Remove the pan from the heat and allow the sauce to cool for 2 mins. Once cooled, whisk in the **parmesan**, **nutmeg**, a pinch of **salt** and **pepper**, and **egg yolks**.

> **Tip!** Adding egg yolks to bechamel thickens the sauce for a custard-like texture when baked.



5. Bake

To a medium ovenproof dish, add half of the lamb sauce. Cover with a layer of **potatoes**, then the **eggplants**. Add the rest of the lamb, and top with the **bechamel sauce**. Bake for 20-25 min until golden brown on top. Set aside to cool for 5-10 min before slicing.



6. Serve

Divide the **Greek Lamb Moussaka** amongst plates. Enjoy!

White Bean and Savoy Cabbage Bake

with Gruyere and Tarragon

Tarragon brings an aromatic and subtle bitter sweet flavour to this dish!

hello chef

453 calories | 32 protein | 43 carbs | 17 fat

Low Carb | Calorie Smart

cook: 50 min

R4236-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1904 / 453
Fats (g)	17.1
of which saturated (g)	6.1
Carbohydrates (g)	43
of which sugars (g)	15.2
Fibers (g)	14.2
Proteins (g)	31.8
Salt (g)	1.5

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What You'll Need

Oven

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Bake	
White beans	480 Grams
Savoy cabbage	400 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Spring onion	80 Grams
Gruyere 4*	120 Grams
Fresh tarragon	22 Grams
Fresh parsley	30 Grams
Olive oil	1 Tbsp
Tomato paste	70 Grams
Smoked paprika powder	4 Grams
Cumin powder	4 Grams
Red vinegar	30 ML
Peeled plum tomatoes	800 Grams
Water	100 ML
Vegetable stock cube 15*	1 Piece
Panko bread crumbs 10*,11*,12*	30 Grams
Grated Parmesan 4*	60 Grams

Salad	
Dijon mustard 13*	12 Grams
Balsamic vinegar 14*	30 ML
Olive oil	2 Tbsp
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Baby spinach	80 Grams

Allergens: *4 Milk, *15 Celery, *10 Wheat, *11 Gluten, *12 Lupin, *13 Mustard, *14 Sulphur Dioxide

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1. Prep

- Preheat the oven to 200°C/180°C fan.
- Drain and rinse the **beans**.
- Cut the **cabbage** into wedges.
- Peel and finely chop the **onion** and **garlic**.
- Trim and finely chop the **spring onion**.
- Break the **gruyere** into small chunks.
- Pick and finely chop the **tarragon** and **parsley**.



2. Fry cabbage

- Heat a large non-stick frying pan over a medium-high heat with a drizzle of **oil**.
- Add the **cabbage** wedges and fry for 2-3 min on each side until slightly charred.
- Remove from the pan and set aside.
- Reserve the pan.



3. Cook beans

- Heat the reserved pan over medium-high heat with another drizzle of **oil**.
- Fry the **onion** for 3-5 min until softened.
- Add the **garlic**, **spring onions** and fry for a further 1-2 min.
- Add the **tomato paste**, **smoked paprika**, **cumin** and **red vinegar**.
- Cook for a further 1-2 min, until fragrant.
- Add the **plum tomatoes** and crush with a fork.
- Add the **beans**, measured **water** and 1 **vegetable stock cube**.
- Mix well and heat until the mix is warmed through.
- Stir through the **tarragon** and **parsley**.



4. Bake

- Transfer the bean mix to an oven-proof baking dish and nestle in the cooked **cabbage**.
- Sprinkle over the **gruyere**, **bread crumbs** and **parmesan** and bake for 20-25 min until golden and cooked through.



5. Dress spinach

- Meanwhile, add the **dijon mustard** and **balsamic vinegar** to a large bowl.
- Combine with a drizzle of **olive oil** and a pinch of **salt** and **black pepper**.
- Add the **baby spinach** and toss to coat.

Tip! Dress the spinach just before serving to prevent it from going soggy.



6. Serve

- Serve the **White Bean** and **Savoy Cabbage Bake** with the **salad** on the side.

Tenderstem Broccoli and Black Olive Naan Pizza

with Rocket Salad

Pizza night has never been easier - no kneading or rolling! Enjoy this quick and easy take on pizza using our naan breads.

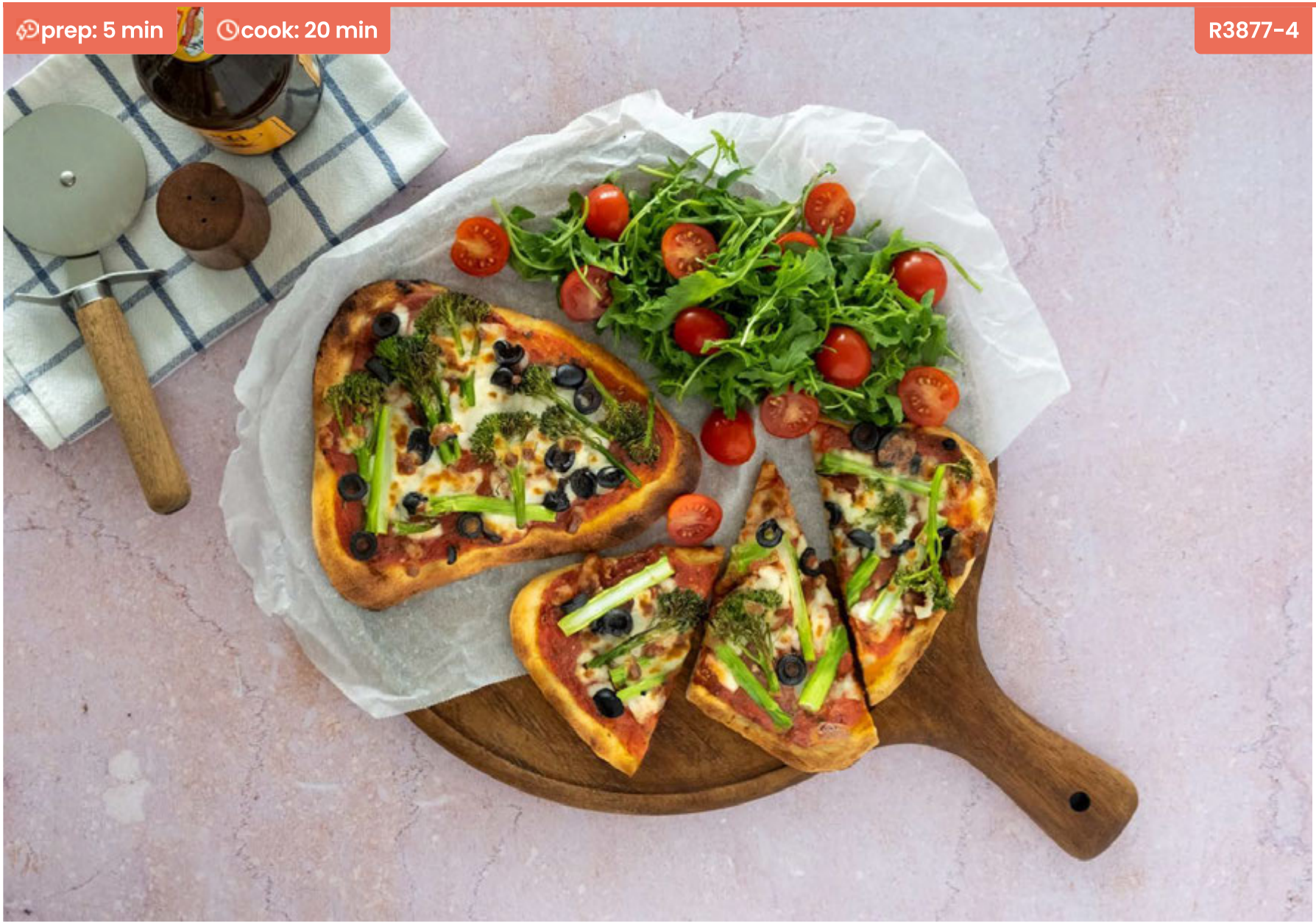
hello chef

937 calories | 37 protein | 123 carbs | 32 fat

Quick Prep | Speedy

prep: 5 min | cook: 20 min

R3877-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3920 / 937
Fats (g)	32.1
of which saturated (g)	17.2
Carbohydrates (g)	123
of which sugars (g)	12.2
Fibers (g)	10.1
Proteins (g)	36.9
Salt (g)	3.7

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven | Whisk

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pizza	
Tenderstem broccoli	300 Grams
Tomato passata	500 Grams
Olive oil	2 Tbsp
Garlic powder	4 Grams
Dried oregano	4 Grams
Brown sugar	10 Grams
Salt	1 Tsp
Tandoori naan 4*,10*	8 Piece
Grated mozzarella 4*	200 Grams
Black olive slices	80 Grams

Salad	
Cherry tomatoes	300 Grams
Balsamic vinegar 14*	30 ML
Olive oil	1 Tbsp
Salt	1 Tsp
Rocket	80 Grams

Allergens: *4 Milk, *10 Wheat, *14 Sulphur Dioxide

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1. Prep

- Preheat the oven to 220°C/200°C fan.
- Trim and chop the **Tenderstem broccoli** into thirds.
- Slice the **cherry tomatoes** in half.
- In a bowl or jug, combine the **tomato passata**, **olive oil**, **garlic powder**, **dried oregano** and **brown sugar** with a pinch of **salt** - this is the **tomato sauce** for step 2.

Tip! Slice the broccoli stems in half if they are too thick.



2. Bake

- Place the **naan bread** onto a baking tray and spoon over the **tomato sauce**.
- Top with the **mozzarella**, **Tenderstem broccoli** and **olive slices**.
- Bake for 10-12 min or until the **cheese** is golden brown.



3. Make dressing

- Meanwhile, in a large bowl, whisk together the **balsamic vinegar**, **olive oil** and a pinch of **salt**.



4. Toss salad

- Toss the **rocket** and **cherry tomatoes** in the **dressing**.

Tip! Dress your salad just before serving, otherwise it will go soggy.



5. Serve

- Serve the **Naan Pizza** cut into equal sizes, with the **Cherry Tomato** and **Rocket Salad** alongside.

Cheesy Cauli Nuggets

with Sweet Potato Fries and Ranch Dip

Baked in the oven with a cheesy cornflakes crust, these low carb cauliflower 'nuggets' are too tasty to miss!

hello chef

937 calories | 35 protein | 131 carbs | 26 fat

Low Carb

cook: 40 min

R3133-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3908 / 937
Fats (g)	25.9
of which saturated (g)	12.4
Carbohydrates (g)	131
of which sugars (g)	25.4
Fibers (g)	19
Proteins (g)	34.7
Salt (g)	3.1

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Rolling pin

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Nuggets	
Cauliflower	800 Grams
Organic Eggs 5*	4 Pieces
Grana padano 4*,5*	120 Grams
Marmite 11*,15*	16 Grams
Garlic powder	4 Grams
Salt	2 Tsp
Cayenne powder	2 Grams
Cornflakes 11*	200 Grams

Fries	
Sweet potatoes	1200 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Corn starch	30 Grams

Dip	
Fresh dill	15 Grams
Fresh chives	15 Grams
Garlic cloves	1 Pieces
Sour cream 4*	120 Grams
Mayonnaise 5*,9*,13*	60 Grams
Lemon	1 Pieces
Salt	0.5 Tsp

Side	
Baby gem lettuce	2 Pieces

Allergens: *5 Eggs, *4 Milk, *11 Gluten, *15 Celery, *9 Soya, *13 Mustard

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1. Bake fries

Preheat the oven to 200°C/180°C fan. Slice the **sweet potatoes** (skins on) into fries. Add the fries to a large baking tray with a drizzle of **vegetable oil**. Toss. Sprinkle with a generous pinch of **salt** and the **corn starch**. Roast in the oven for 30 min or until golden and crisp.



2. Prep cauliflower

Meanwhile, chop or break the **cauliflower** into bite-size pieces. Place the **eggs**, **Grana padano**, **marmite**, **garlic powder**, **salt** and a pinch of **cayenne (spicy!)** in a bowl. Whisk. Crush the **cornflakes** in their bag with a rolling pin and place into a second shallow bowl.



3. Roast cauliflower

Toss the **cauliflower** florets in the **egg** mixture until coated. Then, one by one, turn the **cauliflower** in the **cornflakes** until coated. Place on a lined baking tray. Roast for 25 min until tender and starting to brown.



4. Make ranch dip

Meanwhile, chop the **dill** and **chives**. Peel and crush the **garlic**. In a bowl, combine the **sour cream**, **mayonnaise**, **dill**, **chives**, **garlic** (don't like the taste of raw **garlic**? Go easy!) with a generous squeeze of **lemon** juice and a pinch of **salt**. This is your **ranch dip**.



5. Serve

Slice the **gem lettuce** into wedges. Serve the **cauliflower nuggets** alongside the **ranch dip**, **gem** wedges and **sweet potato fries**.

Mozzarella and Pesto Baked Chicken

with Roasted Vegetables

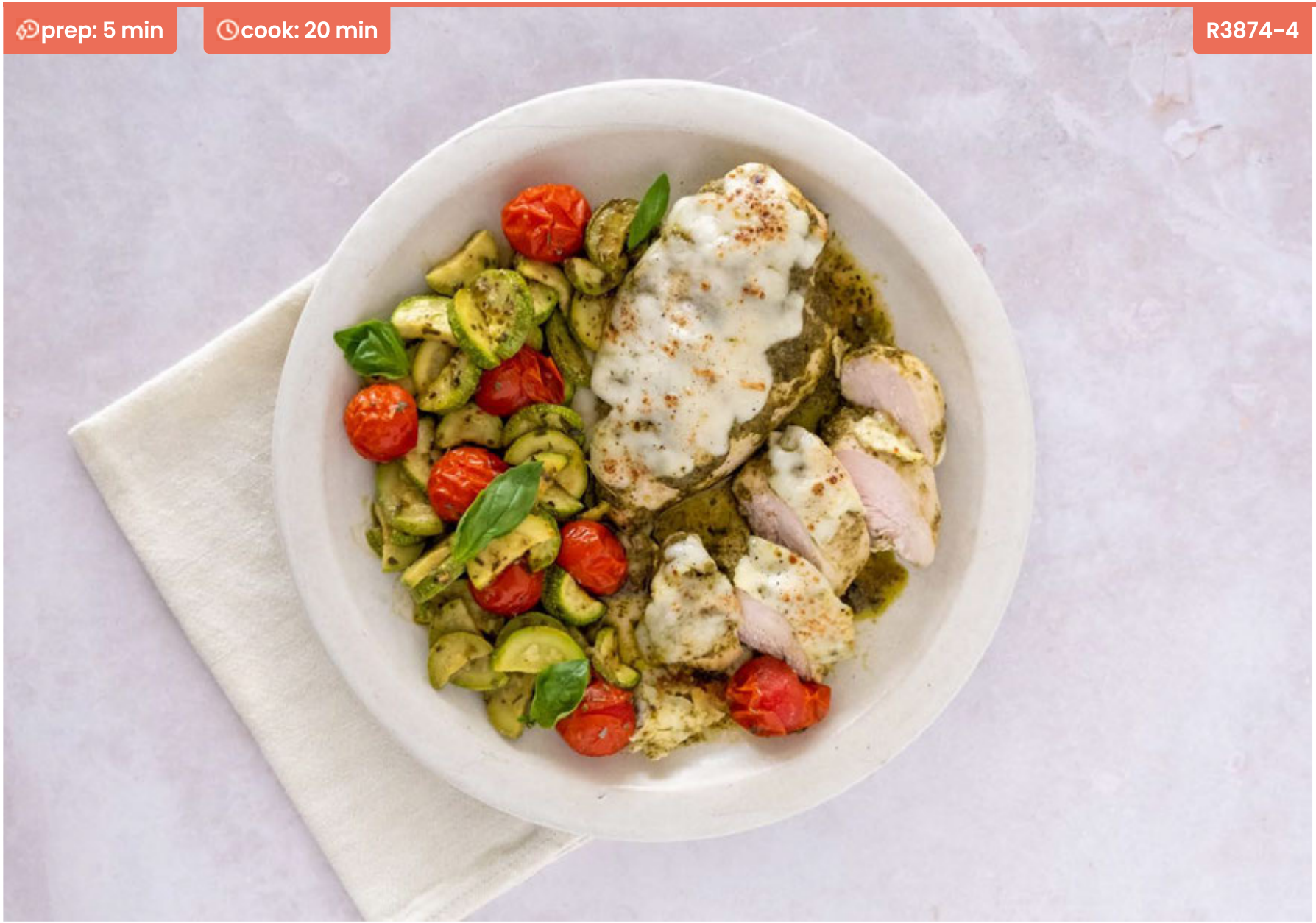
'Pesto' comes from the Genoese word 'pestâ', meaning 'to pound' or 'crush'. Pesto is traditionally made in a pestle and mortar.

hellochef

507 calories | 60 protein | 13 carbs | 23 fat

Low Carb | Quick Prep | Calorie Smart

prep: 5 min | cook: 20 min | R3874-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2111 / 507
Fats (g)	23.2
of which saturated (g)	6.9
Carbohydrates (g)	13
of which sugars (g)	4.7
Fibers (g)	4
Proteins (g)	60.3
Salt (g)	1.6

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

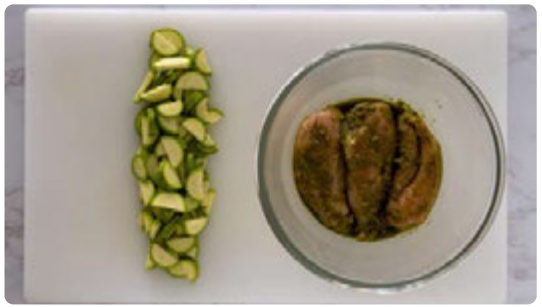
for 4 servings

Pesto chicken	
Chicken breast	800 Grams
Green pesto 2*,4*	100 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Grated mozzarella 4*	120 Grams

Roasted vegetables	
Small zucchini	6 Piece
Cherry tomatoes	500 Grams
Vegetable oil	2 Tbsp
Garlic onion powder	8 Grams
Salt	1 Tsp
Dried oregano	4 Grams
Fresh basil	15 Grams

Allergens: *2 Tree Nuts, *4 Milk

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1. Prep

- Preheat the oven to 200°C/180°C fan.
- In a large bowl, combine the **chicken** and **pesto** with a pinch of **salt** and **pepper** to taste.
- Slice the **zucchini** into half moons.



2. Bake

- Place the **zucchini**, **tomatoes**, a drizzle of **oil**, the **garlic onion powder**, **salt** and **dried oregano** onto a baking tray and mix.
- Place the **pesto chicken** next to the **vegetables**.
- Roast for 10 min.



3. Add mozzarella

- After 10 min, add the **mozzarella** onto the **chicken**.
- Bake for an additional 3-5 min or until the **cheese** turns golden brown and the **chicken** is cooked through.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready.



4. Pick basil

- Meanwhile, pick the **basil** leaves and discard the stems.



5. Serve

- Serve the **Mozzarella and Pesto Baked Chicken** with **Roasted Vegetables**.
- Top with the **basil** leaves.

Smoked Salmon Bagels

with Dill Cream Cheese and Rocket

474 calories | 26 protein | 63 carbs | 12 fat

Family Friendly

cook: 30 min

R4729-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1982 / 474
Fats (g)	12
of which saturated (g)	6.8
Carbohydrates (g)	63
of which sugars (g)	9.4
Fibers (g)	5.5
Proteins (g)	26.4
Salt (g)	0.9

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 2 servings

Smoked Salmon Slices 6*	100 Grams
Cream cheese 4*	80 Grams
Fresh dill	15 Grams
Cucumber	1 Piece
Plain bagel 10*,11*	2 Piece
Rocket	20 Grams

Allergens: *6 Fish, *4 Milk, *10 Wheat, *11 Gluten

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1. prep

- chop **dill**.
- slice **cucumber** into rounds.
- slice **salmon** into smaller pieces.



2. Prep

- combine **cream cheese**, **dill**, salt and pepper



3. prep

- slice **bagels** in half. toast or dry pan.



4. prep

- spread **cream cheese** on **bagels**. add **cucumbers**. layer on the **smoked salmon**. top with the **rocket**.



5. Serve

-



6.

-

One-pot Creamy Smoked Salmon Linguine

with Lemon and Dill

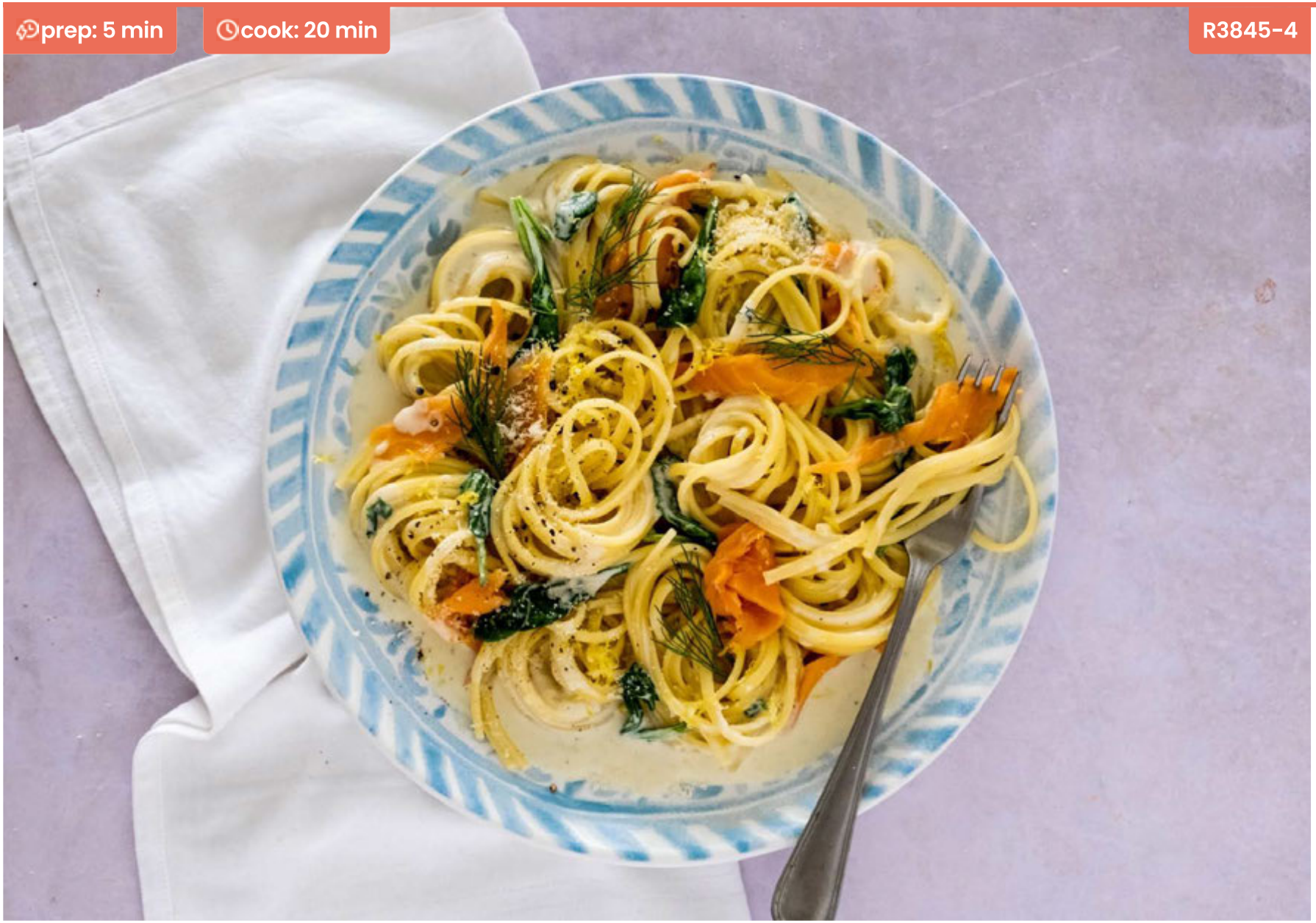
Want dinner on the table ASAP? This one's for you!

hellofresh

863 calories | 55 protein | 105 carbs | 28 fat

Quick Prep | Speedy

prep: 5 min | cook: 20 min | R3845-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3599 / 863
Fats (g)	27.5
of which saturated (g)	9.3
Carbohydrates (g)	105
of which sugars (g)	6
Fibers (g)	9.2
Proteins (g)	55.1
Salt (g)	0.8

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pasta	
Smoked Salmon Slices 6*	400 Grams
Water	1400 ML
Cooking cream 4*	200 ML
Vegetable stock cube 15*	1 Piece
Linguine 10*,11*	500 Grams
Lemon	2 Piece
Fresh dill	15 Grams
Baby spinach	90 Grams
Grated Parmesan 4*	120 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *6 Fish, *4 Milk, *15 Celery, *10 Wheat, *11 Gluten

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1. Boil pasta

- Boil the **measured water**.
- Add the boiled **water** to a large pot with the **cooking cream** and 1 **vegetable stock cube** over a high heat.
- Bring everything to a boil.
- Once boiling, add the **linguine**, reduce the heat to medium-high and cook for 12 min.

Tip! Ensure the linguine is fully submerged in the cooking liquid before reducing the heat.



2. Prep

- Meanwhile, slice the **lemon** into wedges.
- Finely chop the **dill**.
- Tear the **salmon** into bite-sized pieces.



3. Add Parmesan

- After 12 min, add the **baby spinach**, half of the **grated Parmesan** (reserve the rest for garnish) and half of the **dill** (reserve the rest for garnish).
- Simmer for 1 min further or until the **linguine** is 'al dente' or cooked to your liking.

Tip! Leave out the dill if you're not a fan.



4. Add salmon

- Once the **pasta** is cooked, remove from the heat.
- Add half of the **smoked salmon** (reserve the rest for garnish), a squeeze of **lemon** juice to taste (reserve the rest for garnish) and season with **salt** and **pepper** to taste.



5. Serve

- Divide the **salmon linguine** among bowls, top with the remaining **smoked salmon** pieces.
- Garnish with the remaining **dill**, **grated Parmesan** and **lemon** wedges.

Chicken Puttanesca

with Roasted Parmesan Parsley Potatoes

Comfort food at its best! Classic Italian puttanesca sauce is typically served over pasta, but this version is paired with chicken along with crispy Parmesan potatoes.

hellochef

586 calories | 68 protein | 50 carbs | 14 fat

Tips for Kids | Calorie Smart

cook: 40 min

R3911-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2451 / 586
Fats (g)	13.6
of which saturated (g)	1.4
Carbohydrates (g)	50
of which sugars (g)	7.3
Fibers (g)	12.4
Proteins (g)	68.2
Salt (g)	2.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Garlic cloves	4 Piece
Small zucchini	4 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Tomato paste	70 Grams
Tomato passata	500 Grams
Water	100 ML
Kalamata olives	80 Grams
Capers	40 Grams
Dried oregano	4 Grams

Potatoes	
Potatoes	1200 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Grated Parmesan 4*	60 Grams
Fresh parsley	15 Grams

Allergens: *4 Milk

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1. Roast potatoes

- Preheat the oven to 200°C/180°C fan.
- Chop the **potatoes** (skins on) into small bite-sized pieces.
- Add them to a baking tray with a drizzle of **oil** and a generous pinch of **salt**.
- Roast for 35 min or until golden and crisp.

Tip! A generous drizzle of vegetable oil helps the potatoes to crisp up nicely.



2. Prep

- Meanwhile, peel and finely chop the **garlic**.
- Chop the **zucchini** into half moons.
- Chop the **chicken** into bite-sized pieces.



3. Fry

- Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken** with a pinch of **salt**.
- Fry for 5 min.
- Add the **zucchini** and **garlic**.
- Fry for 2 min further.

Tip! If cooking for kids, reserve some of the fresh zucchini, and if necessary, some plain cooked chicken.



4. Simmer sauce

- Add the **tomato paste**, **tomato passata**, **measured water**, **kalamata olives**, **capers** and **oregano** to the pan.
- Simmer for 5-7 min or until the **chicken** is cooked through.



5. Add and bake

- Once the **potatoes** are golden and crispy, sprinkle the **grated Parmesan** over the **potatoes**.
- Toss, and bake for 5 min further or until the **cheese** has melted.
- Meanwhile, pick the **parsley** leaves.
- Chop them finely.
- Reserve a few **parsley** leaves for garnish.
- Add the chopped **parsley** to the roasted **Parmesan potatoes** and toss.

Tip! If cooking for kids, reserve some of the roasted potatoes without the parsley.



6. Serve

- Serve the **Chicken Puttanesca** with **Roasted Parmesan Parsley Potatoes**.
- Garnish with the reserved **parsley** leaves.

Tip! If cooking for kids, serve the chicken pieces, Parmesan potatoes and the reserved fresh zucchini separately. Serve some of the tomato sauce on the side.

Lemon Chicken Linguine and Veggies

with Fresh Parsley

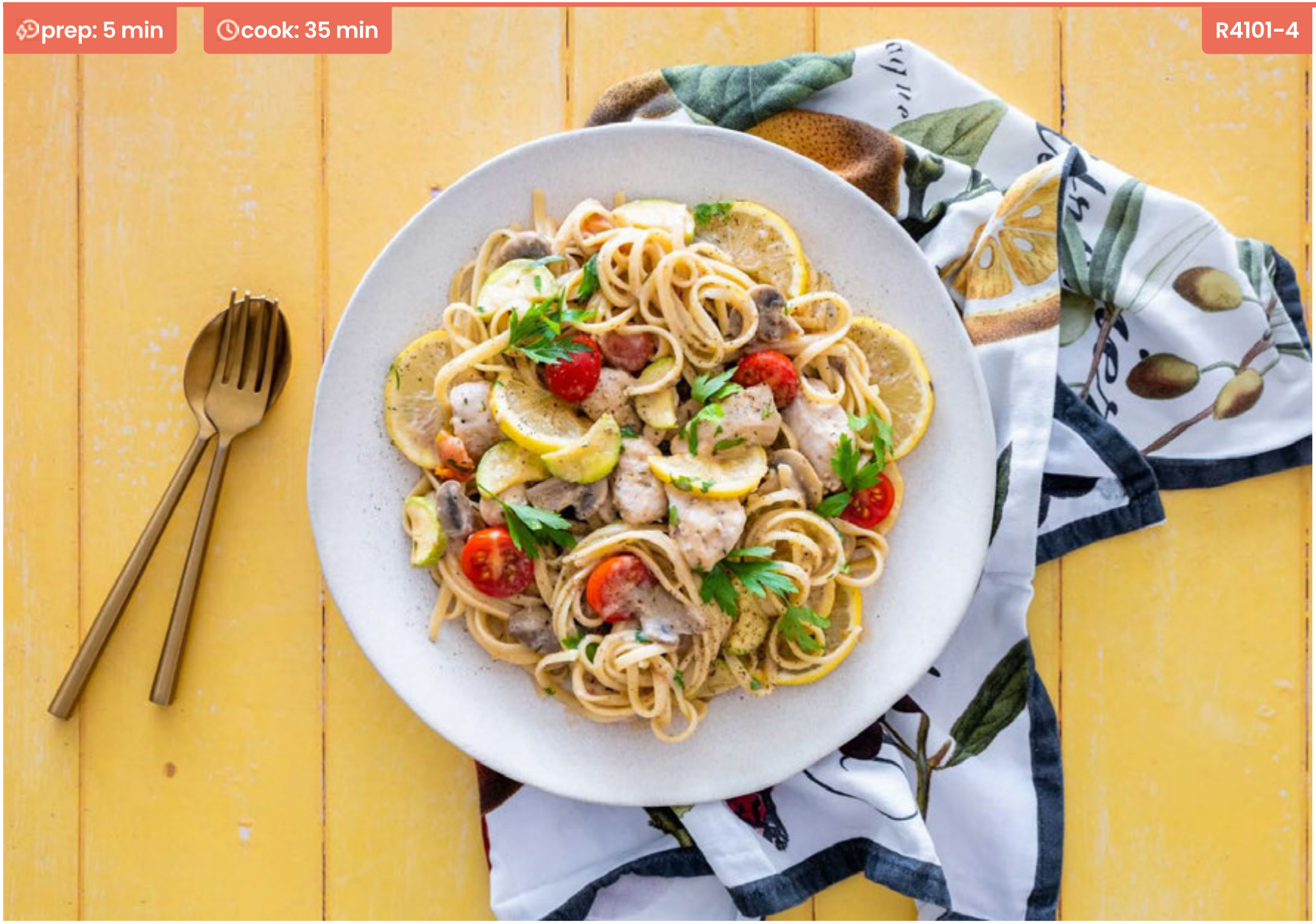
A lightly creamed and zesty one-pot dish with zucchinni, mushrooms, and cherry tomatoes.

hello chef

772 calories | 69 protein | 97 carbs | 13 fat

Quick Prep

prep: 5 min | cook: 35 min | R4101-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3228 / 772
Fats (g)	13.1
of which saturated (g)	6.6
Carbohydrates (g)	97
of which sugars (g)	11.2
Fibers (g)	10.3
Proteins (g)	69.1
Salt (g)	3.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Plain flour **10*,11***	30 Grams
Garlic powder	10 Grams
Dried thyme	4 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Butter **4***	20 Grams

Linguine	
Mushroom	500 Grams
Small zucchini	2 Piece
Cherry tomatoes	300 Grams
Linguine **10*,11***	375 Grams
Vegetable oil	2 Tbsp
Salt	0.5 Tsp
Chicken stock cube **4*,5*,9*,15***	1 Piece
Whole milk **4***	400 ML
Lemon	1 Piece
Fresh parsley	15 Grams

Allergens: *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Prep

- Clean the **mushrooms** with a damp paper towel (don't wash them).
- Roughly chop or slice them into bite-sized pieces.
- Slice the **zucchini** into half moons.
- Chop the **cherry tomatoes** in half.



2. Prep chicken

- Chop the **chicken breast** into strips or bite-sized pieces.
- In a bowl, combine the **flour**, **garlic powder**, **dried thyme**, a pinch of **salt** and **pepper**.
- Add the **chicken**.
- Mix to coat.



3. Boil pasta

- Bring a large pot of salted water to the boil.
- Once boiling, add the **linguine**.
- Cook for 8-10 min until 'al dente' or cooked to your liking.
- Reserve 300 ml of pasta water, then drain the **linguine** once cooked.



4. Fry

- Heat a pot over medium-high heat with a drizzle of **oil**.
- Fry the **mushrooms**, **zucchini**, and **tomatoes** with a pinch of **salt** for 5 min until softened.
- Set aside on a plate.
- In the same pot, melt the **butter**.
- Fry the **chicken** for 5-7 min until golden and cooked through.
- Add 1 **chicken stock cube** and **whole milk**. Stir through.
- Bring to a simmer.
- Cook for 1-2 min further.



5. Add pasta

- Thinly slice the **lemon** into half moons, removing any seeds.
- Pick and roughly chop the **parsley**.
- Add the cooked **vegetables**, **lemon slices**, **linguine**, and the reserved **pasta water** to the pot.
- Cook for another 2-3 min until the **linguine** is coated in **sauce**.
- Turn off the heat.
- Mix in the **parsley**, reserving a handful for garnishing.

Tip! Adjust the amount of lemon slices that goes into the pasta, to your taste.



6. Serve

- Serve the **Lemon Chicken Linguine** and **Veggies** with a sprinkling of **Fresh Parsley**.

Beef Bacon and Pea Gnocchi

Beef Bacon and Pea Gnocchi

-

hellofresh

1053 calories | 44 protein | 107 carbs | 50 fat

Speedy | Family Friendly

cook: 25 min

R4413-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4418 / 1053
Fats (g)	50
of which saturated (g)	28.4
Carbohydrates (g)	107
of which sugars (g)	14.4
Fibers (g)	9.3
Proteins (g)	44.3
Salt (g)	6.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

pan	
Beef bacon	240 Grams
Red onion	2 Piece
Sun dried tomatoes	60 Grams
Tomato paste	70 Grams
Gnocchi 4*,5*,9*,10*	1000 Grams
Garlic powder	4 Grams
Smoked paprika powder	4 Grams
Vegetable seasoning 2*,10*,11*,13*	10 Grams
Water	400 ML
Green peas	200 Grams
Parmesan 4*	60 Grams
Fresh basil	15 Grams
Cooking cream 4*	400 ML

Allergens: *4 Milk, *5 Eggs, *9 Soya, *10 Wheat, *2 Tree Nuts, *11 Gluten, *13 Mustard

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1. Prep

Peel and finely chop the **red onion**. Chop the **bacon** into small pieces. Roughly chop the **sun dried tomatoes**.



2. Fry

Heat a non-stick pan over a medium-high heat with a drizzle of oil. Fry the **bacon** and **onion** for 5 min until crispy. Add the **tomato paste**, **sun dried tomatoes** and **gnocchi**. Fry for 1 min.



3. Simmer

Add the **cream**, **garlic powder**, **smoked paprika**, **vegetable seasoning** and measured **water**. Simmer for 3-5 min.



4. Finish

Add **peas** and **parmesan**.



5. Serve

Pick over **basil**.

9 oz Fillet Steak in Cajun Butter

with Prawn Jambalaya

Celery, bell pepper and onion make up the "holy trinity" of Cajun cooking. They form the base of our prawn jambalaya.

hello chef

1000 calories | 78 protein | 94 carbs | 41 fat

Gourmet

cook: 35 min

R2794-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4170 / 1000
Fats (g)	40.7
of which saturated (g)	20.5
Carbohydrates (g)	94
of which sugars (g)	7.2
Fibers (g)	8.2
Proteins (g)	78.2
Salt (g)	4.1

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What You'll Need

Oven

hello@hellochef.com
04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steak	
Fillet steak	1000 Grams
Cajun spice	8 Grams
Olive oil	4 Tbsp
Butter 4*	100 Grams

Jambalaya	
Red onion	2 Piece
Celery	2 Piece
Yellow pepper	2 Piece
Tomatoes	2 Piece
Garlic cloves	4 Piece
Fresh thyme	20 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Dried oregano	4 Grams
Chipotle powder	4 Grams
Basmati rice	300 Grams
Tomato paste	70 Grams
Chicken stock cube 4*,5*,9*,15*	2 Piece
Water	600 ML
Hot sauce	40 Grams
Spring onion	80 Grams
Prawns 7*	400 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *7 Crustaceans

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1. Prep vegetables

Preheat the oven to 200°C/180°C fan. Peel and finely chop the **onion**. Finely chop the **celery**, **peppers** and **tomatoes**. Peel and mince the **garlic**. Chop the **thyme** leaves roughly.



2. Saute vegetables

Heat a large pan with a lid over a medium-low heat with a generous drizzle of **oil**. Add the **onion**, **celery** and **pepper** with a pinch of **salt** and cook for 5 min until softened. Once softened, add the **garlic**, **thyme**, **dried oregano** and **chipotle** (spicy!) and fry for 1 min further.



3. Cook jambalaya

Add the **basmati rice**, **tomatoes**, **tomato paste**, **chicken stock cube**, **measured water** and **hot sauce**. Give everything a good mix up and cover with a lid. Cook for 12-15 min until the **rice** is cooked.



4. Fry steak

Meanwhile, pat the **steaks** dry with kitchen paper, rub them with **oil** and season with **salt**. Heat a large pan over a high heat. Once very **hot**, add the **steaks** and fry them for 3 min on each side. Place on a baking tray and finish cooking them in the oven for 8-10 min or until cooked to your liking.



5. Cajun butter

Add the **cajun** (spicy!) and **butter** to the pan and cook for 1 min. Remove the pan from the heat and set aside. Once the **steaks** are cooked place them in the **cajun butter** to rest.



6. Finish jambalaya

Meanwhile, finely slice the **spring onion**. When the **rice** is almost ready, add the **prawns** and **spring onions** to the pot and give everything a good mix up. Cover the **rice** with a lid and cook for a final 2-3 min or until the **prawns** are cooked through. Serve the **steak** alongside the **jambalaya**. Drizzle generously with the **cajun butter**.

Prawn and Cod Paella

with Sunny Aioli

Pealla, famously cooked in a wide, shallow pan, originally comes from Valencia. And guess what, in Valencian, 'Paella' simply means 'frying pan'.

hellochef

728 calories | 44 protein | 103 carbs | 22 fat

Family Friendly

cook: 30 min

R2839-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3043 / 728
Fats (g)	21.9
of which saturated (g)	3.7
Carbohydrates (g)	103
of which sugars (g)	13.7
Fibers (g)	9.6
Proteins (g)	43.9
Salt (g)	1

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04-825-44-00

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Paella	
Prawns 7*	400 Grams
Cod fillet 6*	400 Grams
Water	600 ML
Vegetable stock cube 15*	2 Piece
Saffron Splash	30 ML
White onion	2 Piece
Garlic cloves	2 Piece
Red pepper	2 Piece
Tomatoes	2 Piece
Olive oil	4 Tbsp
Salt	1 Tsp
Smoked paprika powder	4 Grams
Dried oregano	2 Grams
Arborio rice	320 Grams
Green peas	200 Grams
Fresh parsley	30 Grams
Chilli flakes	2 Grams

Aioli	
Lemon	2 Piece
Turmeric powder	2 Grams
Water	30 ML
Mayonnaise 5*,9*,13*	100 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *7 Crustaceans, *6 Fish, *15 Celery, *5 Eggs, *9 Soya, *13 Mustard

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1. Prep

- Boil the **measured water** and dissolve the **stock cube** and **saffron** in it.
- Peel and finely chop the **onion** and **garlic** (reserve 1 clove for step 4).
- Roughly chop the **peppers** and **tomatoes**.



2. Saute onion

- Heat a very wide, large pan with a lid over a medium-low heat with a very generous drizzle of **olive oil**.
- Once hot, add the **onion** and **peppers** with a pinch of **salt**.
- Cook for 5 min.
- After 5 min, add the **garlic** and **smoked paprika**.
- Cook for 1 min further.



3. Simmer

- Add the **oregano**, **rice** and **tomatoes** to the pan.
- Give everything a good mix up.
- Pour the **stock** over the **rice**.
- Cover with a lid immediately.
- Cook for 10 min.



4. Prep aioli

- Meanwhile, slice the **lemon** into wedges.
- Place a generous pinch of **turmeric** in a small bowl.
- Peel and mince the reserved **garlic** clove directly into the bowl.
- Add 2 Tbsp of boiled **water** to the bowl.
- Give everything a good mix up.
- Add the **mayonnaise** and season with a generous squeeze of **lemon** juice and a pinch of **salt** and **pepper**.
- Set **aioli** aside.

Tip! Don't like raw garlic? Go easy.



5. Add seafood

- Rinse and dry the **cod fillets** and **prawns**.
- Chop the **cod** into bite-size pieces.
- After 10 min, remove the lid from the **rice**.
- Scatter the **prawns**, **cod** pieces and **peas** over the top.
- Cover once more.
- Cook for 5 min further.

Tip! If the rice isn't cooked after 15 minutes, add a splash of water and cook, covered, for 5 minutes further.



6. Serve

- Meanwhile, wash and roughly chop the **parsley**.
- Once the **seafood** is cooked and the **rice** is tender, squeeze the remaining **lemon** juice over the **paella**.
- Gently fold the **peas** and **seafood** through.
- Serve the **Prawn and Cod Paella** with **Sunny Aioli** alongside.
- Garnish with the chopped **parsley** and **chilli flakes** (spicy!).

Lentil Bolognese with Spaghetti
and Toasted Pine Nuts

Simple, delicious, vegan!

848 calories | 40 protein | 134 carbs | 10 fat

cook: 45 min

R2117-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3554 / 848
Fats (g)	10.1
of which saturated (g)	1.2
Carbohydrates (g)	134
of which sugars (g)	38.3
Fibers (g)	25.6
Proteins (g)	39.8
Salt (g)	2.3

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pasta	
Spaghetti 5*,10*,11*	500 Grams

Sauce	
Red onion	2 Piece
Garlic cloves	4 Piece
Carrot	2 Piece
Celery	1 Piece
Sun dried tomatoes	60 Grams
Canned lentils	530 Grams
Olive oil	4 Tbsp
Salt	2 Tsp
Tomato paste	70 Grams
Balsamic vinegar 14*	30 ML
Brown sugar	20 Grams
Chopped tomatoes	800 Grams
Water	400 ML
Vegetable stock cube 15*	2 Piece
Dried oregano	4 Grams
Black pepper	2 Tsp

To serve	
Pine nuts 2*	40 Grams
Fresh basil	15 Grams

Allergens: *5 Eggs, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *15 Celery, *2 Tree Nuts

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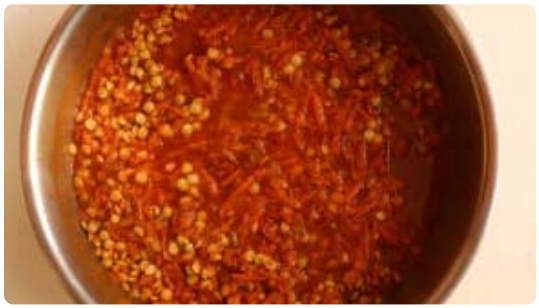
1. Prep vegetables

- Peel and finely chop the **onion** and **garlic**.
- Peel and grate the **carrot**.
- Finely chop the **celery** and **sun dried tomatoes**.
- Drain and rinse the **lentils**.



2. Fry vegetables

- Heat a pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **onion** with a pinch of **salt**.
- Fry for 5 min until softened.
- Add the **garlic**, **carrot**, **celery**, **sun dried tomatoes**, drained **lentils** and **tomato paste**.
- Stir for 2 min further.



3. Simmer

- Add the **balsamic vinegar**, **brown sugar**, **chopped tomatoes**, **measured water**, **stock cube**, **dried oregano** and **black pepper**.
- Once boiling, reduce the heat to low and simmer, covered, for 15 min.
- Add a splash of water, if the sauce looks too thick.
- Finally season with **salt** and **pepper** to taste.

Tip! Time permitting, stew the bolognese sauce for longer, even up to 1 hour. Stir occasionally, and add a splash of water, if needed.



4. Boil pasta

- Meanwhile, bring a large pot of salted water to a boil.
- Once boiling, add the **spaghetti**.
- Cook for 8-10 min to "al dente" or until cooked to your liking.
- Drain.



5. Toast pine nuts

- Meanwhile, toast the **pine nuts** in a hot, dry pan for 2 min or until starting to brown.
- Remove from the pan and set aside.



6. Serve

- Mix the **spaghetti** with the **Bolognese**.
- Serve the **Lentil Bolognese with Spaghetti** with **Toasted Pine Nuts** sprinkled on top.
- Garnish with **fresh basil** leaves.

Lamb Seekh Kebabs and Tandoori Naan

with Salad and Mint Yogurt

Popular throughout the Pakistani and South Asian kitchens, these kebabs are packed with flavour and aromatic spices of cumin, fennel, and fenugreek.

hello chef

826 calories | 59 protein | 65 carbs | 42 fat

Tips for Kids

cook: 45 min

R4102-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3465 / 826
Fats (g)	42
of which saturated (g)	17.8
Carbohydrates (g)	65
of which sugars (g)	15.4
Fibers (g)	5.8
Proteins (g)	58.5
Salt (g)	2.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Oven
- Pestle & Mortar
- Food processor

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Seekh Kebab	
Lamb mince	700 Grams
Bamboo skewers	16 Piece
Small green chilli	2 Piece
Red onion	2 Piece
Fresh coriander	15 Grams
Tamarind paste	30 Grams
Ginger garlic paste	20 Grams
Cumin seeds	4 Grams
Fennel seeds	4 Grams
Coriander seeds	2 Grams
Garam masala	4 Grams
Fenugreek leaves	4 Grams
Salt	1 Tsp

Salad	
Cucumber	2 Piece
Cherry tomatoes	300 Grams
Lime	2 Piece
Salt	1 Tsp

Mint Yogurt	
Fresh mint	10 Grams
Garlic cloves	2 Piece
Natural yogurt 4*	340 Grams
Salt	1 Tsp

To serve	
Tandoori naan 4*,10*	4 Piece

Allergens: *4 Milk, *10 Wheat

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1. Prep

- Preheat the oven to 200°C/180°C fan. Soak the **bamboo skewers** in water.
- Peel and chop the **onion** in half (reserving the other half for garnish). Deseed the **small green chilli**.
- Using a food processor, add the **onion**, **small green chilli** (spicy!), and **fresh coriander** (stems included). Pulse 6-8 times until finely minced.
- Transfer the mixture to a bowl, and combine with the **tamarind paste** and **ginger garlic paste**. This is your **kebab paste**.

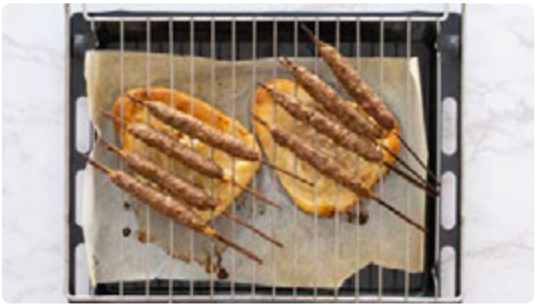
Tip! If cooking for kids, leave out the green chilli from the mix.



2. Toast spices and mix lamb

- In a dry hot pan, add the **cumin seeds**, **fennel seeds**, and **coriander seeds**.
- Toast for 1-2 min until lightly smoky and fragrant.
- In a pestle and mortar, spice grinder, or small plastic bag, crush the **seeds** into a fine powder.
- In a large bowl, combine the **kebab paste**, the **garam masala**, **fenugreek leaves**, a pinch of **salt**, and 2 tsp of the **ground spices**.
- Mix well, then add the **lamb** and knead the mixture until fully combined.

Tip! If cooking for kids, make a few plain kebabs without the marinade.



3. Grill kebabs

- Divide the **lamb** into 16 long **kebabs** and thread onto the **bamboo skewers**.
- Line a baking tray with parchment paper and add the **tandoori naan** on top.
- Place a grill rack on top of the tray, and lay the **lamb kebabs** on the rack.
- Bake for 12-15 min until the **lamb** is fully cooked through.

Tip! Keeping the kebabs on a grill ensures they get hot air circulation all around, and the naan will soak up all the juices that trickle down. Delicious!



4. Make salad

- Meanwhile, finely chop the **cucumbers** and **tomatoes**.
- Cut the **lime** into wedges.
- Combine into a bowl with a generous squeeze of **lime** wedge, and a pinch of **salt**. Set aside.

Tip! If cooking for kids, reserve a plain portion of cucumber and tomatoes.



5. Make mint yogurt

- Pick and finely chop the **mint leaves**.
- Peel and finely chop the **garlic**.
- Combine the **yogurt**, **mint**, **garlic**, a generous squeeze of **lime**, and a pinch of **salt**.
- Mix into a creamy consistency and set aside.

Tip! If cooking for kids, reserve a plain portion of yogurt to the side.



6. Serve

- Thinly slice the rest of the **onion** and add to the salad.
- Serve the **Lamb** Seekh Kebabs and **Tandoori Naan** topped with Salad.
- Add a drizzle of **Mint Yogurt** over the top.
- Serve any extra **lime** wedges to the side.

Tip! If cooking for kids, serve the kebabs, naan, cucumber, tomato, and plain yogurt separately.

Seabream Escovitch

with Coconut Jasmine Rice

Escovitch is a Jamaican pickled vegetable medley eaten alongside crispy fish.

hellochef

761 calories | 50 protein | 103 carbs | 22 fat

Tips for Kids | Global Eats

cook: 30 min

R3914-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3183 / 761
Fats (g)	21.9
of which saturated (g)	11.1
Carbohydrates (g)	103
of which sugars (g)	17.4
Fibers (g)	10.3
Proteins (g)	49.9
Salt (g)	0.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Seabream	
Seabream 6*	660 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp

Escovitch vegetables	
Red pepper	2 Piece
Yellow pepper	2 Piece
White onion	2 Piece
Carrot	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
White vinegar	60 ML
Brown sugar	15 Grams
Dried thyme	4 Grams
Jalapeno slices	60 Grams

Coconut rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Coconut milk	400 ML
Water	200 ML

Allergens: *6 Fish

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1. Boil rice

- Rinse the **jasmine rice**.
- Add the **rice**, a pinch of **salt**, the **coconut milk** and the **measured water** to a pot with a lid and bring to a boil over a high heat.
- Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from the heat and keep covered until serving.



2. Prep

- Meanwhile, deseed and finely slice the **peppers**.
- Peel and finely slice the **white onion**.
- Peel and chop the **carrots** into thin rounds.



3. Make escovitch

- Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **peppers**, **onion** and **carrots** with a pinch of **salt** and fry for 5 min.
- Add the **vinegar**, **brown sugar**, **dried thyme** and **jalapeno slices (spicy!)**.
- Fry for 5 min further or until the **vegetables** are tender.

Tip! If cooking for kids, fry a plain portion of the peppers, onions and carrots until tender and set aside.



4. Fry seabream

- Meanwhile, pat the **seabream** fillets dry with kitchen paper and season the skin with **salt**.
- Heat a second large non-stick pan over a medium-high heat with another drizzle of **oil**.
- Once hot, add the **seabream**, skin-side down and fry for 4 min or until crispy.
- Once crispy, flip and cook for 1-2 min further.



5. Serve

- Divide the **coconut rice** among plates and serve the **seabream** alongside.
- Top with the **escovitch vegetables**.

Tip! If cooking for kids, chop the fish into bite-sized pieces. Serve the cooked fish, plain vegetables and coconut rice separately.

Lamb Kofta and Spicy Coriander Potatoes

with Tarator Sauce and Cucumber Tomato Salad

Tarator sauce is a popular Middle-Eastern condiment that's made with a simple mixture of tahini paste, lemon juice, garlic, and parsley.

hello chef

839 calories | 61 protein | 66 carbs | 44 fat

Tips for Kids | Family Friendly

cook: 45 min

R3992-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3174 / 839
Fats (g)	43.9
of which saturated (g)	14.8
Carbohydrates (g)	66
of which sugars (g)	12.2
Fibers (g)	14.6
Proteins (g)	61.4
Salt (g)	1

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What You'll Need

Oven

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Spicy Potatoes	
Fresh coriander	30 Grams
Garlic cloves	4 Piece
Large red chilli	2 Piece
Lemon	2 Piece
Potatoes	1200 Grams
Vegetable oil	3 Tbsp
Salt	1 Tsp
Harissa paste	40 Grams

Kofta	
Lamb mince	700 Grams
Fresh parsley	30 Grams
Arabic mix masala	4 Grams
Coriander cumin powder	8 Grams
Paprika powder	4 Grams
Cinnamon powder	4 Grams
Garlic onion powder	8 Grams
Olive oil	4 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Salad	
Cherry tomatoes	500 Grams
Cucumber	2 Piece
Red onion	2 Piece
Sumac	4 Grams
Olive oil	1 Tbsp
Salt	1 Tsp

Tarator Sauce	
Tahini 3*	60 Grams
Salt	0.5 Tsp

Allergens: *3 Sesame Seeds

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1. Make salad

- Chop the **cherry tomatoes** in half.
- Chop the **cucumbers** into half moons.
- Peel and finely slice the **onions**.
- Combine **cherry tomatoes**, **cucumber**, **red onion**, **sumac**, **olive oil**, and a pinch of **salt**.
- Set aside.

Tip! If cooking for kids, reserve a portion of plain cucumber and cherry tomatoes, and sumac as "sprinkles" to the side.



2. Prep

- Preheat the oven to 200°C/180°C fan.
- Finely chop the **coriander** (stems included).
- Peel and finely mince the **garlic**.
- Thinly slice the **red chilli**.
- Cut the **lemon** in half.



3. Roast Potatoes

- Chop the **potatoes** (skins on) into small bite-sized pieces.
- Add them to a baking tray with a drizzle of **oil**, and a generous pinch of **salt**.
- Roast for 15 min until crispy.
- After 15 min, stir in the **harissa paste** (spicy!) and half the **garlic** (reserve half for **tahini** sauce).
- Roast 12-15 min further or until lightly charred and tender.
- Remove them from the oven, add a squeeze of **lemon** and sprinkle the **coriander**. Stir and set aside.

Tip! If cooking for kids, reserve a plain portion of roasted potatoes to the side.



4. Fry Koftas

- Meanwhile, pick and finely chop the **parsley**.
- In a bowl, combine the **lamb**, **coriander cumin powder**, **paprika**, **cinnamon**, **arabic mix masala**, **garlic onion powder**, **olive oil**, **salt**, **pepper**, and half the **parsley**.
- With clean hands, knead until fully combined.
- Shape into 20 pieces and set aside.
- Heat a pan over a medium-high heat with a drizzle of **oil**.
- Fry the **koftas** for 5-7 min, turning occasionally, until cooked through.
- Add one half of the **lemon** to the pan. Fry for 1-2 min until charred.



5. Make Tarator Sauce

- In a small bowl, combine the **tahini**, a squeeze of **lemon**, 4 Tbsp of **water**, a pinch of **salt**, and the remaining half of the **parsley** and **garlic**.
- Stir to combine and set aside.

Tip! If the tahini is too thick, you can thin it out with a bit more water or lemon juice to taste.



6. Serve

- Squeeze the remaining **lemon** over the salad and toss to combine.
- Serve the **Lamb Kofta** and **Spicy Coriander Potatoes** with **Tarator Sauce** and **Cucumber** Tomato Salad.
- Drizzle the **tarator sauce** over.
- Garnish the **potatoes** with sliced **chilli** (spicy!) and a good squeeze of **charred lemon**.

Tip! If cooking for kids, slice the koftas into bite sized pieces. Serve the koftas, plain potatoes, cucumber and cherry tomatoes separately. Serve the Tarator sauce and sumac to the side.

Beef Meatballs and Cauli Mash

with Gravy and Green Beans

In this recipe we've replaced mash potato with its low carb cousin - cauliflower mash! Enjoy.

hello chef

992 calories | 39 protein | 35 carbs | 77 fat

Low Carb

cook: 40 min

R3506-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4145 / 992
Fats (g)	76.9
of which saturated (g)	35.1
Carbohydrates (g)	35
of which sugars (g)	22.9
Fibers (g)	7.7
Proteins (g)	38.7
Salt (g)	2.5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Food processor

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meatballs	
Beef mince	700 Grams
Red onion	1 Piece
Organic Eggs 5*	2 Piece
Tamari 9*	30 ML
Dijon mustard 13*	12 Grams
Vegetable oil	2 Tbsp

Mash	
Cauliflower	800 Grams
Cream cheese 4*	160 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Gravy	
Water	200 ML
Cooking cream 4*	200 ML
Worcestershire sauce 6*,11*	30 ML
Onion marmalade	56 Grams
Black pepper	1 Tsp

Green beans	
Green beans	375 Grams
Salt	1 Tsp
Fresh parsley	15 Grams

Allergens: *5 Eggs, *9 Soya, *13 Mustard, *4 Milk, *6 Fish, *11 Gluten

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1. Prep

- Trim the **green beans**.
- Chop the **cauliflower** into small florets.
- Bring a large pot of salted water to a boil.
- Add the **cauliflower**.
- Cook, covered, for 10-12 min until soft.



2. Make meatballs

- Meanwhile, peel and finely chop the **onions**.
- Add the **beef mince**, **onions**, **eggs**, **tamari** and **Dijon** to a large mixing bowl.
- With clean hands, knead until all the ingredients are fully combined.
- Divide the mixture into 20 pieces and shape each piece into a **meatball**.

Tip! If you want to go the extra mile, before adding the onions to the mince, fry them for 5 min until softened.



3. Fry meatballs

- Heat a large non-stick pan over a medium heat with a drizzle of **vegetable oil**.
- Once hot, add the **meatballs**.
- Cook for 6 min or until browned and cooked through.
- Transfer to a plate.
- Reserve the pan (no need to wash it!).



4. Make mash

- Meanwhile, once soft, drain the cooked **cauliflower** and add it to a food processer with the **cream cheese**.
- Blitz until smooth.
- Season well with **salt** and **pepper**.
- Keep covered until serving.

Tip! This mash needs a lot of seasoning; make sure to taste as you go.



5. Make gravy

- Return the reserved pan to a medium heat.
- Add the **measured water**, **cooking cream**, **Worcestershire sauce** and **onion marmalade**.
- Season with a pinch of **pepper**.
- Simmer for 4 min or until thickened.
- Return the **meatballs** to the pan with the **gravy**.
- Cook for 1 final min or until warmed through.



6. Serve

- Meanwhile, add the **green beans** to a pot of salted boiling water.
- Cook for 3-4 min or until tender.
- Drain.
- Serve the **Beef Meatballs** and **Cauli Mash** with **Gravy** and **Green Beans** alongside.
- Top with the **fresh parsley**.

Mushroom Hot-Pot

with Sautéed Brussels Sprouts

A vegan take on the traditional dish from Lancashire, in the North West of England.

hello chef

430 calories | 26 protein | 77 carbs | 2 fat

Calorie Smart

cook: 60 min

R4252-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1803 / 430
Fats (g)	2
of which saturated (g)	0.3
Carbohydrates (g)	77
of which sugars (g)	21.6
Fibers (g)	21.6
Proteins (g)	26.2
Salt (g)	1.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven | Box grater

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Hot Pot	
Red onion	2 Piece
Garlic cloves	4 Piece
Carrot	2 Piece
Fresh thyme	10 Grams
Potatoes	400 Grams
Canned lentils	530 Grams
Dried porcini mushrooms	20 Grams
Chestnut mushrooms	500 Grams
Vegetable oil	2 Tbsp
Salt	0.5 Tsp
Tomato paste	70 Grams
Plain flour [10*,11*]	20 Grams
Water	400 ML
Vegetable stock cube [15*]	1 Piece
Dried bay leaves	2 Piece
Dried rosemary	4 Grams
Garlic onion powder	8 Grams
Balsamic vinegar [14*]	30 ML
Onion marmalade	56 Grams
Green peas	200 Grams

Brussels	
Brussels sprouts	400 Grams
Olive oil	1 Tbsp
Salt	0.5 Tsp

Allergens: *10 Wheat, *11 Gluten, *15 Celery, *14 Sulphur Dioxide

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1. Prep

Preheat oven to 200°C/180°C fan. Boil the measured **water**. Peel and finely chop the **onion** and **garlic**. Peel and grate the **carrot**. Strip the **thyme leaves**. Slice the **potatoes** (skins on!) as thin as possible. Drain and rinse the **lentils**. Soak the **dried mushrooms** in the boiled measured **water** for 10 min, reserving the liquid. Finely chop the **mushrooms**.



2. Fry

Heat a non-stick pan over a medium-low heat with a drizzle of **oil**. Add the **onion**, **carrot** and chopped **chestnut mushrooms** with a pinch of **salt** and fry for 6 min until softened. Add the **garlic** and **tomato paste** and fry for 1 min further.



3. Simmer

Add the **lentils** and fry for 1-2 min. Stir the **flour** through and cook for 30 sec. Add the reserved **mushroom water**, **stock cube**, **bay leaves**, **rosemary**, **garlic onion powder**, **balsamic vinegar**, **onion marmalade**, half of the **thyme** and the **porcini mushrooms**. Cook for 3 min. Add the **peas**, mix and cook for an additional 1 min.



4. Bake

Transfer the **lentil and mushroom mixture** into an oven proof dish. Wipe and reserve the pan. Top with the sliced **potato slices**, slightly overlapping, forming a layer one slice thick. Drizzle the **potatoes** generously with **oil** and sprinkle with **salt** and the remaining **thyme**. Bake for 30-35 min until the **potatoes** are slightly browned and crispy. This is your **hot-pot**.

Tip! For an extra crispy top, grill for a further 5 mins.



5. Saute

Meanwhile, trim and cut the **brussels sprouts** into half or quarters. Heat a large non-stick frying pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **brussels sprouts** and fry for 3-5 min until tender. Season with **salt** to taste.

Tip! Add a splash of water to help the brussels cook faster.



6. Serve

Allow the **hot-pot** to rest for 5 min. Serve the **hot-pot** with the **brussels** to the side.

Irish Honey and Mustard Chicken

with Colcannon Mashed Potato

Enjoy this traditional Irish dish with delicious mashed potato and easy, tasty chicken!

hello chef

682 calories | 61 protein | 81 carbs | 14 fat

Global Eats

cook: 35 min

R3333-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2847 / 682
Fats (g)	13.8
of which saturated (g)	7.4
Carbohydrates (g)	81
of which sugars (g)	22
Fibers (g)	14.7
Proteins (g)	60.8
Salt (g)	1.2

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What You'll Need

- Potato masher

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Vegetable oil	2 Tbsp
Honey	30 Grams
Wholegrain mustard 13*	30 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Colcannon mash	
Potatoes	1200 Grams
White cabbage	600 Grams
Leeks	2 Piece
Vegetable oil	2 Tbsp
Butter 4*	50 Grams
Whole milk 4*	200 ML
Salt	1 Tsp

Allergens: *13 Mustard, *4 Milk

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1. Boil

- Bring a large pot of salted water to the boil.
- Peel and chop the **potatoes** into bite-sized pieces.
- Add them to the pot of boiling water.
- Cook the **potatoes** over a medium-high heat for 15-20 min or until soft.



2. Prep

- Meanwhile, remove the hard stem of the **cabbage**.
- Slice very finely.
- Trim the **leeks**.
- Chop in half lengthways and then slice very finely.



3. Fry greens

- Heat a large pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **leeks** and **cabbage** with a generous pinch of **salt**.
- Fry for 12-15 min, stirring frequently, until very soft.



4. Fry chicken

- Meanwhile, heat a second pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **chicken**.
- Fry for 5-7 min on each side or until cooked through.
- Remove the pan from the heat.
- Add the **honey**, **mustard**, **salt** and **pepper** to the pan.
- Cook for 30 sec and toss well.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready!



5. Make colcannon mash

- Once soft, drain the **potatoes** and return them to the pot with the **butter**.
- Mash until smooth.
- Add **milk** to reach your desired consistency and season generously with **salt**.
- Add the **leeks** and **cabbage**.
- Mix the **colcannon mash** well.



6. Serve

- Serve the **Irish Honey and Mustard Chicken** with **Colcannon Mashed Potato**.
- Top mash with a knob of the remaining **butter**.

Four Cheese and Tomato
Pasta Bake

Because a comforting cheesy pasta bake is always a great idea!

1084 calories | 61 protein | 123 carbs | 42 fat

Family Friendly

cook: 35 min

R2526-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4544 / 1084
Fats (g)	42.2
of which saturated (g)	26.3
Carbohydrates (g)	123
of which sugars (g)	29.4
Fibers (g)	11.2
Proteins (g)	61
Salt (g)	4

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What You'll Need

Oven | Box grater

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fusilli pasta 5*,10*,11*	500 Grams
Red onion	2 Piece
Cherry tomatoes	300 Grams
Sun dried tomatoes	90 Grams
Water	200 ML
Vegetable stock cube 15*	2 Piece
Tomato paste	70 Grams
Parmesan 4*	120 Grams
Olive oil	2 Tbsp
Garlic paste	20 Grams
Dried oregano	2 Grams
Peeled plum tomatoes	800 Grams
Balsamic vinegar 14*	30 ML
White sugar	10 Grams
Cream cheese 4*	160 Grams
Grated mozzarella 4*	150 Grams
Grated orange cheddar 4*	120 Grams
Fresh basil	15 Grams

Allergens: *5 Eggs, *10 Wheat, *11 Gluten, *15 Celery, *4 Milk, *14 Sulphur Dioxide

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Egg, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur dioxide and Celery.**



1. Boil pasta

- Preheat the oven to 200°C/180°C fan.
- Add the **fusilli pasta** to a large pot of salted boiling **water**.
- Boil for 8-10 min until "al dente".
- Drain.



2. Prep veg

- Meanwhile, peel and finely dice the **red onion**.
- Slice the **cherry tomatoes** in half.
- Finely chop the **sun dried tomatoes**.
- Boil the measured **water** and dissolve the **vegetable stock cube** and **tomato paste** in it.
- Grate the **Parmesan**.



3. Make sauce

- Heat a large non-stick pan over a medium-low heat with a drizzle of **olive oil**.
- Once hot, add the **onion**.
- Cook for 5 min until soft.
- Add the **garlic paste** and **dried oregano**.
- Cook for 1 min.
- Add the **cherry tomatoes**, **sun dried tomatoes**, **peeled plum tomatoes** (breaking them up), **balsamic vinegar**, **sugar** and **tomato** and **vegetable stock**.
- Simmer for 6-7 min until thickened.



4. Add pasta

- Add the drained **fusilli** and **cream cheese** to the thickened sauce.
- Give everything a good mix up.



5. Layer bake

- Pour half of the **tomato** and **fusilli** mixture into a large baking dish.
- Top with the **grated mozzarella cheese**.
- Pour the remaining **tomato** and **fusilli** mixture over the **mozzarella** layer.



6. Bake

- Finally, top with the **grated Parmesan** and **grated cheddar**.
- Bake in the oven for 15-20 min until golden and bubbling on top.
- Garnish with the **basil** leaves just before serving the **Four Cheese and Tomato Pasta Bake**.

Swedish Meatballs

with Peas, Mash and Pickled Cucumber

The perfect dinner to have with the family after a busy school day!

hello chef

1170 calories | 40 protein | 82 carbs | 75 fat

Family Friendly | Weekly classic

cook: 35 min

R3372-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4895 / 1170
Fats (g)	74.8
of which saturated (g)	34.9
Carbohydrates (g)	82
of which sugars (g)	31.9
Fibers (g)	11.4
Proteins (g)	39.7
Salt (g)	5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Potato masher

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meatballs	
Beef mince	700 Grams
Cooking cream 4*	200 ML
Panko bread crumbs 10*,11*,12*	20 Grams
Shallots	2 Piece
Dijon mustard 13*	12 Grams
Soy sauce 9*,10*,11*	20 ML
Garlic powder	4 Grams
Vegetable oil	2 Tbsp

Peas and mash	
Potatoes	1200 Grams
Green peas	375 Grams

Gravy	
Plain flour 10*,11*	20 Grams
Chicken stock cube 4*,5*,9*,15*	2 Piece
Water	400 ML
Cream cheese 4*	160 Grams
Worcestershire sauce 6*,11*	30 ML
Cranberry sauce	200 Grams

Cucumber	
Cucumber	2 Piece
Fresh dill	15 Grams
White sugar	10 Grams
White balsamic vinegar 14*	30 ML

Allergens: *4 Milk, *10 Wheat, *11 Gluten, *12 Lupin, *13 Mustard, *9 Soya, *5 Eggs, *15 Celery, *6 Fish, *14 Sulphur Dioxide

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1. Make mash

- Peel and chop the **potatoes** into bite-size pieces.
- Add the **potatoes** to a pot of salted boiling water and cook for 15 min until soft.
- Set aside **4 Tbsp** of **cream**.
- Drain the **potatoes** and return to the pot with the remaining **cream** (adjust the amount to reach your desired consistency).
- Mash until smooth and season.



2. Prep pickle

- Meanwhile, finely slice the **cucumber**.
- Place a colander in the sink.
- Place the **cucumber** in the colander and sprinkle with a generous pinch of salt.
- Allow to sit until step 6. Meanwhile, finely chop the **dill** fronds.
- Combine the **dill**, **sugar** and **white balsamic vinegar** in a bowl - set aside.



3. Make meatballs

- Place the **panko bread crumbs** in a large bowl with **4 Tbsp** of the **cooking cream**.
- Peel and grate the **shallots** (see tip).
- Add the **beef mince**, **shallots**, **Dijon mustard**, **soy sauce** and **garlic powder** to the bowl.
- With clean hands, knead the mixture well until soft and fully combined.
- Shape into small **meatballs**.

Tip! To make these meatballs the authentic Swedish way, fry the shallots before adding them to the meatball mixture.



4. Fry meatballs

- Heat a large non-stick pan over medium heat with a drizzle of **vegetable oil**.
- Once hot, fry the **meatballs** for 6 min or until browned.



5. Make gravy

- Once browned, transfer the **meatballs** to a plate.
- Mix another drizzle of **oil** and the **flour** into the pan juices.
- Add the **chicken stock cube** and **measured water**.
- Whisk until smooth.
- Add the **cream cheese**, **Worcestershire sauce**, and 1/3 of the **cranberry sauce**.
- Return the **meatballs** to the pan and simmer for 3-4 min.



6. Serve

- Meanwhile, boil the **peas** in a pot of salted water for 3 min until tender. Drain.
- Squeeze the **cucumber** to remove any excess water, before tossing them in the **dill vinegar**.
- Serve with the **Swedish Meatballs** and **Gravy** over the **Mash** with the **Peas**, **Pickled Cucumber** and remaining **Cranberry Sauce** on the side.

Tip! Save the pickled cucumbers for the grown-ups!

One-pan Chicken Chilli

with Cheddar and Sour Cream

Cook this easy comfort dish and unwind after a busy day.

hello chef

647 calories | 60 protein | 49 carbs | 25 fat

Low Carb | Speedy

cook: 20 min

R3685-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2711 / 647
Fats (g)	24.9
of which saturated (g)	11.9
Carbohydrates (g)	49
of which sugars (g)	16.7
Fibers (g)	15.1
Proteins (g)	59.8
Salt (g)	6.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chilli	
Pulled chicken	600 Grams
Red onion	2 Piece
Red pepper	2 Piece
Red kidney beans	480 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Garlic paste	20 Grams
Coriander cumin powder	8 Grams
Chipotle powder	4 Grams
Smoked paprika powder	4 Grams
Tomato paste	70 Grams
Tomato passata	500 Grams
Dried oregano	4 Grams
Brown sugar	10 Grams
Water	200 ML
Chicken stock cube **4*,5*,9*,15***	1 Piece

To serve	
Lime	2 Piece
Fresh coriander	15 Grams
Grated cheddar **4***	120 Grams
Sour cream **4***	120 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Prep

- Peel and finely chop the **red onion**.
- Deseed and roughly chop the **red pepper**.
- Drain and rinse the **kidney beans**.



2. Fry

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion** and **pepper** with a pinch of **salt**.
- Fry for 5 min or until softened.



3. Add spices

- Add the **garlic paste**, **coriander cumin powder**, **chipotle powder (spicy!)**, **smoked paprika** and **tomato paste**.
- Fry for 1 min further.

Tip! Sensitive to spice? Go easy on the chipotle powder.



4. Simmer

- Add the **tomato passata**, **dried oregano**, **brown sugar**, **measured water**, 1 **chicken stock cube**, **pulled chicken** and **red kidney beans**.
- Bring to a simmer, reduce the heat to medium.
- Simmer for 5 min.

Tip! If the stew thickens too much, add a splash of water.



5. Prep

- Meanwhile, slice the **lime** into wedges.
- Pick and finely chop the **coriander** leaves.



6. Serve

- Stir the **coriander** through the **chilli**.
- Finish with a squeeze of **lime** juice to taste (reserve the rest for garnish).
- Serve the **One-pan Chicken Chilli** topped with **Cheddar** and **Sour Cream**.
- Serve the remaining **lime** wedges to the side.

Tip! This one reheats well. Prepare the chilli in advance and reheat with a splash of water just in time for dinner.

Fudgy Chocolate Brownie

with Flaky Sea Salt

A decadent double chocolate brownie that is the ultimate treat!

hello chef

580 calories | 9 protein | 43 carbs | 41 fat

Family Friendly

cook: 40 min

R4412-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2415 / 580
Fats (g)	41
of which saturated (g)	25
Carbohydrates (g)	43
of which sugars (g)	32.1
Fibers (g)	0.5
Proteins (g)	8.5
Salt (g)	0.5

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What You'll Need

Oven | Whisk

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 6 servings

Brownie	
Butter 4*	200 Grams
Belgian dark chocolate 9*	80 Grams
Caster sugar	100 Grams
Vanilla essence	5 ML
Organic Eggs 5*	3 Piece
Plain flour 10*,11*	75 Grams
Cocoa powder	30 Grams
Milk chocolate 4*,9*	100 Grams
Flaky sea salt	2 Grams

Allergens: *4 Milk, *9 Soya, *5 Eggs, *10 Wheat, *11 Gluten

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1. Prep

- Preheat oven to 180°C/160°C fan.
- Line a 20x20cm oven-proof dish with baking paper.



2. Melt chocolate

- Bring a small pot of water to the boil.
- Reduce the heat to a gentle simmer and place a large heat-proof bowl over the top.
- Add the **butter** and **Belgian dark chocolate** into the bowl and melt, stirring continuously.
- Remove from the heat once melted.

Tip! Ensure that the bottom of the bowl does not touch the water as this might burn the chocolate.



3. Add sugar and eggs

- Mix the **caster sugar** and **vanilla** extract into the **melted butter** and **chocolate**.
- Whisk in the **eggs**, one at a time, until the mixture is thick and glossy.

Tip! Make sure the batter is cool to the touch before adding the eggs.



4. Finish batter

- Add **flour** and **cocoa powder**. Mix to form a thick batter. Stir through the **milk chocolate**.



5. Bake

- Bake for 25-28 min or until the top is shiny and crisp - this will result in a fudgy brownie.
- Remove from the oven and set aside for 10 min before removing from the oven-proof dish.

Tip! If you prefer the brownie more set, bake for 3-5 min more, this will result in a more cake-like brownie.



6. Serve

- Cut into portions.
- Serve the **Fudgy Chocolate Brownie** sprinkled with **flaky sea salt**.

Cajun Chicken and Bean Salad

This wholesome cajun chicken salad is packed with protein!

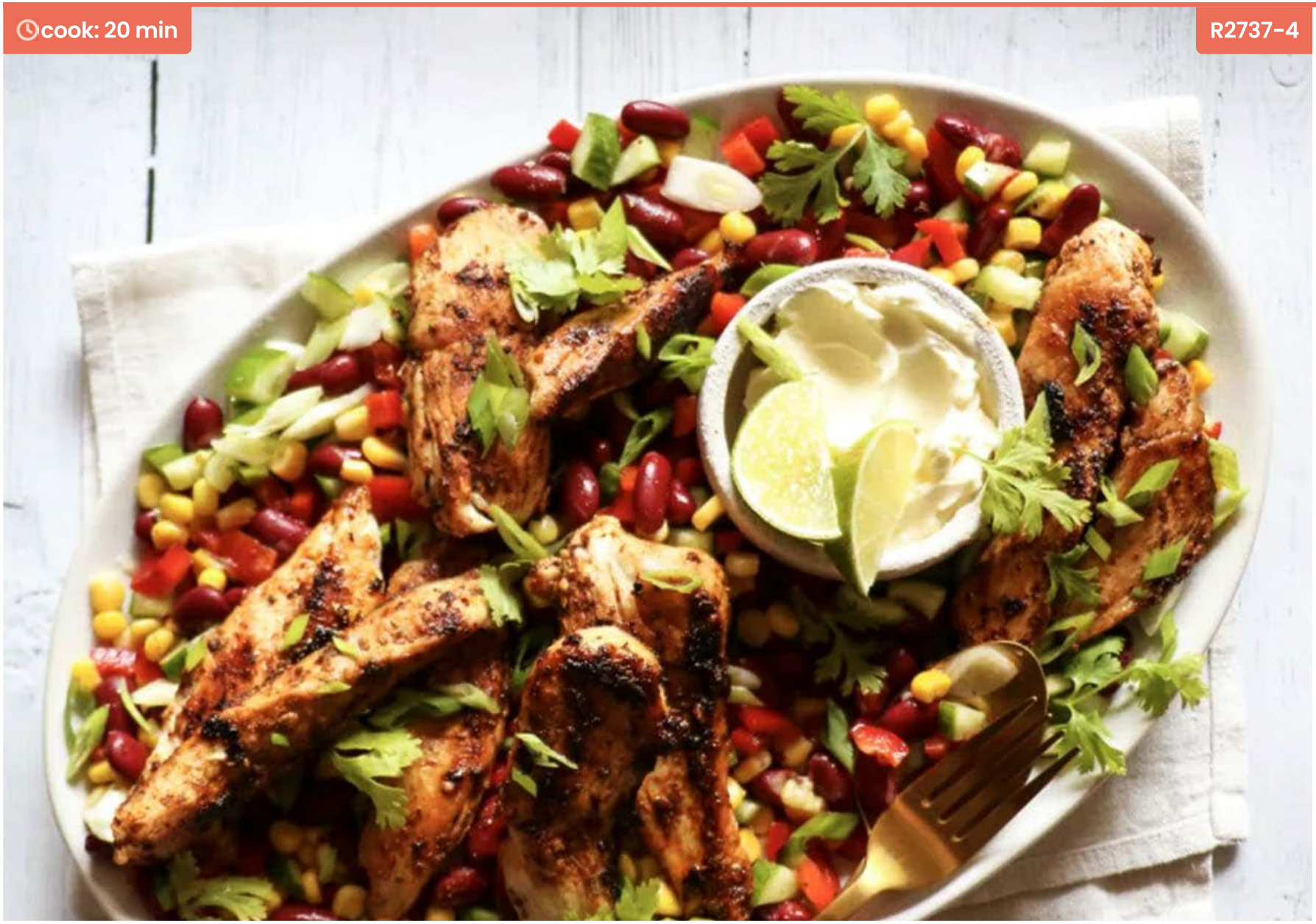
hellofresh

564 calories | 63 protein | 55 carbs | 10 fat

Low Carb | Calorie Smart | Speedy

cook: 20 min

R2737-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2360 / 564
Fats (g)	9.8
of which saturated (g)	4.3
Carbohydrates (g)	55
of which sugars (g)	15.1
Fibers (g)	14.1
Proteins (g)	62.6
Salt (g)	1.7

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Cajun spice	4 Grams
Smoked paprika powder	4 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp

Salad	
Red kidney beans	480 Grams
Sweet corn kernels	244 Grams
Cucumber	4 Piece
Red pepper	2 Piece
Spring onion	80 Grams
Fresh coriander	30 Grams

Dressing	
Lime	4 Piece
Brown sugar	10 Grams
Olive oil	2 Tbsp
Soy sauce 9*,10*,11*	20 ML
Salt	1 Tsp
Black pepper	1 Tsp

To serve	
Sour cream 4*	120 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *4 Milk

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1. Prep chicken

- Slice the **chicken** into goujons.
- Add the **cajun spice** (spicy!), **smoked paprika** and **salt** to a plate.
- Turn the **chicken** in the **cajun spice** until fully coated.



2. Fry chicken

- Heat a non-stick pan over a medium-high heat with a drizzle of **vegetable oil**.
- Once hot, add the **chicken** goujons and cook for 4-5 min on each side until cooked through.



3. Prep dressing

- Meanwhile, juice the **limes** into a bowl or jar.
- Add the **brown sugar**, **olive oil**, **soy sauce**, **salt** and **pepper** and whisk or shake until fully combined - this is your **dressing**.



4. Prep vegetables

- Drain and rinse the **red kidney beans** and **sweet corn kernels**.
- Finely chop the **cucumber** and **red pepper**.
- Trim and finely chop the **spring onion**.
- Roughly chop the **coriander**.



5. Toss and serve

- Toss the **beans**, **sweet corn**, **cucumber**, **pepper**, **coriander** and **spring onion** in the **dressing**.



6. Serve

- Serve the **chicken** goujons over the **bean salad** with a dollop of **sour cream** on the side.

'Pulled' Tofu Vegan Quesadillas

with Tomato and Cucumber Salsa

Quesadillas are from Mexico and traditionally made from tortillas filled with cheese, meat and spices that are cooked on a griddle or stove.

hello chef

923 calories | 54 protein | 114 carbs | 23 fat

cook: 35 min

R3773-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3866 / 923
Fats (g)	23.4
of which saturated (g)	7.5
Carbohydrates (g)	114
of which sugars (g)	16.9
Fibers (g)	20.4
Proteins (g)	53.5
Salt (g)	1.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Oven
- Box grater

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Filling	
Firm tofu 9*	600 Grams
Salt	1 Tsp
Red onion	2 Piece
Garlic cloves	4 Piece
Red kidney beans	480 Grams
Vegetable oil	2 Tbsp
Tomato paste	70 Grams
Fajita seasoning	20 Grams
Chipotle powder	4 Grams
Tomato passata	500 Grams
Vegetable stock cube 15*	1 Piece
Brown sugar	10 Grams
Water	100 ML
Black pepper	1 Tsp
8" tortilla wraps 10*,11*	8 Piece
Vegan mozzarella	150 Grams

Salsa	
Lime	2 Piece
Tomatoes	2 Piece
Cucumber	2 Piece
Fresh coriander	15 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *9 Soya, *15 Celery, *10 Wheat, *11 Gluten

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1. Bake tofu

- Preheat the oven to 200°C/180°C fan.
- Drain the **tofu** and pat dry with paper towel.
- Grate the **tofu** with a box grater.
- Add to a lined baking tray with a pinch of **salt**.
- Bake for 15 min or until the **tofu** is browned.



2. Make sauce

- Meanwhile, peel and finely chop the **red onion**.
- Peel and mince the **garlic**.
- Drain and rinse the **red kidney beans**.
- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion** with a pinch of **salt**.
- Fry for 5 min until softened.
- Add the **garlic**, **tomato paste**, **fajita seasoning**, a pinch of **chipotle (spicy!)**.
- Fry for 1 min further.
- Add the **red kidney beans**, **tomato passata**, 1 **vegetable stock cube**, **brown sugar** and the **measured water**.
- Mix well. Simmer for 3 min further until thickened.



3. Make filling

- Add the **baked tofu** to the **sauce**.
- Fry for 1 min further.
- Remove from the heat.
- Season with **salt** and **black pepper**.



4. Assemble quesadillas

- Spread the **tofu filling** over one half of the **tortilla**.
- Sprinkle with the **vegan mozzarella**.
- Fold the **tortilla** over into a half moon shape.
- Repeat until each **quesadilla** is assembled.



5. Fry quesadillas

- Heat a second large pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **quesadillas**.
- Fry for 3-4 min, pressing down with a spatula.
- Flip.
- Fry for a further 3-4 min or until each side is lightly browned and crisp.
- Repeat this process with the remaining **quesadillas**.

Tip! When flipping, place your spatula at the open side of the tortilla, so the closed, folded, side remains on the pan when flipping.



6. Serve

- Meanwhile, slice the **lime** into wedges.
- Finely chop the **tomatoes** and **cucumber** into cubes.
- Finely chop the **coriander** leaves.
- In a large bowl, combine the **tomatoes**, **cucumber**, **coriander** with a generous squeeze of **lime** juice to taste.
- Season with **salt** and **black pepper**.
- Mix well.
- Serve the **'Pulled' Tofu Vegan Mozzarella Quesadillas** with **Tomato and Cucumber Salsa** alongside.

Creamy Hummus and Spiced Lentils

with Zaatar Cucumbers, Tomato, and Arabic Flatbread

This popular Middle-Eastern dip is perfect for sharing and comes together in no time!

hello chef

670 calories | 23 protein | 83 carbs | 25 fat

Quick Prep | Tips for Kids | Speedy

prep: 5 min | cook: 15 min | R3989-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2009 / 670
Fats (g)	25.1
of which saturated (g)	1.5
Carbohydrates (g)	83
of which sugars (g)	8.3
Fibers (g)	18.7
Proteins (g)	22.9
Salt (g)	1.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Spiced lentils	
Canned lentils	530 Grams
Fresh parsley	15 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp
Coriander cumin powder	8 Grams
Allspice powder	4 Grams
Paprika powder	4 Grams

Vegetables	
Cucumber	2 Piece
Tomatoes	2 Piece
Zaatar	10 Grams

To serve	
Arabic flatbread packet [10*,11*]	2 Piece
Hummus [3*]	400 Grams
Olive oil	4 Tbsp
Pomegranate molasses	40 Grams

Allergens: *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Prep

Drain and rinse the **lentils**. Slice the **cucumber** into rounds. Slice the **tomatoes** into wedges. Pick and finely chop the **parsley** leaves.



2. Fry lentils

Heat a large non-stick pan to a medium heat with a drizzle of **oil**. Once hot, add the **lentils** with a pinch of **salt** and **pepper**, and fry for 2-3 min until warmed through.

Tip! If cooking for kids, reserve a plain portion of the warmed lentils to the side.



3. Add spices

Add the **coriander cumin powder**, **allspice** and **paprika** to the pan and fry for 1 min. Add a splash of water and fry for 1-2 min further. Remove the pan from the heat and stir in the **parsley** until wilted.



4. Warm flatbreads

Slice the **Arabic flatbreads** into quarters, and warm them in the microwave for 30-60 seconds.

Tip! Alternatively, keep the flatbreads whole, and warm them in a preheated oven for 2-3 min.



5. Serve

Divide the **hummus** among plates and spread it out in a 1 cm thick layer. Top with the **spiced lentils**, and drizzle with some **olive oil** and the **pomegranate molasses**. Add the **cucumbers** and **tomatoes** alongside, and sprinkle over the **zaatar**. Serve with the **Arabic flatbreads**.



6. Tips for Kids

If cooking for kids, serve the plain warmed **lentils**, **hummus**, and **vegetables** separately. Serve the **Arabic flatbreads** alongside, and the **zaatar** as "sprinkles" to the side.

Cottage Pie: Lentils and Mashed Potato Casserole

A vegetarian take on a British Classic!

hello chef

708 calories | 39 protein | 73 carbs | 23 fat

Family Friendly | Weekly classic

cook: 60 min

R3873-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2962 / 708
Fats (g)	23
of which saturated (g)	13.2
Carbohydrates (g)	73
of which sugars (g)	32.6
Fibers (g)	23.4
Proteins (g)	39.4
Salt (g)	2.2

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What You'll Need

- Oven
- Potato masher

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Lentil sauce

Canned lentils	530 Grams
Brown onion	2 Piece
Garlic cloves	4 Piece
Carrot	2 Piece
Olive oil	4 Tbsp
Salt	1 Tsp
Tomato paste	140 Grams
Water	400 ML
Vegetable stock cube 15*	1 Piece
Onion marmalade	56 Grams
Green peas	200 Grams
Black pepper	1 Tsp

Potato mash

Potatoes	1200 Grams
Butter 4*	50 Grams
Whole milk 4*	200 ML
Organic Eggs 5*	2 Piece
Salt	1 Tsp
Grated cheddar 4*	120 Grams

Allergens: *15 Celery, *4 Milk, *5 Eggs

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1. Boil potatoes

- Preheat the oven to 200°C/180°C fan.
- Bring a large pot of salted water to the boil.
- Peel and chop the **potatoes** into bite-sized pieces.
- Add the **potatoes** to the pot of salted boiling water and cook over a medium-high heat for 20 min or until soft.



2. Prep vegetables

- Meanwhile, peel and finely chop the **brown onion**.
- Peel and mince the **garlic**.
- Peel and chop the **carrot** into small cubes.
- Drain and rinse the **lentils**.



3. Make lentil sauce

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Fry the **onion** and **carrots** with a pinch of **salt** for 5-7 min.
- Add the **garlic** and **tomato paste** and fry for 1 min further.
- Add the **lentils**, **measured water**, 1 **vegetable stock cube** and **onion marmalade**.
- Reduce the heat to medium.
- Simmer for 7-8 min further until thickened.
- Remove from the heat and stir through the **peas**.



4. Make mash

- Meanwhile, once cooked, drain the **potatoes** and return them to the pot with the **butter**.
- Mash.
- Slowly add the **milk** to reach your desired mash consistency.
- Add the **eggs**, a generous pinch of **salt** and half of the **grated cheddar**.
- Mix well.



5. Bake

- Season the **lentil sauce** with **pepper** to taste and pour into a baking dish.
- Spoon the **mashed potatoes** over the top.
- Smooth the surface with a spatula.
- Sprinkle with the remaining **grated cheddar**.
- Bake for 15-20 min.

Tip! For an extra golden crust, place the pie under the grill or broiler for the final 5 min.



6. Serve

- Once baked, set the **Cottage Pie** aside to rest for 5 min, then serve.

Roasted Sumac Eggplant and Lentil Salad

with Tahini Dressing and Feta

Inspired by our love for Lebanese cuisine, this dish is packed with tangy flavors, fresh herbs, and a boost of protein from lentils.

hellochef

446 calories | 23 protein | 42 carbs | 14 fat

Low Carb | Calorie Smart

cook: 35 min

R3883-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1532 / 446
Fats (g)	13.7
of which saturated (g)	2.8
Carbohydrates (g)	42
of which sugars (g)	31.4
Fibers (g)	22.9
Proteins (g)	22.5
Salt (g)	3.3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Box grater

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Tabbouleh

Canned lentils	530 Grams
Fresh parsley	30 Grams
Fresh mint	10 Grams
Olive oil	2 Tbsp
Cherry tomatoes	300 Grams
Salt	1 Tsp

Roasted veg

Red pepper	4 Piece
Eggplant	2 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Sumac	4 Grams

Dressing

Lemon	2 Piece
Tahini 3*	60 Grams
Honey	15 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Feta cheese 4*	100 Grams

Allergens: *3 Sesame Seeds, *4 Milk

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1. Roast veg

- Preheat the oven to 200°C/180°C fan.
- Deseed the **peppers** and roughly chop them into large chunks.
- Chop the **eggplant** into rounds.
- Add the **eggplant** and **peppers** onto a lined baking tray.
- Add a drizzle of **olive oil** and season with **salt**.
- Sprinkle over the **sumac** evenly.
- Roast for 25-30 min or until the **eggplant** is tender.



2. Prep lentil salad

- Meanwhile, drain and rinse the **lentils**.
- Finely chop the **parsley**.
- Strip and finely chop the **mint leaves**.
- Chop the **cherry tomatoes** into quarters.
- Add the **lentils**, **herbs**, **tomatoes** and generous pinch of **salt** to a large bowl.
- Toss well.
- Set the **lentil salad** aside.



3. Make tahini dressing

- Slice the **lemon** into wedges.
- In a bowl, mix together the **tahini**, a squeeze of **lemon** (reserve some for serving), the **honey**, 4 Tbsp of **water**, **olive oil** and a pinch of **salt**.
- Set the **tahini dressing** aside.



4. Serve

- Serve the **Roasted Sumac Eggplant** on **Lentil Salad** with **Feta** crumbled over.
- Drizzle with the**Tahini Dressing**.
- Serve any remaining **lemon** wedges on the side.

Sticky Toffee Pudding

with Butterscotch Sauce

This classic British dessert consists of a moist sponge cake made with dates, covered in a warm butterscotch sauce.

hellochef

766 calories | 9 protein | 79 carbs | 46 fat

Family Friendly

cook: 40 min

R4801-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3183 / 766
Fats (g)	45.5
of which saturated (g)	13.3
Carbohydrates (g)	79
of which sugars (g)	53.5
Fibers (g)	4.2
Proteins (g)	8.7
Salt (g)	1.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Oven
- Whisk
- Potato masher

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 2 servings

Date pudding	
Butter 4*	20 Grams
Organic Eggs 5*	1 Piece
Date paste	80 Grams
Water	125 ML
Baking soda	5 Grams
Brown sugar	10 Grams
Plain flour 10*,11*	50 Grams
Baking powder	5 Grams
Salt	0.25 Tsp

Butterscotch sauce	
Whipping cream 4*	100 ML
Brown sugar	40 Grams
Butter 4*	20 Grams
Vanilla essence	5 ML

To serve	
Walnuts 2*	30 Grams

Allergens: *4 Milk, *5 Eggs, *10 Wheat, *11 Gluten, *2 Tree Nuts

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1. Prep

- Preheat the oven to 180°C/160°C fan.
- Remove the **butter** and **eggs** from the fridge.
- Grease a **17x13 cm** oven-proof baking dish with butter or oil and set aside.
- Roughly chop the **date paste** and place in a large bowl.
- Add boiled **measured water** and 0.5 tsp **baking soda**. Set aside for 10 min.
- Mash with a potato masher or fork until it resembles a runny porridge.

Tip! Bringing the butter to room temperature ensures easy mixing.



2. Make pudding batter

- Meanwhile, in a second large bowl, add **20g butter** and **10g sugar**.
- Use an electric beater or whisk to mix until well combined.
- Add the **egg** and beat until incorporated.
- Add the **flour**, **baking powder**, a pinch of **salt** and beat until incorporated.
- Use a spatula to fold in the **date mixture** to form a thick **batter**.



3. Bake

- Spoon the **batter** into the prepared baking dish.
- Bake for 15-18 min or until a skewer or knife inserted into the centre comes out clean.



4. Make butterscotch sauce

- Meanwhile, add **cream**, **40g sugar**, **20g butter** and 1 tsp of **vanilla essence** to a small pot over medium heat.
- Simmer over low heat for 2-3 min or until the **sauce** begins to darken in colour, stirring regularly.
- Remove from the heat and cover to keep warm.



5. Chop nuts

- Meanwhile, roughly chop the **walnuts**.

Tip! For extra flavour, toast walnuts in a dry pan over medium heat for 1 min.



6. Serve

- Once the **Sticky Toffee Pudding** is ready, remove from the oven and use a skewer or knife to poke holes throughout.
- Pour over half the **butterscotch sauce**, reserving some for individual portions.
- Sprinkle the **chopped walnuts** and serve warm.

Tip! Enjoy with your favourite vanilla ice cream.

Chicken Stir-fry in Chinese Chilli Sauce

with Garlic Cauliflower Rice and Sesame Cucumbers

Your tastebuds are in a for a zingy, spicy and garlicky treat in this quick Chinese-style stir-fry!

hello chef

596 calories | 59 protein | 46 carbs | 22 fat

Calorie Smart | Global Eats

cook: 35 min

R4384-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2493 / 596
Fats (g)	22.4
of which saturated (g)	3.5
Carbohydrates (g)	46
of which sugars (g)	22.2
Fibers (g)	11.8
Proteins (g)	58.5
Salt (g)	5.4

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What You'll Need

- Food processor

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04-825-44-00
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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken cubes	600 Grams
Chinese chilli sauce 9*,10*	40 Grams
Corn starch	20 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Water	30 ML
Carrot	2 Piece
Red pepper	2 Piece
Vegetable oil	1 Tbsp
Plum sauce 9*,10*	40 Grams

Cucumbers	
Lime	1 Piece
Cucumber	2 Piece
Rice vinegar	30 ML
White sugar	10 Grams
Sesame oil 3*,9*	30 ML
Salt	0.25 Tsp
Black sesame seeds 3*	5 Grams

Cauliflower Rice	
Cauliflower	800 Grams
Vegetable oil	1 Tbsp
Garlic paste	20 Grams
Salt	0.5 Tsp

Garnish	
Fresh coriander	30 Grams
Salted peanuts 1*	80 Grams

Allergens: *9 Soya, *10 Wheat, *3 Sesame Seeds, *1 Peanuts

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1. Fry cauli rice

- Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains.
- Heat a large pan over medium-high heat with a drizzle of **oil**.
- Add the **garlic paste** and **cauliflower** with a pinch of **salt**.
- Fry for 5-7 min.



2. Prep

- Meanwhile, slice the **lime** into wedges.
- In a bowl combine the **chicken cubes**, **Chinese chilli sauce**, **corn starch**, a squeeze of **lime** juice, a pinch of **salt** and **pepper**, and a splash of **water**.
- Mix and set aside.



3. Prep

- Peel and slice the **carrots** into half moons.
- Deseed and roughly chop the **red pepper**.
- Roughly chop the **coriander**.



4. Fry

- Heat a large pan over a medium high heat with a drizzle of **oil**.
- Fry the **chicken** for 3-4 min until browned.
- Add the **carrots** and **red pepper**.
- Fry for 2-3 min further, cover and cook until softened.
- Stir through with the **plum sauce** until coated.
- Stir through the **peanuts** and **coriander**, reserving some for garnish in Step 6..



5. Make cucumber salad

- Thinly slice the **cucumber**.
- In a bowl, whisk the **rice vinegar**, **sugar**, a squeeze of **lime**, **sesame oil**, a pinch of **salt**, and **black sesame seeds**.
- Toss the **cucumbers**.
- Set aside to marinate.



6. Serve

- Serve the **Chinese Chicken Stir-fry** in **Garlic Chili Sauce** with **Cauliflower Rice** and **Sesame Cucumbers**.
- Garnish with any extra **peanuts** and **fresh coriander**.

Mediterranean Lemon Garlic Prawns

with Creamy Tomato Parmesan Orzo

This recipe is based on the Mediterranean diet which is more of an eating pattern than a strict diet. It's based on research stating that people living in Mediterranean countries live longer!

hellochef

759 calories | 51 protein | 93 carbs | 22 fat

Global Eats

cook: 35 min

R3665-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3164 / 759
Fats (g)	21.5
of which saturated (g)	9.5
Carbohydrates (g)	93
of which sugars (g)	9.7
Fibers (g)	8.7
Proteins (g)	51
Salt (g)	0.8

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Prawns	
Prawns 7*	700 Grams
Garlic cloves	6 Piece
Fresh basil	15 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp
Water	100 ML
Butter 4*	50 Grams
Lemon	1 Piece

Orzo	
Water	800 ML
Vegetable stock cube 15*	2 Piece
Red onion	2 Piece
Small zucchini	4 Piece
Vegetable oil	2 Tbsp
Tomato paste	70 Grams
Orzo 9*,10*,11*	400 Grams
Salt	1 Tsp
Grated Parmesan 4*	60 Grams
Black pepper	1 Tsp

Allergens: *7 Crustaceans, *4 Milk, *15 Celery, *9 Soya, *10 Wheat, *11 Gluten

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1. Prep orzo

Boil the **measured water** for the **orzo**. Add the **stock cube** and boiled **water** to a jug and set it aside. This is your **stock**. Meanwhile, peel and finely chop the **onions**. Slice the **zucchini** into half-moons.



2. Simmer

Heat a large pot over a medium-high heat with a drizzle of **oil**. Once hot, add the **onion** with a pinch of **salt** and fry for 5 min or until softened. Add the **tomato paste**, **zucchini** and **orzo** and fry for 30 sec further. Pour in the **stock** and bring it to a boil. Cover with a lid and reduce the heat to medium-low. Simmer for 15 min, stirring occasionally until the **orzo** is soft. Season the **orzo** with a generous sprinkling of **salt**.

Tip! Occasionally stirring the orzo stops it from sticking to the bottom of the pot.



3. Prep

Meanwhile, peel and mince the **garlic**. Roughly chop half of the **basil** leaves and reserve the rest for garnish.



4. Fry prawns

Drain the **prawns** on kitchen paper. Heat a non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **prawns** with a pinch of **salt** and **pepper**. Fry for 2-3 min until pink and cooked through. Transfer the **prawns** to a plate. Reserve the pan.



5. Make garlic butter

Return the reserved pan to a medium heat with a second drizzle of **oil**. Once hot add the **garlic** and fry for 1 min. Add the **measured water** and simmer for 3-5 min or until the sauce begins to reduce and thicken slightly. Once reduced, remove the pan from the heat and add the **butter**, the chopped **basil** and a squeeze of **lemon** juice. Mix until the **sauce** thickens up slightly. Return the **prawns** to the pan.

Tip! Finishing the sauce with the butter once taken off the heat creates a beautifully thick, glossy



6. Serve

Once the **orzo** is cooked, stir in the **Parmesan** and **black pepper**. Serve the **garlic lemon prawns** over the **tomato orzo**. Garnish with the remaining **basil** and serve any remaining **lemon** to the side. Drizzle over any remaining **garlic butter** on the **prawns**.

Chicken Katsu Burger

with Fries, Slaw and Curried Mayo

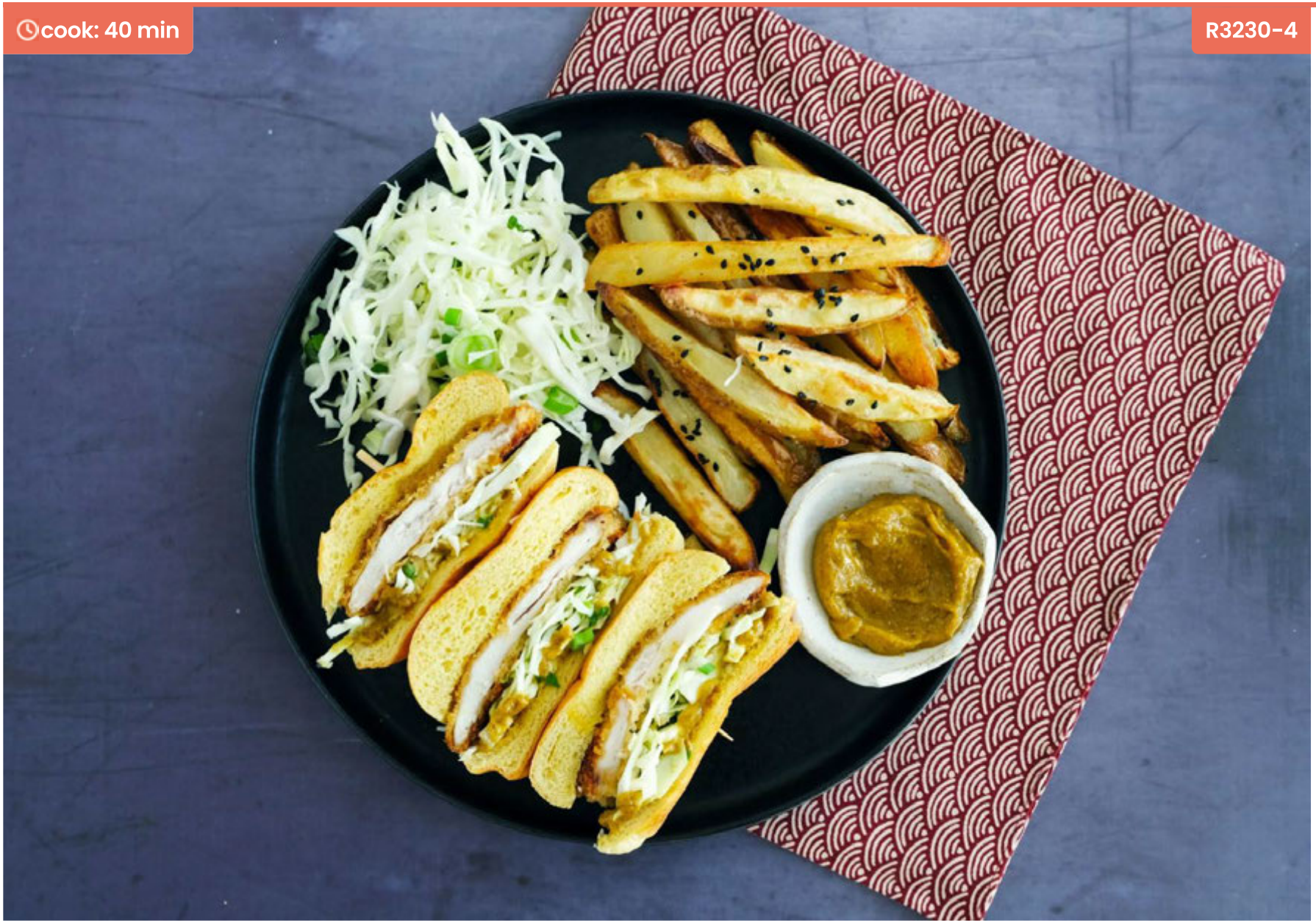
Katsu traditionally refers to a Japanese dish of fried chicken coated in panko bread crumbs.

995 calories | 59 protein | 112 carbs | 35 fat

Family Friendly

cook: 40 min

R3230-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4162 / 995
Fats (g)	34.9
of which saturated (g)	9.1
Carbohydrates (g)	112
of which sugars (g)	9.1
Fibers (g)	15.7
Proteins (g)	59.4
Salt (g)	3.5

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What You'll Need

Oven | Rolling pin

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Organic Eggs 5*	2 Piece
Soy sauce 9*,10*,11*	40 ML
Plain flour 10*,11*	100 Grams
Smoked paprika powder	4 Grams
Panko bread crumbs 10*,11*,12*	120 Grams
Vegetable oil	10 Tbsp
Burger bun 3*,4*,10*,11*	4 Piece

Curry mayo	
Butter 4*	20 Grams
Curry powder	8 Grams
Garlic powder	4 Grams
Mayonnaise 5*,9*,13*	100 Grams
Salt	1 Tsp

Cabbage	
White cabbage	450 Grams
Spring onion	80 Grams
Rice vinegar	30 ML
Salt	1 Tsp

Fries	
Potatoes	1200 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Black sesame seeds 3*	10 Grams

Allergens: *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten, *12 Lupin, *3 Sesame Seeds, *4 Milk, *13 Mustard

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1. Bake fries

- Preheat the oven to 200°C/180°C fan.
- Slice the **potatoes** (skins on) into **fries**.
- Add the **fries** to a large baking tray with a drizzle of **vegetable oil**.
- Toss.
- Sprinkle with a generous pinch of **salt**.
- Bake for 30 min, flipping them half-way.
- In the last 5 min, sprinkle with the **sesame seeds**.



2. Prep

- Meanwhile, whisk together the **eggs** and **soy sauce** in a bowl.
- Place the **flour** and **paprika** into a second bowl and mix.
- Add the **bread crumbs** to a third bowl with a pinch of **salt**.



3. Bread chicken

- Wrap the **chicken breasts** in cling film.
- Place them on a chopping board.
- Using a rolling pin, bash the **chicken breasts** until almost halved in thickness.
- One by one, place the **chicken breasts** in the **flour**, coating both sides.
- Then dip them in the beaten **eggs**.
- Finally in the **panko**, making sure they are well coated.
- Refrigerate.



4. Prep cabbage

- Shred the **cabbage** as finely as possible.
- Finely slice the **spring onion**.
- In a large bowl, toss the **cabbage** and **spring onion** in the **rice vinegar**.
- Season generously with **salt**.

Tip! Use a mandolin to shred the cabbage!



5. Curry mayo

- Heat a pan over a medium heat with the **butter**.
- Once melted, add the **curry powder**.
- Cook for 2 min.
- Pour into a bowl.
- Reserve the pan.
- Add the **garlic powder** and **mayonnaise** and mix with a pinch of **salt**.



6. Fry chicken

- Return the pan to a medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken**.
- Fry for 4-5 min on each side or until golden brown and cooked through.
- Drain the fried **chicken** on kitchen paper.
- Load the **burger buns** with the **Chicken Katsu Burger Slaw** and **Curried Mayo**.
- Serve the **Fries** on the side.

Creamy Smoked Salmon Linguine
with Lemon and Dill

Want dinner on the table ASAP? This one's for you!

hello chef

831 calories | 52 protein | 105 carbs | 17 fat

Family Friendly | Speedy

cook: 20 min

R3424-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3466 / 831
Fats (g)	16.7
of which saturated (g)	14.7
Carbohydrates (g)	105
of which sugars (g)	6
Fibers (g)	9.2
Proteins (g)	51.8
Salt (g)	0.7

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What You'll Need

- Box grater

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04-825-44-00
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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pasta	
Smoked Salmon Slices 6*	400 Grams
Linguine 10*,11*	500 Grams
Water	300 ML
Fresh dill	15 Grams
Lemon	1 Piece
Cooking cream 4*	200 ML
Vegetable stock cube 15*	1 Piece
Baby spinach	90 Grams
Grana padano 4*,5*	120 Grams
Black pepper	2 Tsp

Allergens: *6 Fish, *10 Wheat, *11 Gluten, *4 Milk, *15 Celery, *5 Eggs

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1. Boil pasta

- Bring a large pot of salted water to the boil.
- Once boiling, add the **linguine**.
- Cook for 8-10 min until 'al dente' or cooked to your liking.
- Reserve 150/225/300ml of **pasta water**.
- Drain.



2. Prep

- Meanwhile, tear the **salmon** into bite-size pieces.
- Chop the **dill**.
- Wash the **lemon** thoroughly.
- Grate its zest with a fine blade or box grater - take care to avoid the bitter pith.



3. Make sauce

- Heat a pan over a medium heat.
- Add the 200ml **cooking cream**, 1 **stock cube**, **measured pasta water** and **baby spinach** to a pan.
- Simmer for 3 min.

Tip! Adding starchy pasta water to the sauce not only helps to season the dish but also helps the sauce stick to the pasta.



4. Finish

- Once the **pasta** is cooked and drained, add it to the pan with half of the **Grana padano** and half of the **dill**.
- Cook for 2 min.
- Remove from the heat.
- Add half of the **smoked salmon** pieces and 2 tsp of **lemon** zest.
- Season with a squeeze of **lemon** juice and a crack of **black pepper**.

Tip! Leave out the dill if you're not a fan!



5. Serve

- Serve the **Creamy Smoked Salmon Linguine** with **Lemon** and **Dill**.
- Top with the remaining **salmon**.
- Garnish with the remaining **dill** and **Grana padano**.

Creamy Chipotle Chicken

and Fajita Vegetables Tortilla Wraps

Strapped for time? These Mexican inspired wraps require only 3 ingredients to slice and come together in under 25 mins!

hellofresh

886 calories | 61 protein | 79 carbs | 38 fat

Speedy

cook: 25 min

R4403-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3705 / 886
Fats (g)	37.8
of which saturated (g)	9.4
Carbohydrates (g)	79
of which sugars (g)	10.9
Fibers (g)	6.1
Proteins (g)	60.9
Salt (g)	3.2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Chipotle chicken	
Chicken breast	600 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Mayonnaise 5*,9*,13*	100 Grams
Sour cream 4*	120 Grams
Smoked paprika powder	4 Grams
Chipotle powder	4 Grams
Honey	30 Grams

Vegetables	
Yellow pepper	2 Piece
Small zucchini	4 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Fajita seasoning	10 Grams

Chicken Spice	
Dried oregano	4 Grams
Cumin powder	4 Grams
Paprika powder	4 Grams
Garlic powder	5 Grams

Pico do Gallo	
Tomatoes	2 Piece
Cucumber	2 Piece

8" tortilla wraps 10*,11*	8 Piece
Fresh coriander	15 Grams
Lime	1 Piece

Allergens: *5 Eggs, *9 Soya, *13 Mustard, *4 Milk, *10 Wheat, *11 Gluten

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1. Prep

Deseed and roughly slice the **pepper**. Chop the **zucchini** into half moons. Slice the **chicken** into bite-sized strips.



2. Fry

Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken** with a pinch of **salt** and fry for 5-7 min or until cooked through. Transfer the **chicken** onto a plate and reserve the pan.

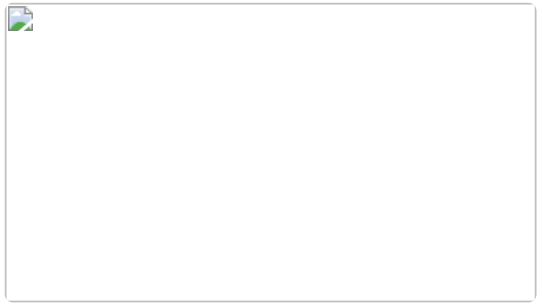
Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready.



3. Make sauce

Meanwhile, mix together the **mayonnaise**, **sour cream**, **smoked paprika**, **chipotle powder (spicy!)**, **honey** and **salt** in a large bowl.

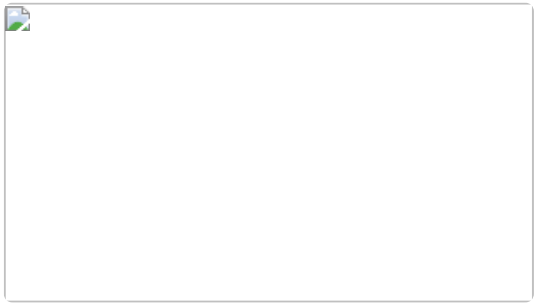
Tip! Sensitive to spice? Go easy on the chipotle powder.



4. Fry vegetables

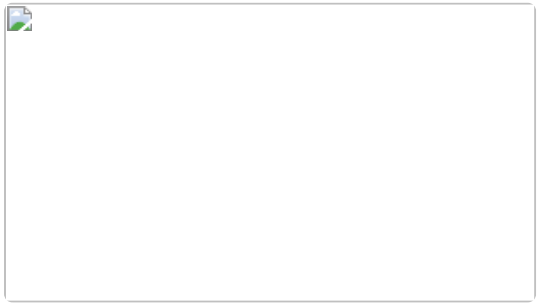
Return the pan to a medium-high heat with another drizzle of **oil**. Once hot, add the **pepper** and **zucchini** with a pinch of **salt** and fry for 3-4 min. Add the **Fajita seasoning**, and cook for 1 min further.

Tip! To prevent the fajita vegetables from sticking to the pan, add a splash of water and mix through.



5. Warm tortillas

Meanwhile, heat the **tortilla wraps** in the microwave for 30-60 secs until warm. Add the cooked **chicken** to the creamy **chipotle sauce** and toss to coat.



6. Serve

Pick the **coriander** leaves. Load the **tortilla wraps** with the **fajita vegetables** followed by the **chicken**. Finally, top the **wraps** with the **coriander**.

Redev: Pulled Hoisin Chicken Burger

with Sesame Fries and Cucumber Carrot Salad

If duck pancakes and BBQ chicken burgers had a child, this would probably be it...

hellochef

891 calories | 64 protein | 100 carbs | 27 fat

Family Friendly

prep: 5 min | cook: 40 min | R4756-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3732 / 891
Fats (g)	27.4
of which saturated (g)	4.2
Carbohydrates (g)	100
of which sugars (g)	27.8
Fibers (g)	14.3
Proteins (g)	63.8
Salt (g)	10.2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pulled chicken	
Chicken breast	800 Grams
Vegetable oil	2 Tbsp
Salt	0.25 Tsp
Soy sauce 9*,10*,11*	30 ML
Hoisin sauce 3*,9*,10*	60 Grams
Plum sauce 9*,10*	80 Grams
Mayonnaise 5*,9*,13*	100 Grams
Burger bun 3*,4*,10*,11*	4 Piece

Fries	
Potatoes	1200 Grams
Vegetable oil	4 Tbsp
Salt	3 Tsp
Sesame seeds 3*	15 Grams

Salad	
Cucumber	2 Piece
Carrot	1 Piece
Spring onion	80 Grams
Fresh mint	10 Grams
Lime	2 Piece
Salt	0.5 Tsp

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds, *5 Eggs, *13 Mustard, *4 Milk

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1. Bake fries

Preheat the oven to 200°C/180°C fan. Slice the **potatoes** (skins on) into **fries**. Add the **fries** to a large baking tray with a drizzle of **vegetable oil** and a generous pinch of **salt**. Toss the **fries** in the **oil** until fully coated. Roast in the oven for 30 min or until golden and crisp.



2. Cook chicken

Meanwhile, heat a pan over a medium heat with a drizzle of **vegetable oil**. Once hot, add the **chicken breast** with a small pinch of **salt** and cook for 3 min on each side until golden. Add the **soy sauce** and a good splash of water to the pan, cover with a lid and cook for 10-12 min further until fully cooked through.

> **Tip!** The slower you cook the chicken, the easier it will be to shred!



3. Prep

Meanwhile, slice the **cucumber** into thin strips. Peel and grate or finely chop the **carrots** into thin strips. Trim and finely slice the **spring onions**. Pick the **mint** leaves. Slice the **lime** into wedges.



4. Add seeds

When the fries are ready, remove the tray from the oven and sprinkle them with **sesame seeds**. Add the **burger buns** to one side of the tray. Return the tray to the oven for 2 min or until the **sesame seeds** are starting to toast. Warm the **burger buns** either in the microwave or in the oven.

> **Tip!** Don't like sesame? Leave it out!



5. Pull chicken

Once the **chicken** is cooked, using two forks, pull the **chicken** until it's fully shredded. Add the **hoisin sauce**, **plum sauce**, and a squeeze of **lime**. Cook for 1 min further.



6. Serve

In a bowl, combine the **carrots**, **cucumber**, **mint**, and **spring onions**, with a pinch of **salt**. Squeeze the remaining **lime**, and toss to combine. Spread the mayo on each side of the **burger buns**, and fill with the **Pulled Hoisin Chicken** and serve with the **Sesame** Fries and side salad.

Pan-Fried Chicken Breast

with Crushed Potatoes and Salsa Verde

The fresh and zingy Salsa Verde adds amazing flavour to this dish!

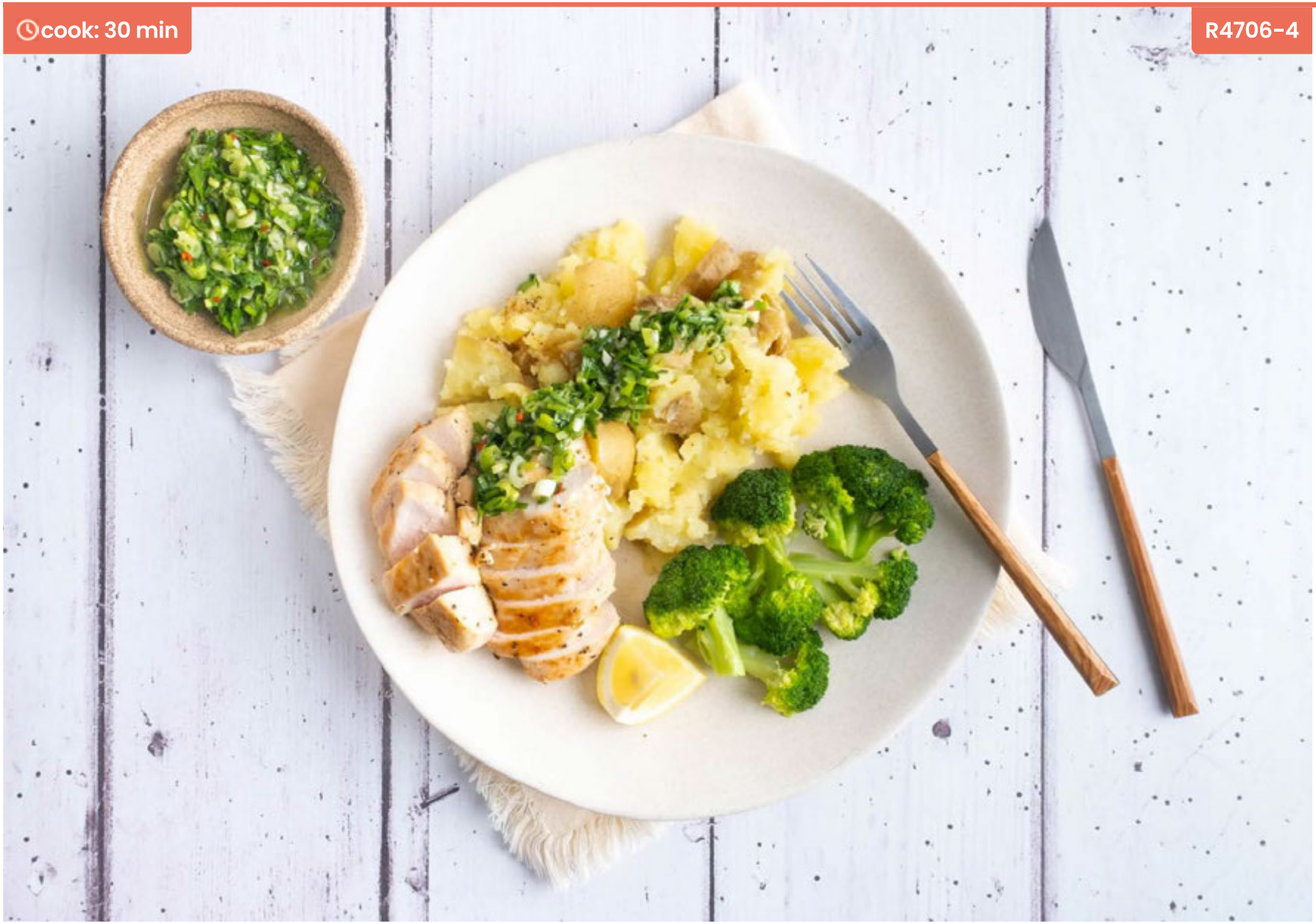
hello chef

525 calories | 60 protein | 59 carbs | 8 fat

Calorie Smart | Family Friendly

cook: 30 min

R4706-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2191 / 525
Fats (g)	7.7
of which saturated (g)	3.6
Carbohydrates (g)	59
of which sugars (g)	8
Fibers (g)	14.6
Proteins (g)	60.2
Salt (g)	0.9

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Potato masher

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Olive oil	2 Tbsp
Lemon pepper seasoning **13*,15***	8 Grams

Sides	
Potatoes	1200 Grams
Butter **4***	20 Grams
Broccoli	600 Grams

Salsa	
Fresh parsley	30 Grams
Spring onion	80 Grams
Fresh chives	15 Grams
Lemon	2 Piece
Garlic cloves	2 Piece
Small red chilli	2 Piece
Olive oil	5 Tbsp
Salt	0.25 Tsp

Allergens: *13 Mustard, *15 Celery, *4 Milk

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1. Make potatoes

- Bring a large pot of salted water to the boil.
- Cut the **potatoes** (skin-on) into bite-sized pieces.
- Boil for 15-20 min.
- Once cooked, add the **butter** and crush using a potato masher.



2. Prep salsa

- Pick and finely chop the **parsley**.
- Trim and finely chop the **spring onions**.
- Finely chop the **chives**.
- Cut the **lemon** into wedges.
- Peel and finely chop the **garlic**.
- Deseed and finely chop the **red chilli**.



3. Mix salsa

- In a bowl, combine the chopped **herbs**, **garlic** and **chilli** with a squeeze of **lemon juice** and a pinch of **salt** to taste.
- Add a generous drizzle of **olive oil** and mix.
- Set aside until serving.



4. Fry chicken

- Drizzle the **chicken breast** with **oil**.
- Coat in the **lemon pepper seasoning**.
- Heat a large frying pan over a medium-high heat with a drizzle of **oil**.
- Fry the **chicken breasts** for 5-6 min each side until golden and cooked through.



5. Cook brocolli

- Meanwhile, bring a pot of water to the boil.
- Separate the **broccoli** into small florets.
- Cook it in lightly salted boiling water for 3-4 min or until tender.
- Drain once cooked.



6. Serve

- Serve the **Pan-Fried Chicken Breast with Crushed Potatoes and Salsa Verde** .

Roasted Miso Vegetables

with Sesame Quinoa

These vegetables are tossed in a spice mix inspired by togarashi, which is a popular Japanese spice blend that dates back to at least the 17th century.

hello chef

665 calories | 25 protein | 86 carbs | 28 fat

cook: 35 min

R3668-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2334 / 665
Fats (g)	28
of which saturated (g)	1.8
Carbohydrates (g)	86
of which sugars (g)	23.4
Fibers (g)	16.5
Proteins (g)	25.4
Salt (g)	2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Vegetables	
Eggplant	2 Piece
Carrot	2 Piece
Baby pak choi	6 Piece
Vegetable oil	2 Tbsp
Ginger powder	4 Grams
Garlic powder	4 Grams
Smoked paprika powder	4 Grams
Sesame seeds 3*	20 Grams
Black sesame seeds 3*	20 Grams
Salt	1 Tsp

Quinoa	
White quinoa	200 Grams
Water	400 ML
Salt	1 Tsp
Edamame beans 9*	200 Grams

Dressing	
Tahini 3*	80 Grams
Soy sauce 9*,10*,11*	20 ML
Brown sugar	10 Grams
Sesame oil 3*,9*	30 ML
Lime	2 Piece

Miso glaze	
Miso paste 9*	40 Grams
Sweet soy sauce 9*,10*,11*,14*	30 ML
Water	60 ML

Allergens: *3 Sesame Seeds, *9 Soya, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide

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1. Boil quinoa

- Add the **quinoa** to a bowl, cover with warm water and rinse. Drain in a fine sieve.
- Add the **measured water** to a pot and bring to a boil.
- Add the **quinoa** and a pinch of **salt**.
- Cover with a lid, reduce heat to low and simmer for 15 min or until the liquid is absorbed and the **quinoa** is tender.
- Transfer to a large bowl and refrigerate for 10 min, or until ready to serve.

Tip! Washing quinoa with warm water before draining it, removes the bitter-tasting saponins from its surface.



4. Make tahini dressing

- Meanwhile, to a bowl or jar, add the **tahini**, **soy sauce**, **brown sugar**, **sesame oil** and a squeeze of **lime**.
- Stir or shake well until smooth.



2. Prep

- Preheat the oven to 200°C/180°C fan.
- Meanwhile, chop the **eggplants** into bite-sized pieces.
- Peel and slice the **carrots** into disks.
- Trim the **pak choi** and slice it lengthwise into quarters.
- Add the **vegetables** to a lined baking tray.
- Drizzle generously with **oil**.
- Add the **ginger powder**, **garlic powder**, **smoked paprika**, both **sesame seeds** and a generous pinch of **salt**.
- Toss the **vegetables** until they are fully coated.



5. Make miso glaze

- In a small bowl, mix together the **miso paste**, **sweet soy sauce** and 4 tbsp of **water**.



3. Bake

- Bake the **vegetables** for 20 min or until the **carrots** and **eggplant** are tender.

Tip! Pierce the vegetables with a fork to check if they're cooked.



6. Serve

- Once the **quinoa** has cooled slightly, stir through the **edamame** and the **tahini dressing**.
- Serve the **Roasted Miso Vegetables** with **Sesame Quinoa**, drizzled with **miso glaze**.

Stir-fried Sticky Ginger Sesame Noodles

with Mushrooms and Broccoli

An easy and saucy noodle recipe to brighten up your evening!

hello chef

872 calories | 29 protein | 122 carbs | 31 fat

cook: 35 min

R3552-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3646 / 872
Fats (g)	31
of which saturated (g)	5.5
Carbohydrates (g)	122
of which sugars (g)	21.3
Fibers (g)	12.2
Proteins (g)	28.6
Salt (g)	9.4

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stir-fry	
Sweet soy sauce 9*,10*,11*,14*	60 ML
Sriracha sauce	42 Grams
Rice vinegar	60 ML
Ginger garlic paste	40 Grams
Peanut butter 1*,9*	90 Grams
Tamari 9*	60 ML
Broccoli	600 Grams
Wheat noodles 10*,11*	400 Grams
Chestnut mushrooms	500 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

To serve	
Cashew nuts 1*,2*	80 Grams
Sesame oil 3*,9*	30 ML
Sesame seeds 3*	20 Grams
Chilli flakes	2 Grams
Spring onion	80 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *1 Peanuts, *2 Tree Nuts, *3 Sesame Seeds

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1. Prep sauce

In a large bowl, whisk the **sweet soy sauce**, **sriracha sauce** (spicy!), **rice vinegar**, **ginger garlic paste**, **peanut butter** and **tamari**. This is your **stir-fry sauce**.



2. Prep vegetables

Separate the **broccoli** into small florets. Clean the **mushrooms** and chop or roughly tear them. Trim and finely slice the **spring onions**.



3. Fry mushrooms

Heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **mushrooms** with a pinch of **salt**. Fry for 7 min or until browned.



4. Boil noodles

Meanwhile, bring a pot of salted water to the boil. Add the **noodles** and **broccoli** and cook for 3 min. Reserve 100 ml noodle cooking water. Drain.



5. Toss

Add the **noodles**, **broccoli**, **cashew nuts** and **stir-fry sauce** to the **mushrooms** along with the reserved **noodle cooking water** and **stir-fry sauce**. Toss until well coated.



6. Serve

Remove the pan from the heat and drizzle the **noodles** with the **sesame oil**. Divide among bowls. Top with the **spring onion**, **sesame seeds** and a pinch of **chilli flakes** (spicy!).

Quick Cajun Cod Tacos

with Avocado and Corn Salsa

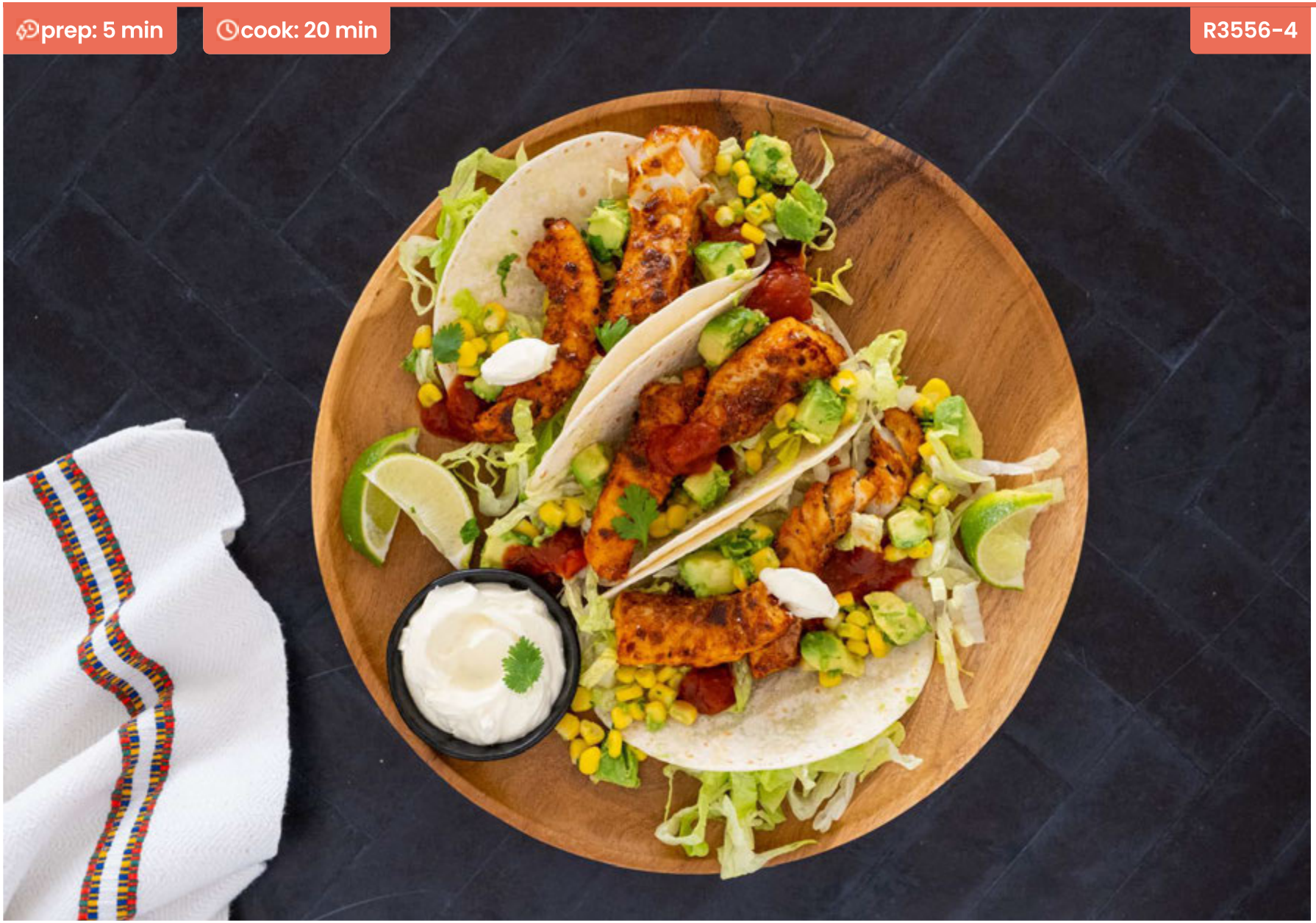
These tacos come together in 20 min or less! Perfect for an impromptu Mexican fiesta.

hello chef

802 calories | 48 protein | 83 carbs | 35 fat

Tips for Kids | Quick Prep | Speedy

prep: 5 min | cook: 20 min | R3556-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3356 / 802
Fats (g)	34.5
of which saturated (g)	8.4
Carbohydrates (g)	83
of which sugars (g)	9.7
Fibers (g)	14.3
Proteins (g)	47.9
Salt (g)	5.4

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Cajun cod	
Cod fillet 6*	700 Grams
Taco seasoning	20 Grams
Soy sauce 9*,10*,11*	40 ML
Smoked paprika powder	4 Grams
Cumin powder	4 Grams
Garlic onion powder	8 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp

Avocado salsa	
Avocado	2 Piece
Fresh coriander	15 Grams
Sweet corn kernels	244 Grams
Salt	1 Tsp
Lime	2 Piece

To serve	
Romaine lettuce	300 Grams
6" tortilla wraps 10*,11*	12 Piece
Mild tomato salsa	120 Grams
Sour cream 4*	120 Grams

Allergens: *6 Fish, *9 Soya, *10 Wheat, *11 Gluten, *4 Milk

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1. Marinate fish

Slice the **cod** into goujons, approximately 2 cm thick. Add them to a bowl with the **taco seasoning (spicy!)**, **soy sauce**, **smoked paprika**, **cumin powder**, **garlic onion powder** and a pinch of **salt**. Turn to coat. Refrigerate.

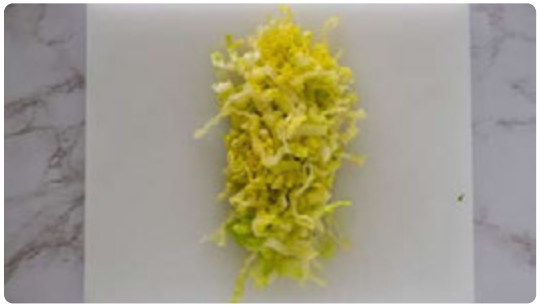
Tip! If cooking for kids, reserve a portion of the cod goujons and keep them plain.



2. Prep salsa

Cut the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon and chop it into chunks. Finely chop the **coriander**. Drain the **corn**. Add the lot to a large mixing bowl with a generous pinch of **salt** and half of the **lime** juice. Set aside.

Tip! If cooking for kids, reserve a portion of the avocado chunks and corn before mixing with the lime and coriander.



3. Prep lettuce

Finely shred the **romaine lettuce**.



4. Fry fish

Heat a large non-stick pan over a high heat with drizzle of **oil**. Once hot, add the **cod** and fry for 3-5 min until charred and cooked through.

Tip! If cooking for kids, fry the reserved goujons with a pinch of salt for 3-5 min or until cooked through. Transfer to a plate before frying the marinated goujons.



5. Heat tortillas

Meanwhile, heat the **tortilla wraps** in the microwave for 30-60 sec until warm.

Tip! For crisp tortilla wraps, toast the wraps in a non-stick pan instead.



6. Assemble

Load the **wraps** with the **mild tomato salsa**, **lettuce**, **charred cod** and the **avocado corn salsa**. Top the **tacos** with the **sour cream**. Serve the remaining **lime** wedges alongside.

Tip! If cooking for kids, let the kids build their own tacos by serving the plain goujons, lettuce, avocado, corn, tomato salsa, sour cream and lime separately.

Greek Beef and Feta Lettuce Cups

with Dill Yogurt

This satisfying dinner is just a few steps away! The Greek flavour combination in this weeknight meal comes together in under 30 minutes.

hellochef

585 calories | 50 protein | 27 carbs | 32 fat

Low Carb | Calorie Smart | Speedy

cook: 25 min

R4016-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2445 / 585
Fats (g)	31.8
of which saturated (g)	13.5
Carbohydrates (g)	27
of which sugars (g)	16.7
Fibers (g)	5.8
Proteins (g)	49.9
Salt (g)	4.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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04-825-44-00
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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meat mix	
Lean beef mince	700 Grams
Red onion	2 Piece
Kalamata olives	80 Grams
Olive oil	2 Tbsp
Tomato paste	70 Grams
Brown sugar	8 Grams
Dried oregano	4 Grams
Dried basil	4 Grams
Chilli flakes	4 Grams
Black pepper	1 Tsp

Lettuce and toppings	
Feta cheese 4*	150 Grams
Boston lettuce	2 Piece
Tomatoes	4 Piece

Dressing	
Natural yogurt 4*	340 Grams
Fresh dill	15 Grams
Garlic cloves	2 Piece
Olive oil	2 Tbsp
Salt	1 Tsp

Allergens: *4 Milk

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1. Prep dressing

- Add the **natural yogurt** to a bowl.
- Finely chop the **dill**.
- Peel and mince the **garlic**.
- Combine the **dill** and the **garlic** with the **yogurt**.
- Add a drizzle of **olive oil** and a pinch of **salt** to the **yogurt**.
- Mix well.
- Set **dressing** aside.

Tip! Go easy on the raw garlic if you find its taste too punchy.



2. Prep vegetables

- Peel and finely chop the **onion**.
- Chop or crumble the **feta cheese**.
- Separate the **lettuce** leaves.
- Chop the **tomatoes** and the **olives** into small cubes (optionally, leave the **olives** whole).

Tip! Optionally, leave the olives whole! This way the potential fussy eaters will be able to pick them out.



3. Fry beef

- Heat a large non-stick pan over a medium high heat with a drizzle of **oil**.
- Once hot, add the **beef mince** and **onion**.
- Fry for 5 min or until the **meat** has browned.
- Add the **tomato paste**, **brown sugar**, **olives**, **dried oregano**, **dried basil**, **chilli flakes** (spicy!) and half of the chopped **tomatoes**.
- Fry for 2 min further.
- If the mixture looks too dry, add a splash of water.
- Season with **black pepper**.
- Cool the mixture down for 5 min.

Tip! Can't handle the heat? Go easy on the chilli flakes.



4. Serve

- Load the **lettuce** leaves with the **meat mix** and the remaining chopped **tomatoes**.
- Top with the **feta** and serve with the **dill yogurt**.
- Serve the **Greek Beef and Feta Lettuce Cups with Dill Yogurt**.

Tip! Serve the dish family style, letting everyone build their lettuce cups (or rolls).

Salmon Teriyaki

with Snow Pea Jasmine Rice

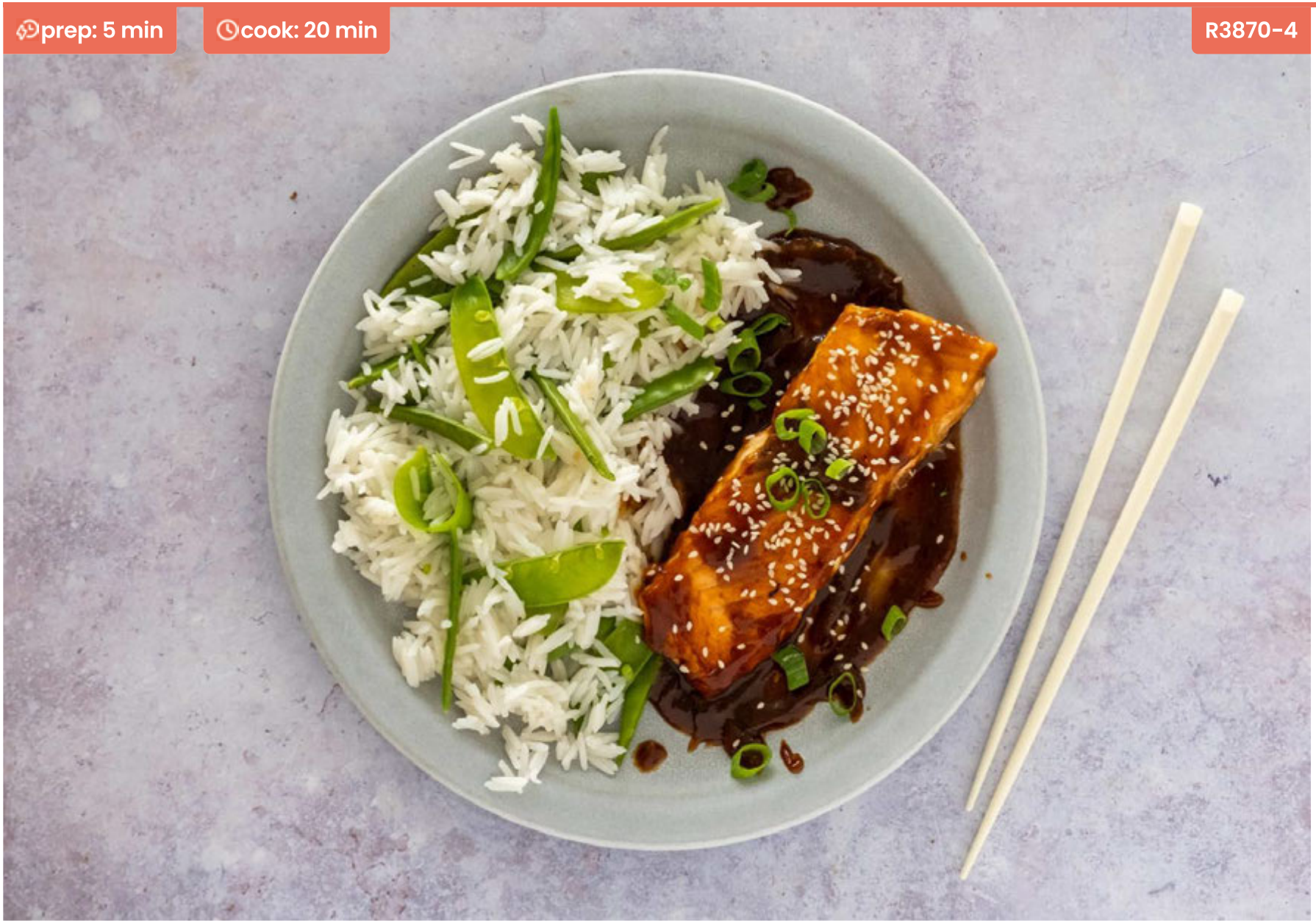
Sticky, sweet, flaky salmon - what's not to like?!

hellofresh

750 calories | 49 protein | 100 carbs | 22 fat

Family Friendly | Quick Prep

prep: 5 min | cook: 20 min | R3870-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3120 / 750
Fats (g)	21.7
of which saturated (g)	5.2
Carbohydrates (g)	100
of which sugars (g)	22.4
Fibers (g)	4.5
Proteins (g)	48.8
Salt (g)	3.8

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Teriyaki salmon	
Skinless salmon fillet 6*	700 Grams
Spring onion	80 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Ginger garlic paste	30 Grams
Teriyaki sauce 8*,9*,10*	80 ML
Honey	30 Grams
Hoisin sauce 3*,9*,10*	90 Grams
Soy sauce 9*,10*,11*	20 ML
White vinegar	30 ML
Sesame oil 3*,9*	30 ML
Sesame seeds 3*	20 Grams

Rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML
Snow peas	200 Grams

Allergens: *6 Fish, *8 Molluscs, *9 Soya, *10 Wheat, *3 Sesame Seeds, *11 Gluten

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1. Boil rice

Rinse the **rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked.



2. Prep vegetables

Meanwhile, trim and halve the **snow peas**. Trim and finely slice the **spring onions**. Once the **rice** is cooked, remove it from the heat. Add the **snow peas** and cover with a lid until serving.



3. Fry salmon

Meanwhile, portion the **salmon**. Heat a large pan over a medium heat with a drizzle of **oil**. Once hot, add the **salmon** with a pinch of **salt** and fry for 3-4 min on each side or until cooked through. Once the **salmon** is cooked, transfer it to a plate. Wipe and reserve the pan.

Tip! Cook your salmon for a couple of min less for a medium finish. Keeping it slightly pink inside will ensure it doesn't dry out.



4. Make sauce

Meanwhile, in a small bowl, combine the **ginger garlic paste**, **teriyaki sauce**, **honey**, **hoisin sauce**, **soy sauce**, **white vinegar** and **sesame oil** - this is your **teriyaki sauce**.



5. Glaze salmon

Return the reserved pan to a medium heat. Once hot, add the **sauce** and simmer for 1-2 min. Remove the pan from the heat and return the cooked **salmon fillets** to it. Turn the **salmon** in the **sauce** until coated.

Tip! Add a splash of water if the sauce thickens too much.



6. Serve

Divide the **snow pea** and **jasmine rice** among bowls. Top with the **teriyaki salmon** and garnish with the **spring onions** and **sesame seeds**.

Tex Mex Chicken Burger

with Chipotle Mayo and Crunchy Slaw

Inspired by the bright and punchy flavours of Tex Mex cuisine - a blend of Mexican and American tastes.

hellofresh

1190 calories | 60 protein | 81 carbs | 75 fat

Quick Prep | Speedy | Global Eats

cook: 25 min

R4543-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4978 / 1190
Fats (g)	75.2
of which saturated (g)	14.2
Carbohydrates (g)	81
of which sugars (g)	12.8
Fibers (g)	18.7
Proteins (g)	60
Salt (g)	2.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken burgers	
Chicken mince	800 Grams
Spring onion	80 Grams
Fresh coriander	30 Grams
Smoked paprika powder	8 Grams
Garlic onion powder	4 Grams
Coriander cumin powder	8 Grams
Panko bread crumbs 10*,11*,12*	20 Grams
Salt	1 Tsp
Black pepper	0.5 Tsp
Olive oil	1 Tbsp

Crunchy Slaw	
Red cabbage	200 Grams
Carrot	2 Piece
Sweet corn kernels	244 Grams
Lime	3 Piece

Chipotle mayo	
Mayonnaise 5*,9*,13*	150 Grams
Chipotle powder	4 Grams

To serve	
Burger bun 3*,4*,10*,11*	4 Piece
Avocado	2 Piece
Crispy onions	40 Grams

Allergens: *10 Wheat, *11 Gluten, *12 Lupin, *5 Eggs, *9 Soya, *13 Mustard, *3 Sesame Seeds, *4 Milk

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1. Prep

- Finely chop the **spring onion**.
- Pick and roughly chop the **coriander leaves**.



2. Prep chicken burgers

- To a large bowl, add the **chicken mince**, **smoked paprika powder**, **garlic onion powder**, **coriander cumin powder**, half the chopped **spring onion** and half the chopped **coriander**, reserving the rest for the **slaw**.
- Add the **panko bread crumbs**, a pinch of **salt** and **pepper**.
- With clean hands, knead until all the ingredients are fully combined.
- Divide the mixture into 8 and shape each piece into a **burger patty**.
- Place the **patties** on a plate and refrigerate until step 4.



3. Make slaw

- Meanwhile, finely slice the **cabbage**.
- Peel and grate the **carrot**.
- Drain and rinse the **corn**.
- Cut the **lime** in half.
- Toss the **cabbage**, **carrot** and **corn** together in a large bowl.
- Add the remaining **spring onion** and **coriander**.
- Add the juice of 2 **limes**.



4. Fry burgers

- Heat a large pan over a medium-high heat.
- Add the **burger buns** and toast for 1-2 min until golden.
- Remove the **buns** from the pan and set aside.
- Add a drizzle of **oil** to the same pan.
- Fry the **burger patties** for 3-4 min each side until golden and cooked through.
- Once cooked, set aside on a separate plate.



5. Make chipotle mayo

- Meanwhile, in a small bowl, combine the **mayonnaise** and a pinch of **chipotle powder (spicy!)**, to taste.
- Add **lime juice** to taste.
- Mix well.

Tip! Can't handle the heat? Go easy on the chipotle!



6. Serve

- Cut the **avocado** in half and remove the stone.
- Slice each half and remove from the skin.
- Assemble the **Tex Mex Chicken Burgers** layered with 2 **burger patties** each, a dollop of **Chipotle Mayo**, **avocado** slices and **crispy onions**.
- Serve alongside the **Crunchy Slaw**.

Tip! Add a spoonful of crunchy slaw to the burger for added texture.

Beef Patties with Carrot and Potato Mash

topped and Mushroom Gravy

Nostalgic homely dinner

1148 calories | 48 protein | 79 carbs | 72 fat

Family Friendly

cook: 35 min

R1992-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4798 / 1148
Fats (g)	72
of which saturated (g)	31.5
Carbohydrates (g)	79
of which sugars (g)	20.9
Fibers (g)	14.9
Proteins (g)	48.2
Salt (g)	3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef patties	
Beef mince	700 Grams
Garlic cloves	3 Piece
Red onion	1 Piece
Organic Eggs 5*	2 Piece
Salt	2 Tsp
Black pepper	1 Tsp
Olive oil	4 Tbsp

Mash	
Potatoes	1200 Grams
Carrot	2 Piece
Whole milk 4*	200 ML
Salt	2 Tsp

Gravy	
Shallots	4 Piece
Mushroom	250 Grams
Butter 4*	50 Grams
Plain flour 10*,11*	20 Grams
Water	600 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Soy sauce 9*,10*,11*	20 ML
Black pepper	1 Tsp
Dried thyme	2 Grams

Allergens: *5 Eggs, *4 Milk, *10 Wheat, *11 Gluten, *9 Soya, *15 Celery

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1. Prepare mash

Remove **beef mince** from the fridge. Peel and cut **potatoes** and **carrots** to small **cubes** and place in a pot. Cover with **water**. Bring to a boil. Reduce the heat and simmer for 15-20 minutes until both the **carrots** and **potatoes** are softened. Drain. Add **milk** and **salt**. Mash well using a potato masher.



2. Prepare patties

Peel and chop **garlic** and **red onion**. Mix them in a bowl with the **beef mince** and **eggs**. Season the mixture with **salt** and **pepper** and form into small patties.



3. Fry patties

Heat **oil** in a large pan. Once hot, add the patties. Reduce the heat to medium and fry for 4-5 minutes per side. Once the patties are cooked to your liking, remove from the pan and keep warm.



4. Fry veggies

Peel and chop **shallots**. Clean and slice **mushrooms**. Add **oil** on the pan and fry **shallots** for 2–3 minutes until softened. Add **mushrooms**. Fry for 5 more minutes.



5. Fry flour in butter

Add **butter** and **flour** on the pan and mix well. Cook for 2–3 minutes until the **butter** browns.



6. Finish gravy

Pour in the **water** in batches. Crumble in the **stock cube**. Bring to a boil and stir well. Once you have a good consistency for the **sauce**, season with **soy sauce**, **pepper** and **thyme**. Serve the patties with the mash, topped with the gravy.

Spicy Indonesian Steak Salad
with Peanuts

Sambal is a chilli-based sauce which is a staple at Indonesian tables!

576 calories | 52 protein | 40 carbs | 27 fat

Low Carb | Calorie Smart

cook: 30 min

R3056-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2412 / 576
Fats (g)	26.6
of which saturated (g)	5.7
Carbohydrates (g)	40
of which sugars (g)	19.1
Fibers (g)	10.3
Proteins (g)	52
Salt (g)	6.4

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salad	
Rump steak	800 Grams
Green beans	300 Grams
Large green chilli	2 Piece
Fresh mint	20 Grams
Fresh coriander	30 Grams
Cherry tomatoes	300 Grams
Carrot	2 Piece
Vegetable oil	2 Tbsp
Salted peanuts 1*	80 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Dressing	
Shallots	2 Piece
Garlic cloves	1 Piece
Lime	2 Piece
Sesame oil 3*,9*	30 ML
Honey	30 Grams
Sambal oelek	20 Grams
Fish sauce 6*,10*	15 ML
Soy sauce 9*,10*,11*	20 ML

Allergens: *1 Peanuts, *3 Sesame Seeds, *9 Soya, *6 Fish, *10 Wheat, *11 Gluten

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1. Prep

- Trim and roughly chop the **green beans**.
- Finely slice the **chilli**.
- Pick the **mint** and **coriander** leaves.
- Halve the **cherry tomatoes**.
- Peel and chop the **carrot** into matchsticks.



2. Boil green beans

- Cook the **green beans** in a pot of salted boiling water for 3-4 min or until tender.
- Drain once cooked.



3. Fry steak

- Pat the steaks dry with kitchen paper.
- Heat a large pan with a drizzle of **oil** over a high heat.
- Once very hot, add the steaks.
- Fry them for 2-4 min on each side or until cooked to your liking.
- Transfer the steaks to a plate.
- Leave them to rest for 5-10 min.



4. Make dressing

- Meanwhile, peel and finely slice the **shallots**.
- Peel and mince 1 **garlic cloves**.
- Juice the **limes** into a bowl or jar.
- Add the **garlic**, **sesame oil**, **honey**, **sambal** (spicy!), **fish sauce** and **soy sauce** and whisk or shake until fully combined.
- Add the **shallots**.
- Set the **dressing** aside.

Tip! Add the soy sauce to the dressing last, so you can adjust the saltiness to taste.



5. Toss salad

- Toss the **green beans**, **mint**, **coriander**, **peanuts**, **chilli** (spicy!), **carrot** and **cherry tomatoes** in the **dressing**.



6. Serve

- Once rested, season the steaks generously with **salt** and **pepper** and slice.
- Serve the **Spicy Indonesian Steak** on **Salad with Peanuts**.

Madras Beef Curry

with Basmati Rice and Spinach Salad

Madras curry originates from the south of India, and gets its name from the city of Madras now known as Chennai.

708 calories | 45 protein | 108 carbs | 18 fat

Global Eats

cook: 30 min

R3690-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2964 / 708
Fats (g)	17.7
of which saturated (g)	6.3
Carbohydrates (g)	108
of which sugars (g)	19.9
Fibers (g)	11
Proteins (g)	45.1
Salt (g)	2.8

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What You'll Need

- Box grater

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef curry	
Pulled beef	400 Grams
Red onion	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Ginger garlic paste	30 Grams
Turmeric powder	4 Grams
Madras curry powder	4 Grams
Coriander cumin powder	8 Grams
Chilli powder	4 Grams
Tomato paste	70 Grams
Tomato passata	500 Grams
Water	200 ML
Fresh coriander	15 Grams

Basmati rice	
Basmati rice	300 Grams
Salt	1 Tsp
Water	600 ML

Salad	
Lemon	1 Piece
Olive oil	4 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp
Carrot	2 Piece
Cucumber	2 Piece
Baby spinach	125 Grams

To serve	
Natural yogurt 4*	340 Grams

Allergens: *4 Milk

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1. Fry onion

- Peel and finely chop the **red onion**.
- Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion** with a pinch of **salt**.
- Fry for 5 min until softened.



2. Boil rice

- Meanwhile, rinse the **basmati rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pan with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pan from heat.
- Keep covered until serving.



3. Simmer curry

- Meanwhile, add the **ginger garlic paste**, **turmeric**, **madras curry powder**, **coriander cumin powder** and **chilli powder** (spicy!) to the **onions**.
- Fry for 1 min.
- Add the **tomato paste**, **tomato passata**, **measured water**, **pulled beef** and a generous pinch of **salt**.
- Bring to a simmer.
- Cook, covered, for 5-8 min.

Tip! Sensitive to spice? Go easy on the chilli powder.



4. Make dressing

- Meanwhile, squeeze 1 **lemon** juice directly into a large bowl.
- Add the **olive oil**, **salt** and **pepper**.
- Whisk until combined.
- Set the **dressing** aside.



5. Prep salad

- Peel and grate the **carrot**.
- Slice the **cucumber** into half moons.
- Add the **carrot** and **cucumber** to the bowl with the **dressing**.

Tip! Grate the carrot directly into the dressing to save chopping board space.



6. Serve

- Add the **baby spinach** to the **dressing** and toss.
- Pick the **coriander** leaves.
- Serve the **Madras Beef Curry** and **Basmati Rice** with the **Spinach Salad** and **yogurt** alongside.
- Top with the **coriander** leaves.

Tofu Souvlaki with Greek Potato Salad

hellofresh

860 calories | 42 protein | 111 carbs | 33 fat

cook: 35 min

R4346-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3592 / 860
Fats (g)	33.4
of which saturated (g)	15.1
Carbohydrates (g)	111
of which sugars (g)	10.4
Fibers (g)	18.3
Proteins (g)	42
Salt (g)	2.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Tofu	
Firm tofu [9*]	600 Grams
Small zucchini	2 Piece
Lemon	2 Piece
Dried oregano	4 Grams
Dried thyme	4 Grams
Tomato paste	70 Grams
Garlic onion powder	8 Grams
Chilli flakes	2 Grams
Olive oil	1 Tbsp
Salt	1 Tsp
Bamboo skewers	12 Piece

Potato salad	
New potatoes	1500 Grams
Kalamata olives	80 Grams
Red onion	1 Piece
Capers	40 Grams
Fresh dill	15 Grams
Vegan feta	200 Grams
Red vinegar	30 ML
Dijon mustard [13*]	12 Grams
Garlic cloves	2 Piece
Olive oil	4 Tbsp
Black pepper	0.5 Tsp

Allergens: *9 Soya, *13 Mustard

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1. Prep skewers

Preheat the oven to 200C. Pat dry the **tofu** and cut it into cubes. Cut the **zucchini** into rounds. In a **small** bowl, combine the **thyme**, **oregano**, **chilli flakes**, **tomato paste**, **garlic onion powder**, **salt**, **pepper** and a generous drizzle of **olive oil**. Thread the **tofu** cubes on the **skewers**.



2. Bake

Place the **skewers** on a lined baking tray> brush with the dressing on all sides. Bake for 25 min.



3. Boil potatoes

Boil for 15 min, until fork tender. Once cooked, drain and allow to cool slightly.



4. Prep salad

Meanwhile, peel and finely slice the **onion**. Roughly chop the **olives** and **capers**. Pick and finely chop the **dill**. Peel and finely chop the **garlic**. In a **small** bowl, combine the **red vinegar**, **mustard**, **garlic** and a drizzle of **olive oil**. Season with **salt** and **pepper** to taste. This is your dressing.



5. Make salad

Once the **potatoes** have cooled enough to handle, chop them into bite-sized pieces. To a large bowl, add the **potatoes**, **onion**, **olives**, **capers** and **dill**. Crumble in some of the **feta** (saving some for garnish) and drizzle over the dressing. Mix well.



6. Serve

Creamy Keralan Coconut Egg Curry

with Sweet Potatoes and Spinach

Keralan cuisine is a culinary style originated in Kerala, a state on the southwestern Malabar coast of India. They are most commonly known for using curry leaves in food preparation.

hellochef

616 calories | 29 protein | 62 carbs | 30 fat

Low Carb

cook: 35 min

R3722-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2581 / 616
Fats (g)	30
of which saturated (g)	14.5
Carbohydrates (g)	62
of which sugars (g)	17.2
Fibers (g)	15
Proteins (g)	29.2
Salt (g)	2.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Organic Eggs **5***	8 Piece
Sweet potatoes	800 Grams
Red onion	2 Piece
Spinach	200 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Garlic paste	20 Grams
Turmeric powder	4 Grams
Curry powder	8 Grams
Coriander cumin powder	8 Grams
Garam masala	4 Grams
Chilli powder	4 Grams
Tomato paste	70 Grams
Coconut milk	400 ML
Tomato passata	500 Grams
Water	100 ML
Curry leaves	12 Grams
Green peas	375 Grams
Fresh coriander	15 Grams

Allergens: *5 Eggs

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1. Boil eggs

- Cook the **eggs** in boiling [i]**water**[i/] for 5-7 min or until cooked to your liking.
- Drain, run under cold water and peel once cooled.



2. Prep

- Meanwhile, peel and chop the **sweet potatoes** into small bite-sized pieces.
- Peel and finely chop the **red onion**.
- Trim and discard the **spinach** stalks.
- Roughly chop the **leaves**.



3. Fry

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion** with a pinch of **salt**.
- Fry for 5 min until softened.
- Add the **garlic paste**, **turmeric**, **curry powder**, **coriander cumin**, **garam masala**, **chilli powder (spicy!)** and **tomato paste**.
- Fry for 1 min further.

Tip! Sensitive to spice? Go easy on the chilli powder.



4. Simmer

- Add the **sweet potatoes**, **coconut milk**, **tomato passata**, **measured water** and **curry leaves**.
- Mix well, bring to a boil and cover.
- Simmer over medium heat for 15 min or until the **sweet potatoes** are tender.
- Season generously with **salt**.



5. Add

- Add the **spinach**, **peas** and the whole peeled **eggs**.
- Simmer, covered, for 2-3 min further or until the **spinach** wilts.



6. Serve

- Meanwhile, finely chop the **coriander**.
- Serve the **Creamy Keralan Coconut Egg Curry** with **Sweet Potatoes** and **Spinach**.
- Top with the **coriander**.

Middle Eastern Spiced Cod

with Chilli Jam Potatoes and Dill Slaw

These crispy, sticky and spicy potatoes are sure to be a massive hit!

hello chef

431 calories | 45 protein | 66 carbs | 2 fat

Calorie Smart | Global Eats

cook: 45 min

R4253-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1803 / 431
Fats (g)	2.1
of which saturated (g)	0.4
Carbohydrates (g)	66
of which sugars (g)	16.5
Fibers (g)	15.9
Proteins (g)	44.8
Salt (g)	0.5

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What You'll Need

Oven

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Cod

Cod fillet 6*	700 Grams
Lemon	2 Piece
Arabic mix masala	8 Grams
Paprika powder	4 Grams
Salt	1 Tsp

Potatoes

Potatoes	1200 Grams
Vegetable oil	4 Tbsp
Salt	1 Tsp
Black pepper	0.5 Tsp
Garlic cloves	4 Piece
Fresh coriander	30 Grams
Chilli jam	56 Grams

Salad

White cabbage	600 Grams
Spring onion	80 Grams
Red radish	125 Grams
Fresh dill	30 Grams
Zaatar	15 Grams
Sumac	4 Grams
Olive oil	2 Tbsp
Salt	0.5 Tsp

Allergens: *6 Fish

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1. Boil potatoes

- Preheat the oven to 220°C/200°C fan.
- Chop the **potatoes** into bite-sized pieces.
- Add them to a pan of salted water and bring to a boil.
- Cook for 10 mins until slightly tender.
- Drain.



2. Marinate cod

- Meanwhile, zest the **lemon** and slice the **lemon** into wedges.
- In a large bowl, combine the **arabic masala**, **paprika** and **lemon zest** with a pinch of **salt** and drizzle of **oil**.
- Add the **cod** and coat in the **marinade**.



3. Roast potatoes

- Drizzle **oil** onto a baking tray and place it into the oven to heat up for 3 min.
- Add the boiled **potatoes** to the preheated baking tray (being careful as the **oil** may splash).
- Sprinkle with **salt** and **black pepper**.
- Bake for 20-25 mins until golden and crispy.



4. Make slaw

- Meanwhile, slice the **cabbage** into fine strips.
- Trim and finely chop the **spring onions**.
- Trim and cut the **radish** into thin rounds.
- Pick the **dill**.
- In a small bowl, combine the **zaatar**, **sumac**, a squeeze of **lemon juice** with a generous drizzle of **olive oil** and a pinch of **salt**.
- Set the **dressing** aside.
- Add the **veggies** to a bowl.
- Drizzle over the **dressing**, mix well. Set aside.



5. Bake cod

- Transfer the **cod** with the **marinade** to an oven proof baking dish.
- Bake for the final 10-12 min with the **potatoes**, until fully cooked.



6. Serve

- Meanwhile, peel and mince the **garlic**.
- Pick and finely chop the **coriander leaves**.
- In a small bowl, combine the **garlic**, **coriander** and **chilli jam (spicy!)** with a drizzle of **oil** and pinch of **salt** to taste.
- Once the **potatoes** are cooked, spoon over the **chilli jam mix**. Toss to coat.
- Serve the **Middle Eastern Spiced Cod** with the **Chilli Jam Potatoes** and **Dill Slaw** on the side.

Parmesan Chicken

with Classic Cauliflower Cheese and Salad

This one's all about the cheeeeese!

606 calories | 68 protein | 25 carbs | 27 fat

Low Carb

cook: 40 min

R2843-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2530 / 606
Fats (g)	26.5
of which saturated (g)	12
Carbohydrates (g)	25
of which sugars (g)	9.6
Fibers (g)	5.8
Proteins (g)	68.4
Salt (g)	4

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What You'll Need

Oven | Rolling pin

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Parmesan chicken

Chicken breast	800 Grams
Grated Parmesan 4*	60 Grams
Garlic onion powder	8 Grams
Salt	1 Tsp

Cauliflower cheese

Cauliflower	600 Grams
Butter 4*	20 Grams
Corn starch	20 Grams
Chicken stock cube 4*,5*,9*,15*	1 Piece
Whole milk 4*	400 ML
Grated cheddar 4*	120 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Salad

Lemon	2 Piece
Olive oil	4 Tbsp
Salt	1 Tsp
Baby spinach	90 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Boil cauliflower

- Preheat the oven to 200°C/180°C fan.
- Bring a large pot of salted water to the boil.
- Chop the **cauliflower** into small florets.
- Cook the **cauliflower** in the pot of salted boiling water for 4 min or until tender and drain.



2. Make cheese sauce

- Meanwhile, heat a saucepot over a medium heat.
- Once hot, add the **butter**, **corn starch** and 1 **chicken stock cube**.
- Cook, stirring continuously, for 1 min or until a sandy paste has formed.
- Gradually whisk in the **milk** and cook for 3 min further or until the sauce has thickened.
- Add half of the **cheddar** and whisk until combined.
- Season with **pepper** to taste.



3. Bake cauliflower

- Place the **cauliflower** in a baking dish.
- Pour the **cheese sauce** over the **cauliflower** and give everything a good mix.
- Top with the remaining **cheddar** and bake for 20 min or until **cauliflower** is tender.



4. Prep chicken

- Meanwhile, wrap each **chicken breast** in cling film.
- Using a rolling pin, bash the **chicken breasts** until approx 1 cm thick.
- Combine the **grated Parmesan**, **garlic onion powder** and a pinch of **salt** in a small bowl.
- Place the **chicken** onto a baking tray and evenly top with the **Parmesan** crumb.



5. Bake chicken

- Bake the **chicken** for 8-10 min or until the **chicken** is cooked through and the cheese browns.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready.



6. Serve

- Meanwhile, in a large bowl add a squeeze of the **lemon** juice with the **olive oil** and a pinch of **salt**.
- Whisk the **dressing** until combined.
- Toss the **spinach** in the **dressing**.
- Serve the **Parmesan Chicken** with **Classic Cauliflower Cheese** and **Salad** on the side.

Overnight Coconut Chia Pudding

with Passionfruit and Toasted Coconut Flakes

Passionfruit adds a pop of colour and fresh, tropical flavour to this breakfast, but is also packed with fibre and antioxidants.

hello chef

294 calories | 7 protein | 29 carbs | 19 fat

Family Friendly | Quick Prep

cook: 10 min

R4693-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1309 / 294
Fats (g)	18.5
of which saturated (g)	2.5
Carbohydrates (g)	29
of which sugars (g)	15.6
Fibers (g)	9.7
Proteins (g)	6.9
Salt (g)	0.1

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Whisk

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

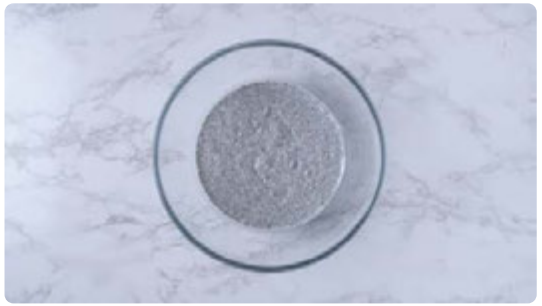
Chia pudding	
Chia seeds	90 Grams
Agave syrup	20 Grams
Light coconut milk	400 ML

Toppings	
Passion fruit	2 Piece
Apricot jam	30 Grams

To serve	
Coconut flakes	15 Grams
Natural yogurt 4*	170 Grams

Allergens: *4 Milk

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1. Make chia pudding

- In a large bowl, combine the **chia seeds**, **agave syrup** and **light coconut milk**.
- Leave the **chia pudding** in the mixing bowl or portion into individual containers.



2. Refrigerate

- Cover the **chia pudding** with a lid or cling film.
- Place into the fridge and leave to set overnight.

> **Tip!** Strapped for time? Leave to set for a minimum of 2 hours before consuming.



3. Prep topping

- Cut the **passionfruits** in half.
- In a small bowl, combine the **passionfruit pulp** and **apricot jam** until smooth.



4. Toast coconut

- Toast the **coconut flakes** in a hot, dry pan for 1-2 min or until starting to brown.

> **Tip!** Strapped for time? The coconut flakes can be eaten without toasting too.



5. Serve

- Serve the **Overnight Coconut Chia Pudding** with a dollop of **yogurt**, a drizzle of the **Passionfruit** and a sprinkling of **Toasted Coconut Flakes**.

> **Tip!** Store in an airtight container in the fridge and consume within 2 days.

Leek and Cauliflower Crustless Quiche

with Spinach and Pear

A fun and easy veggie-packed dinner treat!

hello chef

585 calories | 39 protein | 33 carbs | 35 fat

Low Carb

cook: 35 min

R2092-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2444 / 585
Fats (g)	35.4
of which saturated (g)	23.9
Carbohydrates (g)	33
of which sugars (g)	9.3
Fibers (g)	8.4
Proteins (g)	39.1
Salt (g)	2.3

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Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Veg	
Cauliflower	600 Grams
Leeks	1 Pieces
Yellow pepper	2 Pieces
Cherry tomatoes	300 Grams
Olive oil	4 Tbsp
Black olive slices	80 Grams

Base	
Organic Eggs 5*	8 Pieces
Grated cheddar 4*	120 Grams
Grated orange cheddar 4*	120 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Chilli flakes	2 Grams
Dried thyme	2 Grams

To serve	
Baby spinach	125 Grams
Pear	2 Pieces
Olive oil	2 Tbsp

Allergens: *5 Eggs, *4 Milk

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1. Prep

Preheat the oven to 200°C/180°C fan. Rinse and grate the **cauliflower**. Wash, trim and finely slice the **leeks** (make sure to remove any grit between the leaves). De-seed and finely slice the **pepper**. Halve the **cherry tomatoes**.



2. Sauté

Heat a pan over a medium heat with a drizzle of **oil**. Once hot, add the **cauliflower** and fry for 4-5 min or until most of the moisture has evaporated. Transfer to a lined pie or roasting dish. Reserve the pan.



3. Add

Return the pan to a medium heat with another drizzle of **oil**. Add the **leeks** and **peppers** and fry for 3-4 min until slightly softened. Add to the pie or roasting dish.



4. Mix

In a bowl, combine the **eggs**, **grated cheddar**, **salt**, **pepper**, **chilli flakes** (spicy!) and **thyme**.



5. Bake

Pour the egg mixture into the dish, over the **cauliflower**, **leeks** and **peppers**. Top with the **cherry tomatoes** and **black olive slices**. Bake in the oven for 20-25 min or until set.



6. Make salad

Rinse and pat the **spinach** leaves dry. Slice the **pear**. Combine the **spinach** and **pear** in a salad bowl. Drizzle with **olive oil** and serve with the **crustless quiche**.

Indonesian Beef Stir Fry

with Lettuce Cups and Sesame Carrot Salad

Beautifully light and aromatic!

hellofresh

595 calories | 43 protein | 47 carbs | 28 fat

Low Carb | Calorie Smart | Global Eats

cook: 35 min

R4202-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2489 / 595
Fats (g)	27.9
of which saturated (g)	8.7
Carbohydrates (g)	47
of which sugars (g)	21.3
Fibers (g)	9.3
Proteins (g)	43
Salt (g)	2.6

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stir-fry	
Lean beef mince	700 Grams
Shallots	2 Piece
Spring onion	80 Grams
Ginger	60 Grams
Garlic cloves	4 Piece
Fresh coriander	15 Grams
Sesame oil 3*,9*	30 ML
Lime	2 Piece
Sweet soy sauce 9*,10*,11*,14*	40 ML
Tamari 9*	30 ML
Sambal oelek	20 Grams
Vegetable oil	2 Tbsp
Bean sprouts	150 Grams

Salad	
Carrot	2 Piece
Cucumber	2 Piece
Rice vinegar	45 ML
White sugar	15 Grams
Salt	0.5 Tsp
Black sesame seeds 3*	20 Grams

To serve	
Fresh mint	10 Grams
Baby gem lettuce	5 Piece

Allergens: *3 Sesame Seeds, *9 Soya, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide

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1. Prep

- Peel and finely slice the **shallots**.
- Trim and finely slice the **spring onions**.
- Peel and grate the **ginger**, using the fine blade on a box grater.
- Peel and finely chop the **garlic**.
- Pick and finely chop the **coriander**.



2. Make salad

- Peel the skin of the **carrot** and using the **vegetable** peeler, create **carrot** ribbons.
- Create **cucumber** ribbons using the **vegetable** peeler.
- In a bowl, combine the **rice vinegar**, **sugar**, half of the **sesame oil** (reserving half for the **sauce**) and a pinch of **salt**.
- Add the **carrot** and **cucumber** ribbons and mix to coat in the **dressing**.
- Sprinkle over the **sesame seeds** and set aside.



3. Make sauce

- Cut the **lime** in wedges.
- In a small bowl, combine the **sweet soy sauce**, **tamari**, **sambal oelek (spicy!)**, **ginger**, **garlic**, the remaining **sesame oil** and a squeeze of **lime juice** (saving some for garnish).

Tip! Sensitive to spice, go easy on the sambal oelek.



4. Fry beef

- Heat a large non-stick frying pan or a wok over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **beef**.
- Fry for 4-6 min until the **beef** has browned and is fully cooked.
- Once cooked remove from the pan and set aside on a separate plate.
- Wipe and retain the pan.



5. Stir fry

- Heat the reserved pan over a medium-high heat with another drizzle of **oil**.
- Once hot, add the **shallots**. Fry for 1-2 min.
- Add the **spring onion** and **bean sprouts**.
- Fry for a further 2-3 min, until the **bean sprouts** have softened.
- Add the cooked **beef** and **sauce**.
- Toss to mix well.
- Fry for 1-2 min more, until the **beef** has warmed through and the **sauce** has thickened.
- Stir through the **coriander**.

Tip! Like it extra saucy? Add a splash of water with the sauce.



6. Serve

- Pick and finely chop the **mint**.
- Pick the **lettuce** leaves.
- Add a spoonful of the **stir fry** into each **lettuce** cup, garnish with the **mint** and squeeze over the remaining **lime juice**.
- Serve the **Indonesian Beef Stir Fry with Lettuce Cups and Sesame Carrot Salad** .

Cheat's Chicken Kiev

with Mash and Green Beans

Instead of stuffing chicken breasts with garlic butter, you'll be drizzling them with it!

hellochef

1062 calories | 68 protein | 85 carbs | 51 fat

Family Friendly

cook: 40 min

R2528-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4425 / 1062
Fats (g)	50.6
of which saturated (g)	30.6
Carbohydrates (g)	85
of which sugars (g)	9.6
Fibers (g)	12.2
Proteins (g)	68
Salt (g)	1.4

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Plain flour **10*,11***	50 Grams
Organic Eggs **5***	2 Piece
Panko bread crumbs **10*,11*,12***	180 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Vegetable oil	4 Tbsp

Garlic butter	
Garlic cloves	8 Piece
Fresh parsley	30 Grams
Butter **4***	200 Grams

Mash	
Potatoes	1200 Grams
Whole milk **4***	200 ML
Salt	1 Tsp
Black pepper	1 Tsp

Side	
Green beans	500 Grams

Allergens: *10 Wheat, *11 Gluten, *5 Eggs, *12 Lupin, *4 Milk

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1. Prep vegetables

Preheat the oven to 200°C/180°C fan. Trim the **green beans**. Peel and finely chop the **garlic**. Finely chop the **parsley**. Peel and chop the **potatoes** into bite-size pieces.



2. Boil and mash potatoes

Add the **potatoes** to a pot of water with a large pinch of **salt**. Bring to a boil over a high heat and cook for 15-20 min until soft. Once soft, drain the **potatoes** and return them to the pan. Mash until smooth, slowly pouring in enough **milk** to reach the desired consistency. Season with **salt** and **pepper** and set aside, covered, until serving.



3. Bread chicken

Meanwhile, add the **flour**, **eggs** and **panko bread crumbs** to three separate bowls. Beat the **eggs**. Season the **flour** with **salt** and **pepper**. Pat the **chicken breasts** dry and turn them in the seasoned **flour**, then dip them in the beaten **eggs** and finally coat them in the **panko bread crumbs**.



4. Fry chicken

Heat a non-stick pan over a medium heat with a drizzle of **vegetable oil**. Once hot, add the breaded **chicken breasts** and cook for 5-6 min on each side until golden. If the surface starts to brown too quickly, reduce the heat to low. (Option: you can finish cooking the **chicken** in the oven for 10 min.)



5. Boil green beans

Meanwhile, add the **green beans** to a pot with a pinch of **salt** and cover with boiling water. Cook the **beans** over a medium heat for 5 min until tender. Drain.



6. Make garlic butter

Meanwhile, heat a second pot or pan over a medium-low heat with the **butter** and chopped **garlic**. Once melted, add the chopped **parsley** and cook for 1-2 min. Make sure not to burn the **butter** or **garlic**! Serve the breaded **chicken** alongside the mash and **green beans**. Drizzle everything with the **garlic butter**.

Chicken and Mushroom
Cottage Pie

Creamy chicken sauce underneath a hearty mash... yummy!

1019 calories | 68 protein | 53 carbs | 61 fat

Family Friendly

cook: 45 min

R2414-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4247 / 1019
Fats (g)	60.6
of which saturated (g)	32.6
Carbohydrates (g)	53
of which sugars (g)	11.1
Fibers (g)	8.4
Proteins (g)	67.7
Salt (g)	3.3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken sauce	
Chicken mince	0 Grams
Spring onion	100 Grams
Garlic cloves	4 Pieces
Mushroom	500 Grams
Olive oil	4 Tbsp
Fresh thyme	200 Grams
Plain flour 10*,11*	20 Grams
Whole milk 4*	400 ML
Cooking cream 4*	200 ML
Chicken stock cube 4*,5*,9*,15*	2 Pieces
Dried bay leaves	4 Pieces
Salt	1 Tsp
Black pepper	1 Tsp

Mash	
Potatoes	1200 Grams
Butter 4*	50 Grams
Organic Eggs 5*	2 Pieces
Salt	1 Tsp

To serve	
Carrot	4 Pieces

Allergens: *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Prep vegetables

Preheat the oven to 200°C/180°C fan. Chop the **spring onions**. Peel and crush the **garlic**. Clean and slice the **mushrooms**. Peel the **potatoes** and cut into bite-size **cubes**.



2. Boil potatoes

Cover the **potatoes** with water in a pot and bring to a boil. Boil for 15 min or until fully softened. Drain.



3. Make chicken sauce

Meanwhile, heat a pan over high heat with a drizzle of **oil**. Fry the **chicken mince**, **mushrooms** and **spring onion** for 6-8 min. Add crushed **garlic** and **fresh thyme**, cook for 2 min further.



4. Add and stew

Add all purpose **flour** and mix well. Slowly pour in the **milk**, stirring constantly. Add the **cooking cream**, crumbled **chicken stock cube** and **dried bay leaves**. Bring to a light bubble and let stew on the pan for about 5 min until slightly thickened. Season with **salt** and **pepper** to taste.



5. Make mash

Drain the boiled **potatoes** and mash well with potato masher. Add the remaining **cream** (adjust the amount to achieve a desired consistency) and salted **butter**. Stir to combine. Season the mash with **salt** to taste. Finally stir in the **eggs**.



6. Bake

Pour the **chicken** sauce into an oven casserole. Top with the mashed **potatoes** and, using a spatula, smooth the top, creating the odd ripple. Bake in the oven for 15-20 min until nicely browned on top. Serve with **fresh carrot** sticks.

Spicy Smoky Sweet Potato and Mixed Bean Chilli
with Peanuts

Enjoy this warming bowl of vegan goodness!

hellochef

779 calories | 38 protein | 114 carbs | 14 fat

cook: 45 min

R2030-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3263 / 779
Fats (g)	14.4
of which saturated (g)	4.4
Carbohydrates (g)	114
of which sugars (g)	28.5
Fibers (g)	27.7
Proteins (g)	38.3
Salt (g)	7.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chilli	
Sweet potatoes	800 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Black beans	480 Grams
Black pepper	1 Tsp
Red kidney beans	480 Grams
Vegetable oil	4 Tbsp
Salt	1 Tsp
Smoked paprika powder	4 Grams
Cumin powder	4 Grams
Chipotle powder	4 Grams
Tomato paste	70 Grams
Sriracha sauce	28 Grams
Brown sugar	20 Grams
Chopped tomatoes	800 Grams
Water	500 ML
Vegetable stock cube 15*	2 Piece
Cashew cream cheeze 2*	110 Grams

To serve	
Large red chilli	2 Piece
Salted peanuts 1*	80 Grams

Allergens: *15 Celery, *2 Tree Nuts, *1 Peanuts

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1. Prep

- Peel the **sweet potatoes** and chop them into small bite-size pieces.
- Peel and finely chop the **red onion** and **garlic**.
- Slice the **red chilli** (spicy!).
- Rinse and drain the **black beans** and **red kidney beans**.



2. Start chilli

- Heat a pan or a soup pot over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **sweet potatoes** and **onion** and fry with a pinch of **salt** for 5 min.
- Add the **garlic** and cook for 2 min further.



3. Add

- Add the **smoked paprika**, **cumin**, **chipotle** (spicy!), **tomato paste**, **sriracha** (spicy!) and **brown sugar**.
- Stir for 1 min.
- Add the drained **black beans** and **red kidney beans**.



4. Simmer

- Add the **chopped tomatoes**, **measured water** and the **vegetable stock cube**.
- Bring to a simmer, cover with a lid and reduce the heat to low.
- Simmer for 20-25 min or until the **sweet potatoes** are soft.



5. Finish chilli

- Finally, fold in the vegan **cashew cream cheeze**.
- Season with **salt** and **pepper** to taste.
- Add a splash of **water** if the **chilli** is too thick - this is your **chilli**.



6. Serve

- Divide the **bean chilli** among bowls.
- Garnish with the **red chilli** slices (spicy!) and the **salted peanuts**.

Thai Seabream

with Coconut Jasmine Rice

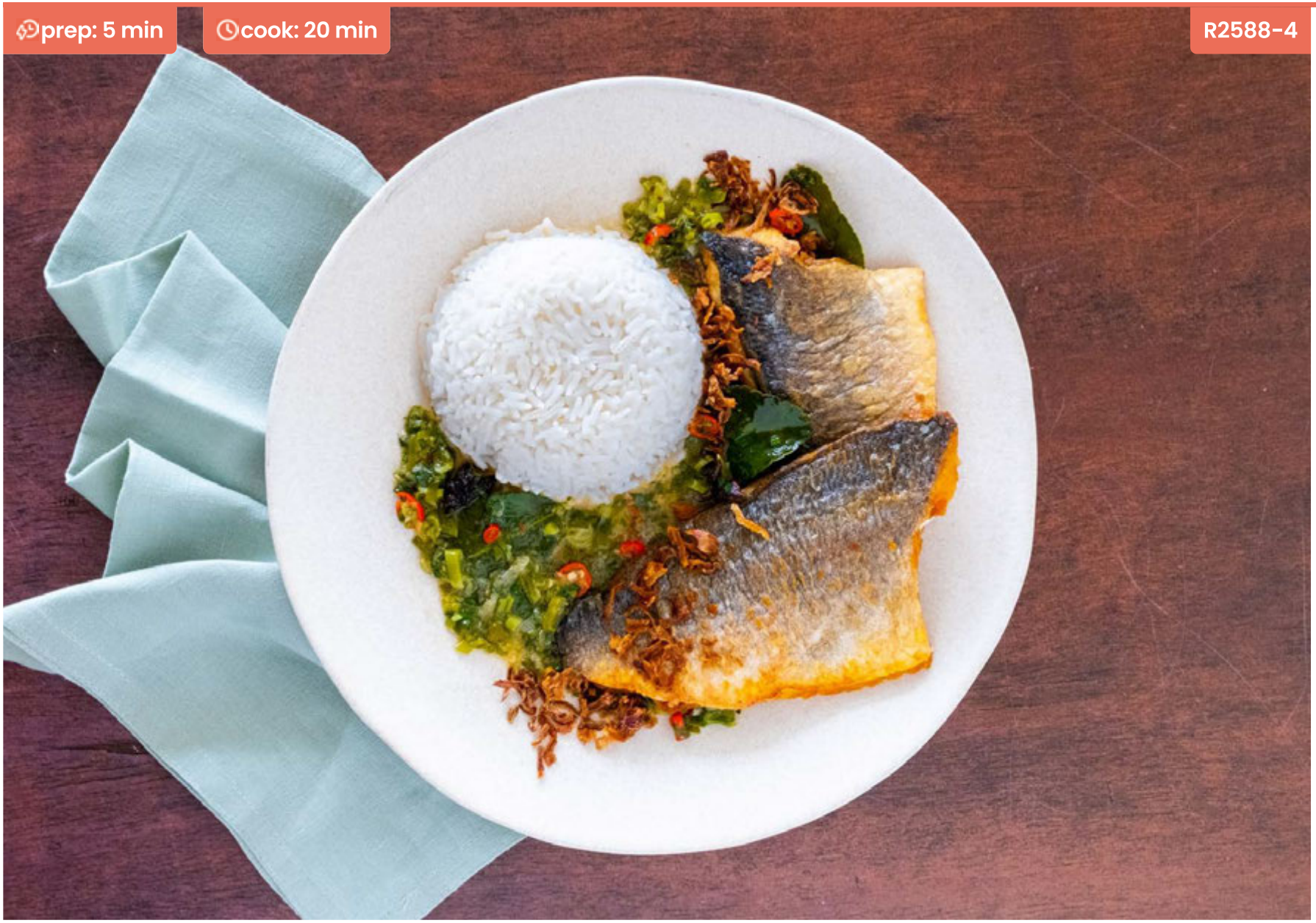
In this recipe, you'll cook an aromatic broth, coconut rice and crispy seabream fillets.

hellochef

702 calories | 48 protein | 87 carbs | 23 fat

Quick Prep | Speedy

prep: 5 min | cook: 20 min | R2588-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2938 / 702
Fats (g)	23.3
of which saturated (g)	11.5
Carbohydrates (g)	87
of which sugars (g)	4.9
Fibers (g)	6
Proteins (g)	48.4
Salt (g)	2.3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Seabream and broth	
Seabream 6*	660 Grams
Spring onion	80 Grams
Small red chilli	2 Piece
Fresh coriander	15 Grams
Vegetable oil	2 Tbsp
Star anise	2 Piece
Ginger garlic paste	40 Grams
Brown sugar	10 Grams
Water	300 ML
Lime leaves	6 Piece
Salt	1 Tsp
Fish sauce 6*,10*	20 ML
Lime	2 Piece

Coconut rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Coconut milk	400 ML
Water	200 ML

To serve	
Crispy onions	40 Grams

Allergens: *6 Fish, *10 Wheat

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1. Boil rice

- Rinse the **jasmine rice**.
- Add the **rice**, a pinch of **salt**, the **coconut milk** and **measured water** to a pot with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover with the lid.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from the heat.
- Keep covered until serving.



2. Prep

- Meanwhile, trim and finely slice the **spring onion**.
- Finely slice the **red chilli**.
- Finely chop the **coriander leaves**.

Tip! Sensitive to spice? Carefully remove the seeds of the red chilli, for a milder flavour.



3. Make broth

- Heat a saucepan over a medium heat with a drizzle of **oil**.
- Once hot, add the **star anise**, **ginger garlic paste**, **red chilli (spicy!)**, **spring onion** and the **coriander**.
- Fry for 2 min.
- Add the **brown sugar**, **measured water** and the **lime leaves**.
- Reduce the heat to medium.
- Simmer 5-6 min further.

Tip! Sensitive to spice? Go easy on the red chilli.



4. Fry seabream

- Meanwhile, pat the **seabream** fillets dry with kitchen paper.
- Season the skin with **salt**.
- Heat a large non-stick pan with a drizzle of **oil** over a medium-high heat.
- Once hot, add the **seabream**, skin-side down.
- Fry for 4 min or until crispy.
- Once crispy, flip.
- Fry 1-2 min further.

Tip! You can tell when white fish is cooked by checking if the flesh flakes easily.



5. Serve

- Remove the **broth** from the heat, add the **fish sauce** and juice the **lime** directly into it.
- Serve the **Thai Seabream** with **Coconut Jasmine Rice**.
- Garnish with the **crispy onions**.

Tip! For a milder broth, go easy on the lime and fish sauce.

Herbed Halloumi and Pesto Couscous

with Lemon Basil Dressing

This recipe is based on the Mediterranean diet, a way of eating that puts great emphasis on fresh herbs, vegetables, and whole grains. Known to be one of the healthiest lifestyles to follow!

hello chef

687 calories | 29 protein | 59 carbs | 39 fat

Speedy

cook: 25 min

R3971-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2856 / 687
Fats (g)	38.5
of which saturated (g)	25.2
Carbohydrates (g)	59
of which sugars (g)	8.7
Fibers (g)	8
Proteins (g)	29.1
Salt (g)	35.8

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Halloumi	
Halloumi 4*	400 Grams
Cherry tomatoes	300 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Dried oregano	4 Grams
Dried thyme	4 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Water	200 ML
Black pepper	1 Tsp

Pesto couscous	
Water	400 ML
Vegetable stock cube 15*	1 Piece
Green pesto 2*,4*	100 Grams
Couscous 10*,11*	200 Grams

Dressing	
Lemon	2 Piece
Fresh basil	15 Grams
Olive oil	4 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *4 Milk, *15 Celery, *2 Tree Nuts, *10 Wheat, *11 Gluten

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1. Make couscous

- Boil the **measured water** and dissolve the 1 **vegetable stock cube** and **green pesto** in it.
- Add the **couscous** to a large bowl with the **stock**.
- Cover with a plate for 10 min.
- After 10 min, fluff up with a fork and set aside.



2. Prep

- Meanwhile, chop the **cherry tomatoes** in half.
- Peel and finely chop the **red onion**.
- Peel and mince the **garlic**.
- Drain and slice the **halloumi** into bite-sized strips.
- In a large bowl, mix together the **dried oregano**, **thyme** and **oil**.
- Add the **halloumi** and toss to coat.



3. Fry halloumi

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **halloumi**.
- Fry for 2-3 min or until golden brown.
- Transfer the **halloumi** to a plate and reserve the pan.



4. Make sauce

- Return the pan to a medium-high heat with another drizzle of **oil**.
- Once hot, add the **onion** and **garlic** with a pinch of **salt**. Fry for 2 min.
- Add the **tomatoes** and **measured water** and bring to a simmer.
- Cook, covered, for 5 min or until the **tomatoes** soften.
- After 5 min, crush the **tomatoes** with the back of a spatula until they have roughly broken up.
- Return the **halloumi** and toss.
- Remove from the heat and season with **pepper** to taste.



5. Make lemon basil dressing

- Meanwhile, slice the **lemon** into wedges.
- Pick and finely chop the **basil** leaves.
- In a small bowl mix **olive oil** and **basil** together with a squeeze of **lemon** juice (reserve the rest for garnish).
- Add a pinch of **salt** and **pepper** to taste and stir.



6. Serve

- Serve the **Herbed Halloumi** and **Pesto Couscous** with **Lemon Basil Dressing[** alongside.
- Garnish with the remaining **lemon wedges**.

Beetroot and Goat Cheese Pancakes

with Tzatziki and Walnuts

Vegetarian adventure!

hellochef

506 calories | 31 protein | 18 carbs | 36 fat

Low Carb

cook: 30 min

R2108-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2117 / 506
Fats (g)	36.2
of which saturated (g)	17.4
Carbohydrates (g)	18
of which sugars (g)	9.7
Fibers (g)	4.6
Proteins (g)	31
Salt (g)	1.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pancakes	
Fresh beetroot	400 Grams
Carrot	4 Pieces
Organic Eggs 5*	3 Pieces
Olive oil	4 Tbsp
Black pepper	0.5 Tsp
Salt	1 Tsp
Rind-on goats cheese barrel 4*	180 Grams
Walnuts 1*,2*	60 Grams
Honey	15 Grams

Tzatziki	
Cucumber	2 Pieces
Greek yogurt 4*	340 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp

Side	
Green beans	500 Grams

Allergens: *5 Eggs, *4 Milk, *1 Peanuts, *2 Tree Nuts

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1. Grate and mix

Peel and grate **beetroot** and **carrot**. Transfer to a bowl. Add **eggs**, **olive oil** and **black pepper**. Mix well.



2. Bake pancakes

Preheat the oven to 200°C. At the last minute, stir **salt** into the **beetroot** mixture. With a spoon, scoop the mixture onto an oven tin lined with baking paper, carefully draining off any excess liquid. Bake in the oven for 15 minutes.



3. Make tzatziki

Meanwhile, grate **cucumber** and squeeze off the excess liquid. Transfer to a bowl. Combine with **Greek yogurt**. Season lightly with **salt** and **black pepper**. Set aside.



4. Boil green beans

Rinse **green beans** and discard stems. Bring a pot of lightly salted water to a boil and cook **green beans** for about 5 minutes until crisp-tender. Drain.



5. Finish pancakes

Slice goat **cheese**. Chop **walnuts** roughly. Take the pancakes from the oven and top with goat **cheese** and chopped **walnuts**. Continue baking for 5 more minutes. After taking out from the oven, drizzle the surface with a bit of **honey**. Serve hot with tzatziki and **green beans**.

Quick Thai Curry

with Pulled Chicken and Cauliflower Rice

Want dinner on the table quick? This one's for you!

hellochef

737 calories | 54 protein | 43 carbs | 42 fat

Low Carb | Speedy

cook: 25 min

R3222-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3082 / 737
Fats (g)	42.1
of which saturated (g)	15.1
Carbohydrates (g)	43
of which sugars (g)	15.9
Fibers (g)	15.2
Proteins (g)	53.9
Salt (g)	10.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Curry	
Pulled chicken	600 Grams
Shallots	2 Piece
Snow peas	200 Grams
Baby pak choi	6 Piece
Fresh coriander	15 Grams
Vegetable oil	2 Tbsp
Ginger garlic paste	20 Grams
Red curry paste 7*	40 Grams
Coconut milk	400 ML
Water	300 ML
Coconut sugar	15 Grams
Tamarind paste	30 Grams
Peanut butter 1*,9*	60 Grams
Sambal oelek	20 Grams
Lime leaves	6 Piece
Fish sauce 6*,10*	20 ML
Lime	2 Piece
Salted peanuts 1*	80 Grams

Cauliflower Rice	
Cauliflower	800 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Allergens: *7 Crustaceans, *1 Peanuts, *9 Soya, *6 Fish, *10 Wheat

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1. Make cauliflower rice

Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains. Heat a pan over a medium heat with a drizzle of **oil**. Once hot, add the **cauliflower** with a pinch of **salt** and stir-fry for 5 min. Remove from the heat, set aside and keep warm.



2. Prep

Meawhile, finely slice the **shallots**. Slice the **snow peas** in half. Trim the **pak choi** and slice it in half, separating the white base from the green tops. Finely chop the **coriander leaves**.



3. Start curry

Heat a second pan over a medium heat with a drizzle of **vegetable oil**. Once hot, add the **shallots** with a pinch of **salt** and cook for 3 min. Add the **ginger garlic paste** and **red curry paste** (spicy!). Cook for 2 min further.

Tip! Don't rush the frying of the curry paste; caramelising the paste builds depth of flavour.



4. Finish curry

Add the **pulled chicken**, **coconut milk**, **measured water**, **coconut sugar**, **tamarind**, **peanut butter**, **sambal oelek** (spicy!) and **lime leaves**. Simmer for 5 min. Add the **snow peas** and **pak choi** and simmer for 5 min further.



5. Garnish

Add the **fish sauce**, half of the **coriander** and squeeze of **lime** juice.



6. Serve

Divide the **cauliflower rice** among shallow bowls along with the **curry**. Garnish with **peanuts**, the remaining **coriander leaves** and **lime**.

Chicken Meatball Pho Soup

As easy to prepare, as it is to fall in love with!

hellochef

714 calories | 65 protein | 38 carbs | 37 fat

Low Carb

cook: 25 min

R2035-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2988 / 714
Fats (g)	37.4
of which saturated (g)	9.1
Carbohydrates (g)	38
of which sugars (g)	10.4
Fibers (g)	10.5
Proteins (g)	65.3
Salt (g)	4.7

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04-825-44-00
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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meatballs	
Chicken mince	800 Grams
Fresh coriander	30 Grams
Garlic onion powder	8 Grams
Chilli flakes	2 Grams
Soy sauce 9*,10*,11*	40 ML
Black pepper	1 Tsp
Vegetable oil	4 Tbsp
Shallots	2 Piece
Organic Eggs 5*	2 Piece
Almond flour 1*,2*	80 Grams

Soup	
Mushroom	500 Grams
Carrot	2 Piece
Small zucchini	4 Piece
Garlic cloves	4 Piece
Ginger	60 Grams
Coriander powder	4 Grams
Star anise	2 Piece
Water	1600 ML
Chicken stock cube 4*,5*,9*,15*	2 Piece
Lime	2 Piece
Salt	1 Tsp

Toppings	
Large red chilli	2 Piece
Spring onion	80 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *5 Eggs, *1 Peanuts, *2 Tree Nuts, *4 Milk, *15 Celery

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1. Make meatballs

- Chop the **fresh coriander**.
- Peel and finely chop the **shallots**.
- In a bowl, combine the **chicken mince**, chopped **coriander**, **shallots**, **garlic onion powder**, **chilli flakes** (spicy!), **soy sauce**, **eggs**, **almond flour** and **pepper**.
- Knead well.
- Shape into small **meatballs**.
- Refrigerate.

Tip! Use oiled hands when shaping the meatballs to stop the mixture from sticking to them!



2. Prep veg

- Clean and slice the **mushrooms**.
- Peel and slice the **carrots** into thin sticks.
- Chop the **zucchini** into thin sticks.
- Peel and grate the **garlic** and **ginger**.



3. Fry meatballs

- Heat a pan over a medium heat with a drizzle of **vegetable oil**.
- Once hot, add the **meatballs**.
- Fry for 5 min until browned.



4. Boil soup

- Meanwhile, add the **mushrooms**, **carrots**, **zucchini**, **garlic**, **ginger**, **coriander powder**, **star anise**, **measured water** and **chicken stock cube** to a soup pot.
- Bring to a boil and simmer for 5 min.
- Transfer the **meatballs** to the **soup**.
- Simmer for 4 min further.



5. Season

- Meanwhile, slice the **red chilli** and **spring onion** finely.
- Slice the **lime** into wedges.



6. Serve

- Season the **soup** with a squeeze of **lime** juice and a pinch of **salt**.
- Serve the **Chicken Meatball Pho Soup**.
- Garnish with the **chilli** (spicy!), **spring onion** and any remaining **lime** wedges.

Yaki Udon

with Shiitake Mushrooms

Talk about a mid-week treat! The absolute classic, ready in under 25 mins and in the comfort of home.

hello chef

620 calories | 15 protein | 116 carbs | 11 fat

Speedy

cook: 25 min

R4264-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2618 / 620
Fats (g)	10.9
of which saturated (g)	1.7
Carbohydrates (g)	116
of which sugars (g)	16.9
Fibers (g)	8
Proteins (g)	15.3
Salt (g)	5.5

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What You'll Need

- Box grater

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Udon	
Udon noodles 10*,11*	1000 Grams
Red pepper	2 Piece
Carrot	1 Piece
Spring onion	80 Grams
Shiitake mushroom	400 Grams
Dark soy sauce 9*,10*,11*	40 ML
Vegetarian oyster sauce 9*	80 Grams
Sesame oil 3*,9*	30 ML
Ginger garlic paste	20 Grams
Brown sugar	10 Grams
Rice vinegar	30 ML
Vegetable oil	1 Tbsp
Bean sprouts	100 Grams

To serve	
Crispy onions	40 Grams
Sushi ginger	80 Grams

Allergens: *10 Wheat, *11 Gluten, *9 Soya, *3 Sesame Seeds

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1. Prep

- Place the **noodles** in a bowl, cover with boiling water to loosen for 30 sec, then drain.
- Deseed and chop the **pepper** into strips.
- Peel and grate the **carrot**.
- Trim and finely slice the **spring onions**.
- Chop the **mushrooms** into bite-sized pieces.



2. Make stir-fry sauce

- In a small bowl combine the **dark soy sauce**, **oyster sauce**, **sesame oil**, **ginger garlic paste**, **brown sugar** and **rice vinegar**.
- Set the **stir-fry sauce** aside.



3. Fry mushrooms

- Heat a large non-stick frying pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **mushrooms**.
- Fry for 3-5 min.



4. Fry veg

- Add the **peppers** and **carrots** to the same pan as the **mushrooms**.
- Fry for 2-3 min until slightly softened.



5. Finish stir-fry

- Add the drained **udon noodles**, **bean sprouts**, **spring onions** (saving some for garnish) and **stir fry sauce**.
- Fry for a further 1-2 min.
- Tossing to coat the ingredients in the **sauce**.

Tip! Like it extra saucy, add a splash of water with the udon.



6. Serve

- Serve the **Yaki Udon with Shiitake Mushrooms**.
- Top with the **crispy onions**, **sushi ginger** and the remaining **spring onions**.

Persian Saffron Chicken and Jeweled Rice

with Glazed Carrots and Barberries

Known as Shirin Polo, this festive rice dish is typically served at Persian weddings and celebrations. It's a symphony of flavors and textures with sweet and tart dried fruit and nuts.

hellofresh

869 calories | 61 protein | 119 carbs | 16 fat

Global Eats

cook: 40 min

R4136-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3633 / 869
Fats (g)	15.5
of which saturated (g)	6.5
Carbohydrates (g)	119
of which sugars (g)	36.3
Fibers (g)	10.7
Proteins (g)	60.5
Salt (g)	3.6

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What You'll Need

- Box grater

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Saffron Chicken	
Chicken breast	800 Grams
Brown onion	2 Piece
Vegetable oil	2 Tbsp
Turmeric powder	4 Grams
Cardamom pods	6 Piece
Cardamom powder	4 Grams
Cinnamon stick	2 Piece
Cinnamon powder	2 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Chicken stock cube 4*,5*,9*,15*	1 Piece
Saffron Splash	60 ML
Water	300 ML
Corn starch	15 Grams

Jeweled Rice	
Barberries	40 Grams
Carrot	2 Piece
Orange	2 Piece
Long grain rice	300 Grams
Salt	1 Tsp
Water	600 ML
Sliced pistachios 2*	40 Grams
Butter 4*	30 Grams
Honey	30 Grams
White sugar	20 Grams

To serve	
Natural yogurt 4*	340 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *2 Tree Nuts

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1. Prep

- Rinse and drain the **barberries**.
- Peel and thinly slice or finely chop the **onion**.
- Peel and thinly slice the **carrots** into matchstick pieces or grate them.
- Zest the **orange** using a microplane or zester, making sure to avoid its bitter white pith, then cut it in half.



2. Make rice

- Rinse the **rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat.
- Once boiling, reduce the heat to low, cover, and cook for 12-14 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from the heat and keep covered until serving.



3. Braise chicken

- Heat a pan over medium-high heat with a drizzle of **oil**. Fry the **onions** for 5 min until softened.
- Add the **turmeric**, **cardamom pods** and **powder**, **cinnamon stick** and **powder**, and fry for 1 min.
- Move the **onions** to the side, add the **chicken** with a pinch of **salt** and **pepper**, and cook for 3-4 min on either side until browned.
- Mix in the 1 **stock cube**, **saffron splash**, and the **measured water**.
- Cover, lower the heat, and braise for 12-15 min until the **chicken** is done.

Tip! Prefer a thicker sauce? See Tip #6!



4. Toast nuts

- Meanwhile, heat another pan over medium heat, and lightly toast the **pistachios** for 1 min until slightly crunchy.
- Transfer to a bowl and reserve the pan.



5. Make glazed carrots

- Using the same pan, turn the heat to medium, melt the **butter** and add the **carrots**.
- Fry for 3-5 min until starting to soften, but not browned.
- Add the **barberries**, **honey**, **sugar**, and squeeze in half the **orange juice** and a pinch of **orange zest**.
- Cook for 2-3 min until the **juice** has reduced by half and the **carrots** have softened.

Tip! This mixture is a combination of sweet, sour, and tart. Adjust the amount of sugar and orange zest to your liking by adding more or less.



6. Serve

- Slice the **chicken** into pieces.
- Serve the **Saffron Chicken and Sauce** with **Jeweled Rice, Glazed Carrots** and **Barberries**.
- Top with toasted **pistachios**.
- Serve with the **yogurt** alongside.

Tip! For a thicker sauce for the chicken, make a cornstarch slurry and add it towards the end of cooking. Mix 1 tsp of cornstarch and 4 Tbsp of cold water in a small bowl until smooth. Add the slurry to the stew and cook on high for 1 min until the sauce thickens.

Sticky Honey Garlic Chicken
with Quinoa

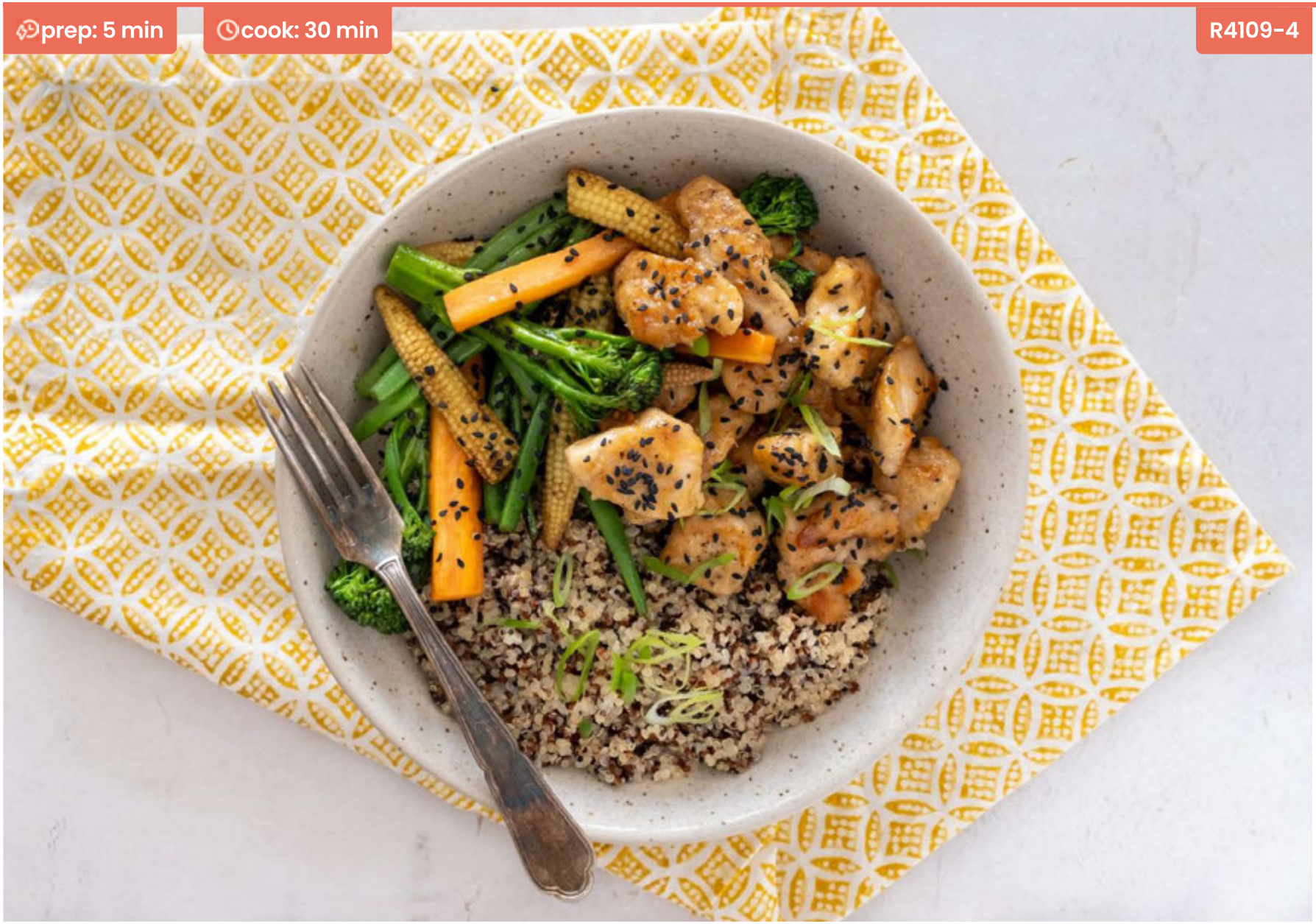
Quick, easy and packed with flavour!

hello chef

593 calories | 55 protein | 53 carbs | 17 fat

Quick Prep | Calorie Smart

prep: 5 min | cook: 30 min | R4109-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2539 / 593
Fats (g)	16.9
of which saturated (g)	3
Carbohydrates (g)	53
of which sugars (g)	13.5
Fibers (g)	3.9
Proteins (g)	55.4
Salt (g)	4.1

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04-825-44-00
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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Corn starch	20 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Vegetable oil	2 Tbsp

Honey Garlic Sauce	
Ginger garlic paste	30 Grams
Garlic powder	4 Grams
Rice vinegar	30 ML
Sriracha sauce	28 Grams
Sesame oil 3*,9*	30 ML
Sweet soy sauce 9*,10*,11*,14*	30 ML
Water	300 ML
Honey	30 Grams

Quinoa	
Mixed quinoa	200 Grams
Water	400 ML
Salt	1 Tsp

Veg	
Vegetable oil	1 Tbsp
Baby corn & mixed veg	400 Grams
Tamari 9*	30 ML

To Serve	
Spring onion	80 Grams
Black sesame seeds 3*	15 Grams

Allergens: *3 Sesame Seeds, *9 Soya, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide

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1. Quinoa

- Add the **quinoa** to a bowl, cover with warm water and rinse.
- Drain in a fine sieve.
- Add the **measured water** to a pot. Bring it to a boil.
- Add the **quinoa** and a pinch of **salt**.
- Cover with a lid, reduce the heat to low.
- Simmer for 15 min or until the liquid is absorbed and the **quinoa** is tender.

Tip! Washing quinoa with warm water before draining it, removes the bitter-tasting saponins from its surface.



2. Make sauce

- In a small bowl, combine the **ginger garlic paste**, **garlic powder**, **rice vinegar**, **sriracha (spicy!)**, **sesame oil** and **sweet soy sauce**.
- Add the measured **water** and a teaspoon of the **corn starch**.
- Mix well and set aside.

Tip! Can't take the heat? Use less sriracha.



3. Prep

- Finely slice the **spring onions**.
- Cut the **chicken** in to bite-sized pieces.
- Place the **corn starch** in a separate bowl and season with **salt** and **pepper**.
- Toss the **chicken** in the seasoned **corn starch** until evenly coated.



4. Fry chicken

- Heat a frying pan over a medium high heat with a drizzle of **oil**.
- Once hot, add the **chicken**.
- Cook for 6-8 min until golden brown and cooked through.
- Add the **sauce** over the **chicken** and toss to coat fully.
- Cook for 1-2 min.
- Add the **honey** and mix well.
- Take off the heat. Remove the **chicken** from the pan set aside on a separate plate.
- Retain the pan.



5. Stir fry veg

- Wipe the reserved pan clean.
- Heat the pan over a medium high heat, with a drizzle of **oil**.
- Once hot add the **mixed veg**.
- Fry for 3-4 min until softened (don't over cook).
- Add back the **chicken** with the **tamari**.
- Fry for a further 1 min.

Tip! Add a small amount of water during the first frying stage to help the vegetables cook faster.



6. Serve

- Serve the **Sticky Honey Garlic Chicken** on **Quinoa** with the **veg**.
- Top with the **spring onion** and **sesame seeds**.

Paneer Cheese and Sweet Potato Curry

with Roasted Cauliflower

Enjoy this satisfying one-pot, topped with delicious garnishes!

hello chef

883 calories | 40 protein | 83 carbs | 48 fat

Low Carb

cook: 35 min

R2942-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3684 / 883
Fats (g)	48.1
of which saturated (g)	26.7
Carbohydrates (g)	83
of which sugars (g)	25.6
Fibers (g)	16.3
Proteins (g)	40.3
Salt (g)	1.2

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Paneer 4*	500 Grams
Sweet potatoes	600 Grams
Cauliflower	600 Grams
Brown onion	2 Piece
Vegetable oil	4 Tbsp
Salt	1 Tsp
Tomato paste	70 Grams
Ginger garlic paste	20 Grams
Paprika powder	4 Grams
Madras curry powder	4 Grams
Garam masala	5 Grams
Chilli powder	4 Grams
Water	400 ML
Vegetable stock cube 15*	1 Piece
Cooking cream 4*	200 ML
Honey	30 Grams

To serve	
Almond flakes 1*,2*	60 Grams
Lime	4 Piece
Fresh coriander	15 Grams

Allergens: *4 Milk, *15 Celery, *1 Peanuts, *2 Tree Nuts

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1. Roast cauliflower

- Preheat the oven to 200°C/180°C fan.
- Separate the **cauliflower** into florets.
- Add the **cauliflower** florets to a lined baking tray.
- Drizzle with **oil** and sprinkle with **salt**, then toss to coat.
- Roast for 20 min.

Tip! Don't feel like using the oven? Boil or steam the cauliflower, or grate and fry it to make cauliflower 'rice'.



2. Prep

- Meanwhile, chop the **paneer** into cubes.
- Peel and chop the **sweet potatoes** into bite-size cubes.
- Peel and chop the **onion**.



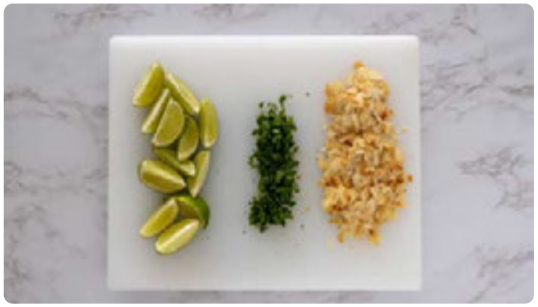
3. Start curry

- Heat a pan or a pot over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion**.
- Fry with a pinch of **salt** for 5 min.
- Add the **sweet potatoes**.
- Cook for 2-3 min further.



4. Simmer

- Add the **tomato paste**, **ginger garlic paste**, **paprika**, **madras curry** (spicy!), **garam masala** and **chilli powder** (spicy!).
- Stir for 1 min.
- Add the **measured water** and 1 **vegetable stock cube**.
- Bring to a simmer and cover with a lid.
- Cook over a low heat for 15-18 min, stirring occasionally.
- Add a splash of water if needed.



5. Prep garnsih

- Meanwhile, toast the **almond flakes** in a hot, dry pan for 1-2 min.
- Transfer to a plate.
- Set **almond flakes** aside.
- Slice the **lime** into wedges.
- Chop the **fresh coriander** leaves.



6. Finish curry

- Add the **cream**, **paneer cubes** and **honey** to the **curry**.
- Cook for a final 1-2 min.
- Check the seasoning.
- Serve the **Paneer Cheese and Sweet Potato Curry with Roasted Cauliflower**.
- Sprinkle with the toasted **almond flakes**.
- Garnish with **lime** wedges and **fresh coriander**.

Creamy Hummus and Spiced Beef

with Zaatar Cucumbers, Tomato, and Arabic Flatbread

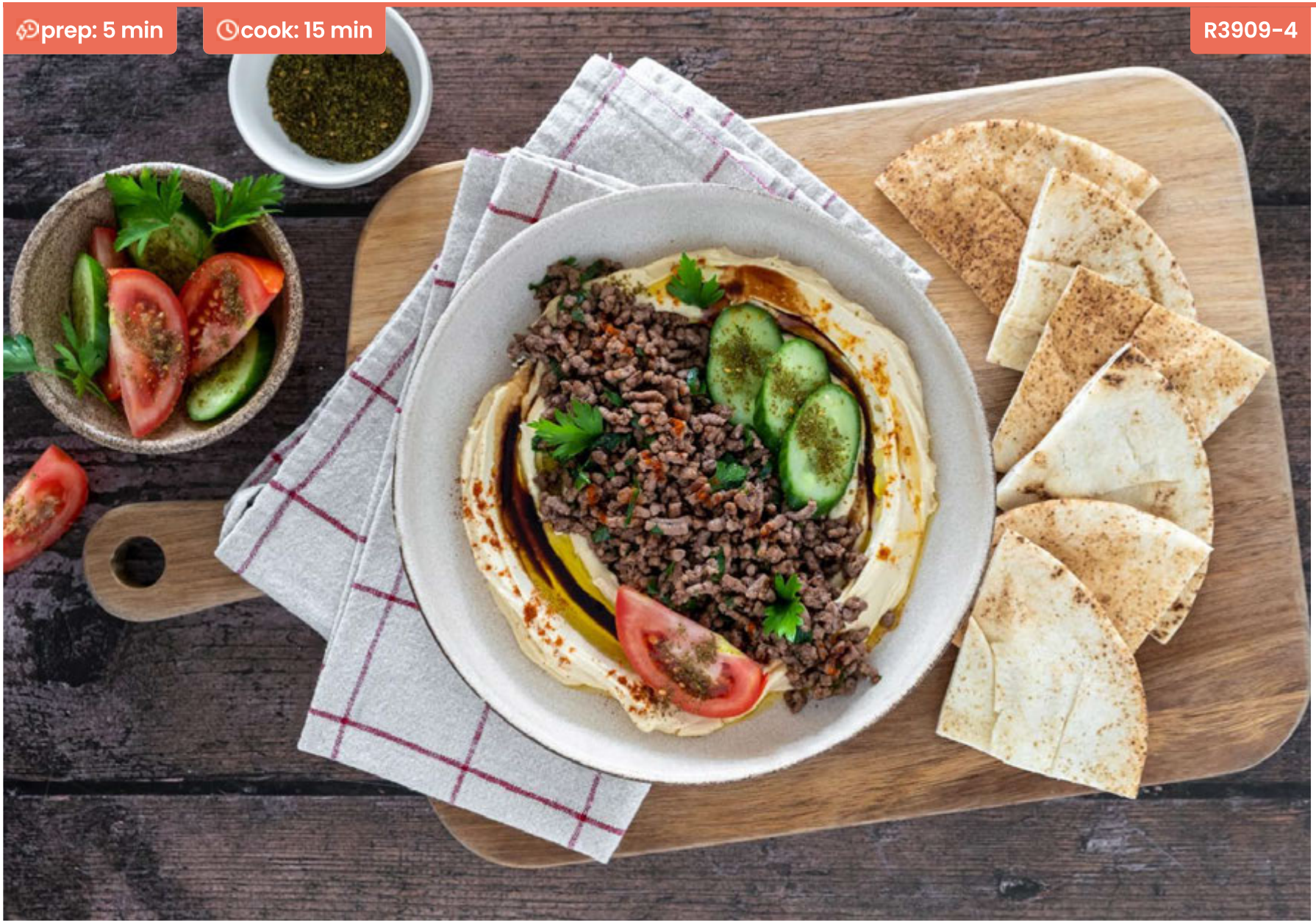
This popular Middle-Eastern dip is perfect for sharing and comes together in no time!

hellofresh

855 calories | 49 protein | 67 carbs | 43 fat

Tips for Kids | Quick Prep | Speedy

prep: 5 min | cook: 15 min | R3909-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2778 / 855
Fats (g)	42.6
of which saturated (g)	8.7
Carbohydrates (g)	67
of which sugars (g)	8.3
Fibers (g)	10.6
Proteins (g)	48.7
Salt (g)	1.2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Spiced beef	
Lean beef mince	700 Grams
Fresh parsley	15 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp
Coriander cumin powder	8 Grams
Allspice powder	4 Grams
Paprika powder	4 Grams

Vegetables	
Cucumber	2 Piece
Tomatoes	2 Piece
Zaatar	10 Grams

To serve	
Arabic flatbread packet [10*,11*]	2 Piece
Hummus [3*]	400 Grams
Olive oil	4 Tbsp
Pomegranate molasses	40 Grams

Allergens: *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Prep

Slice the **cucumber** into rounds. Slice the **tomatoes** into wedges. Pick and finely chop the **parsley** leaves.



2. Fry beef

Heat a large non-stick pan to a medium-high heat with a drizzle of **oil**. Once hot, add the **beef mince** with a pinch of **salt** and **pepper**, and fry for 5-7 min or until browned.

Tip! If cooking for kids, reserve a plain portion of the cooked beef to the side.



3. Add spices

Add the **coriander cumin powder**, **allspice** and **paprika** to the pan and fry for 1 min. Add a splash of water and fry for 1-2 min further. Remove the pan from the heat and stir in the **parsley** until wilted.



4. Warm flatbreads

Slice the **Arabic flatbreads** into quarters, and warm them in the microwave for 30-60 seconds.

Tip! Alternatively, keep the flatbreads whole, and warm them in a preheated oven for 2-3 min.



5. Serve

Divide the **hummus** among plates and spread it out in a 1cm thick layer. Top with the **spiced beef**, and drizzle with some **olive oil** and the **pomegranate molasses**. Add the **cucumbers** and **tomatoes** alongside, and sprinkle over the **zaatar**. Serve with the **Arabic flatbreads**.



6. Tips for Kids

If cooking for kids, serve the plain cooked **beef**, **hummus**, and **vegetables** separately. Serve the **Arabic flatbreads** alongside, and the **zaatar** as "sprinkles" to the side.

Spicy Bean and Corn Enchiladas

with Mozzarella and Guacamole

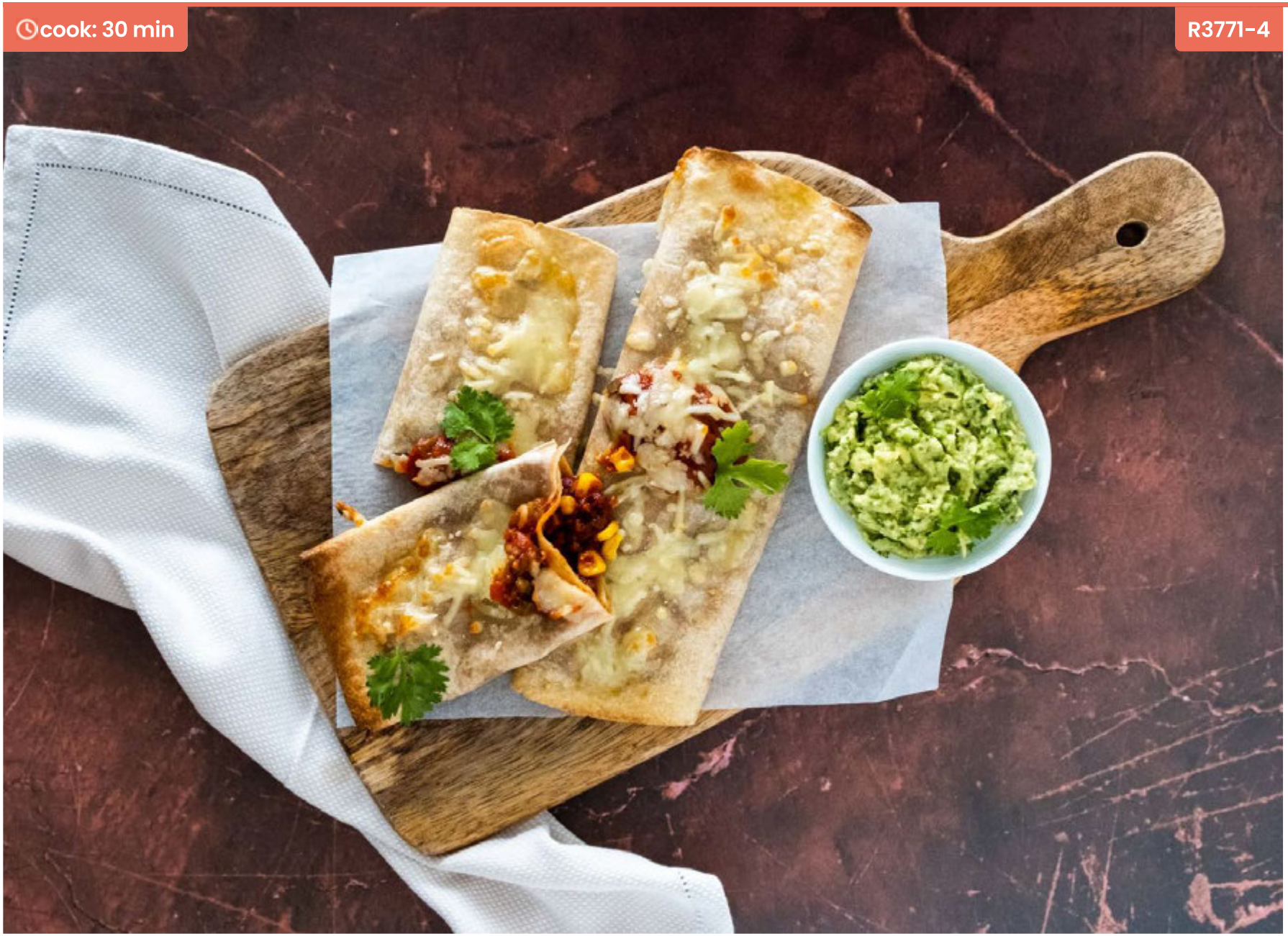
Add a bit of spice to your life!

hello chef

1025 calories | 42 protein | 134 carbs | 43 fat

cook: 30 min

R3771-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4289 / 1025
Fats (g)	42.9
of which saturated (g)	15.4
Carbohydrates (g)	134
of which sugars (g)	22.5
Fibers (g)	34.9
Proteins (g)	42
Salt (g)	3.7

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What You'll Need

Oven

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Enchiladas	
Red onion	2 Piece
Garlic cloves	4 Piece
Sweet corn kernels	244 Grams
Red kidney beans	480 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Chipotle powder	4 Grams
Smoked paprika powder	4 Grams
Coriander cumin powder	8 Grams
Tomato passata	500 Grams
Vegetable stock cube 15*	1 Piece
Brown sugar	20 Grams
Black pepper	1 Tsp
Wholewheat tortilla wraps 10*,11*	8 Piece
Mild tomato salsa	120 Grams
Grated mozzarella 4*	150 Grams

Guacamole	
Fresh coriander	15 Grams
Avocado	2 Piece
Lime	2 Piece
Salt	1 Tsp

Allergens: *15 Celery, *10 Wheat, *11 Gluten, *4 Milk

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1. Prep filling

- Preheat the oven to 220°C/200°C fan.
- Peel and finely chop the **red onion**.
- Peel and mince and **garlic**.
- Drain and rinse the **sweet corn kernels** and the **red kidney beans**.



2. Cook filling

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion** with a pinch of **salt** and fry for 5 min until softened.
- Add the **garlic**, **chipotle (spicy!)**, **smoked paprika** and the **coriander cumin powder** and cook for 2 min further.

Tip! Sensitive to spice? Go easy on the chipotle.



3. Simmer

- Add the **corn**, **red kidney beans**, **tomato passata**, 1 **vegetable stock cube**, **brown sugar**, a generous splash of water and simmer for 5 min until thickened.
- Remove from the heat and season with **salt** and **black pepper**.



4. Fill and bake

- Divide the **filling** among the **tortilla wraps**.
- Roll and place into an oiled baking dish, seam-side down.
- Sprinkle evenly with the **grated mozzarella**.
- Bake for 10 min or until the **cheese** is melted and golden - these are your **enchiladas**.



5. Make guacamole

- Meanwhile, finely chop the **coriander** leaves.
- Slice the **avocado** in half and remove its stone.
- Scoop the **avocado** out of its skin using a spoon into a bowl.
- Add a squeeze of **lime juice** and mash with a fork until smooth.
- Add the **coriander** (reserve some for garnish) and season generously with **salt**.



6. Serve

- Serve the **Spicy Bean and Corn Enchiladas** with the **guacamole** on the side.
- Garnish with the remaining **coriander**.

One-pot Lemon Chicken Farfalle Pasta

with Baby Spinach and Cherry Tomatoes

Rich, creamy and hearty - this one is guaranteed to be comforting!

hello chef

894 calories | 62 protein | 115 carbs | 22 fat

Tips for Kids

cook: 30 min

R3912-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3728 / 894
Fats (g)	22.3
of which saturated (g)	9.6
Carbohydrates (g)	115
of which sugars (g)	11.6
Fibers (g)	11.8
Proteins (g)	61.8
Salt (g)	3.3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pasta	
Chicken breast	600 Grams
Lemon	2 Piece
Red onion	2 Piece
Garlic cloves	4 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Cooking cream 4*	200 ML
Water	1000 ML
Chicken stock cube 4*,5*,9*,15*	2 Piece
Farfalle pasta 10*,11*	500 Grams
Baby spinach	90 Grams
Cherry tomatoes	300 Grams
Black pepper	1 Tsp

To serve	
Fresh parsley	15 Grams
Grated Parmesan 4*	60 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *10 Wheat, *11 Gluten

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1. Prep

- Slice the **lemon** into wedges.
- Peel and finely chop the **red onion**.
- Peel and mince the **garlic**.
- Chop the **chicken** into bite-sized strips.



2. Fry

- Heat a large pot over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken** and **onion** with a pinch of **salt**.
- Fry for 5 min until browned.

Tip! If cooking for kids, fry a plain portion of chicken before frying the remaining chicken with the onion.



3. Add garlic

- Add the **garlic** to the pot.
- Fry for 1 min further.



4. Add pasta

- Add the **cooking cream**, **measured water** and **chicken stock cube** to the pot.
- Bring to a simmer and add the **pasta**.
- Simmer, stirring occasionally, for 5 min.

Tip! If cooking for kids, boil a plain portion of pasta separately.



5. Add vegetables

- After 5 min, add the **baby spinach** and **cherry tomatoes** to the pot.
- Simmer, stirring occasionally, for 5-7 min further or until the **pasta** is 'al dente' or cooked to your liking.
- Remove the pot from the heat.
- Add a generous squeeze of **lemon** juice (reserve the rest for garnish).
- Season with **pepper** to taste.

Tip! If cooking for kids, set aside a plain portion of sliced cherry tomatoes before adding the remaining into the pot.



6. Serve

- Meanwhile, pick and finely chop the **parsley** leaves.
- Add half of the **grated Parmesan** to the **pasta** and toss.
- Serve the **One-pot Lemon Chicken Farfalle Pasta** with **Baby Spinach** and **Cherry Tomatoes**.
- Garnish with the **parsley** and remaining **grated Parmesan**.
- Serve the remaining **lemon wedges** alongside.

Tip! If cooking for kids, serve the pasta, chicken and cherry tomatoes separately. Serve the grated Parmesan and parsley as 'sprinkles' to the side.

Asian Salmon Salad

with Ginger Sesame Dressing

This salad is made with teriyaki coated salmon and a dressing packed full of Asian flavours!

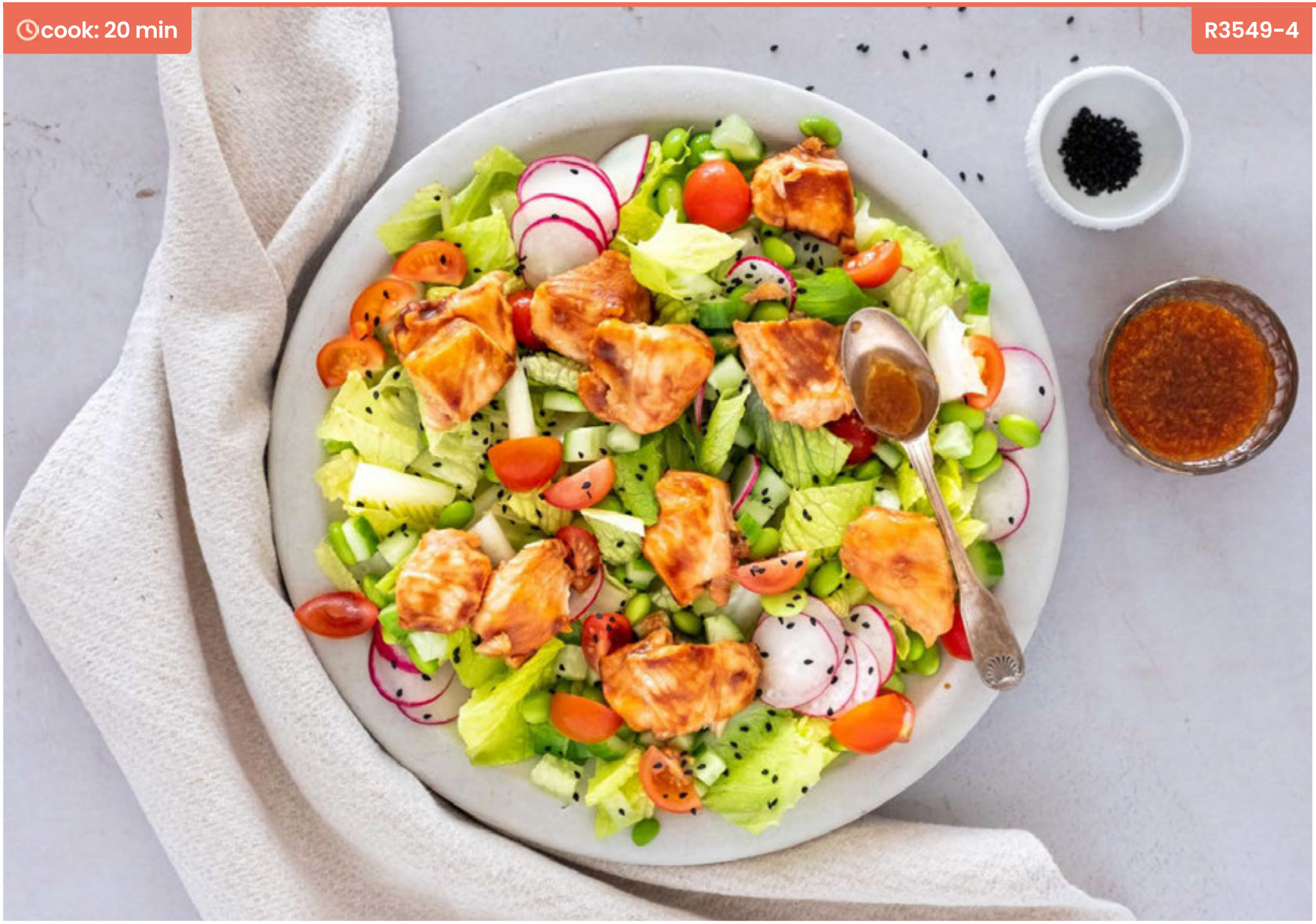
hello chef

506 calories | 49 protein | 29 carbs | 23 fat

Low Carb | Calorie Smart | Speedy

cook: 20 min

R3549-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2118 / 506
Fats (g)	23
of which saturated (g)	4.7
Carbohydrates (g)	29
of which sugars (g)	16.5
Fibers (g)	7.7
Proteins (g)	48.7
Salt (g)	4.3

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What You'll Need

Oven

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salmon	
Salmon cubes 6*	700 Grams
Tamari 9*	30 ML
Oyster sauce 8*,10*	40 Grams
Brown sugar	10 Grams

Salad	
Cherry tomatoes	300 Grams
Cucumber	2 Piece
Romaine lettuce	400 Grams
Red radish	250 Grams
Edamame beans 9*	200 Grams

Dressing	
Garlic paste	20 Grams
Ginger paste	20 Grams
Soy sauce 9*,10*,11*	20 ML
Rice vinegar	30 ML
Sesame oil 3*,9*	30 ML
Olive oil	2 Tbsp
Honey	30 Grams
Black sesame seeds 3*	20 Grams

Allergens: *6 Fish, *9 Soya, *8 Molluscs, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Roast salmon

- Preheat the oven to 220°C/200°C fan.
- In a baking dish, combine the **tamari** and **oyster sauce** with the **brown sugar**.
- Sep the **teriyaki glaze** aside.
- Add the **salmon cubes** to the baking dish.
- Mix until coated.
- Bake for 10 min or until cooked through.

Tip! Marinate the salmon up to 24 hours in advance.



2. Make dressing

- Meanwhile, add the **soy sauce**, **rice vinegar**, **sesame oil**, **olive oil**, **garlic paste**, **ginger paste** and **honey** into a large bowl.
- Mix well.
- Set the **Ginger Sesame Dressing** aside.

Tip! Not keen on raw garlic? Go easy!



3. Prep vegetables

- Halve the **tomatoes**.
- Chop the **cucumbers** into small cubes.
- Roughly chop the **lettuce**.
- Slice the **radishes**.



4. Assemble salad

- Add the **lettuce**, **tomatoes**, **cucumber**, **edamame** and **radishes** to the **dressing**.
- Toss well.



5. Serve

- Serve the **Asian Salmon** on the **Salad** with **Ginger Sesame Dressing**
- Garnish with the **sesame seeds**.

Salmon Teriyaki

with Veggie Jasmine Rice

Sticky, sweet, flaky salmon - what's not to like?!

hellochef

698 calories | 48 protein | 92 carbs | 20 fat

Family Friendly | Speedy

cook: 25 min

R4321-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2900 / 698
Fats (g)	19.9
of which saturated (g)	4.6
Carbohydrates (g)	92
of which sugars (g)	13.5
Fibers (g)	5
Proteins (g)	47.8
Salt (g)	2.2

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Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Teriyaki salmon	
Skinless salmon fillet 6*	700 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Olive oil	1 Tbsp
Teriyaki sauce 8*,9*,10*	80 ML
White vinegar	30 ML
Sesame oil 3*,9*	30 ML
Water	30 ML
Soy sauce 9*,10*,11*	20 ML
Brown sugar	10 Grams
Ginger powder	4 Grams
Garlic powder	4 Grams

Veggie rice	
Carrot	2 Piece
Jasmine rice	300 Grams
Water	650 ML
Salt	1 Tsp
Green peas	200 Grams

To serve	
Sesame seeds 3*	10 Grams

Allergens: *6 Fish, *8 Molluscs, *9 Soya, *10 Wheat, *3 Sesame Seeds, *11 Gluten

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1. Prep veg

- Peel and finely chop the **carrot** into small bite-sized pieces.



2. Boil rice

- Rinse and drain the **rice**.
- Add the **rice**, chopped **carrot**, pinch of **salt** and **measured water** to a pot with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 12-14 min or until the water is absorbed and the **rice** and **carrots** are cooked.



3. Fry salmon

- Meanwhile, portion the **salmon** and season with **salt** and **pepper**.
- Heat a large non-stick pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **salmon**.
- Fry for 3-4 min on each side or until cooked through.

Tip! Cook your salmon for a couple of min less for a medium finish. Keeping it slightly pink inside will ensure it doesn't dry out.



4. Make sauce

- In a small bowl, combine **teriyaki sauce**, **white vinegar**, **sesame oil**, **measured water**, **soy sauce**, **brown sugar** and **ginger** and **garlic powders**.
- Add to the pan with the **salmon** to coat.



5. Finish rice

- Once the **rice** is cooked, stir through the **peas**.
- Cover with a lid to steam for 1 min further.



6. Serve

- Serve the **Salmon Teriyaki** on the **Veggie Jasmine Rice**.
- Garnish with **sesame seeds**.

Re-fried Bean Burrito Bowl

with Avocado

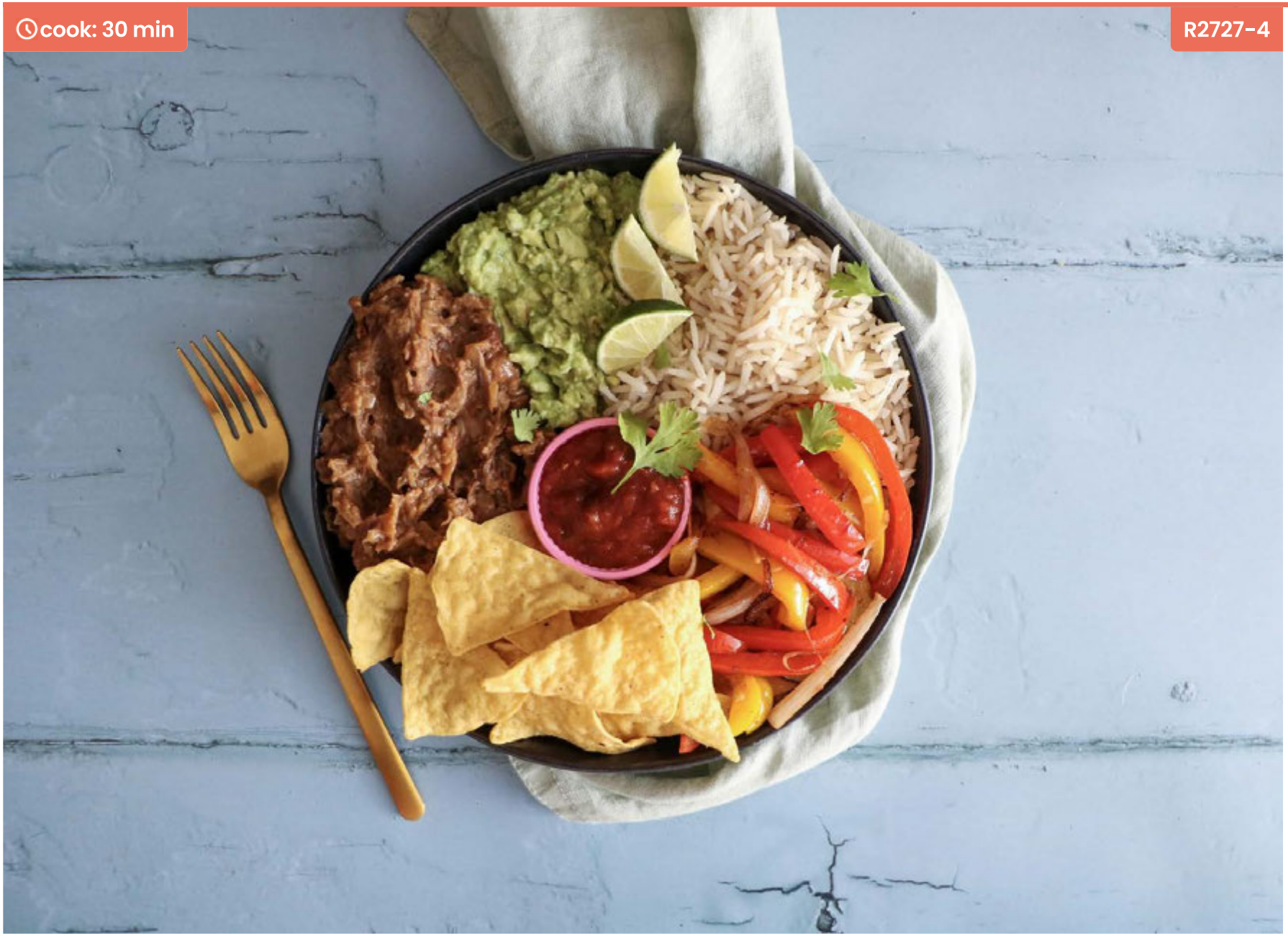
Skip the pulled chicken and enjoy this plant-based, deconstructed burrito in a bowl!

hellochef

985 calories | 29 protein | 168 carbs | 31 fat

cook: 30 min

R2727-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4122 / 985
Fats (g)	31.3
of which saturated (g)	4.6
Carbohydrates (g)	168
of which sugars (g)	23.1
Fibers (g)	28.2
Proteins (g)	29.2
Salt (g)	2.7

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Re-fried Beans	
Red kidney beans	480 Grams
Olive oil	4 Tbsp
Shallots	2 Piece
Chipotle powder	4 Grams
Garlic powder	10 Grams
Cumin powder	4 Grams
Water	600 ML
Vegetable stock cube [15]*	1 Piece

Vegetables	
Red onion	4 Piece
Red pepper	2 Piece
Yellow pepper	2 Piece
Olive oil	2 Tbsp
Fajita seasoning	20 Grams

Avocado	
Avocado	2 Piece
Lime	2 Piece
Garlic cloves	2 Piece
Salt	1 Tsp

Extras	
Brown rice	300 Grams
Hot tomato salsa	120 Grams
Fresh coriander	15 Grams
Nachos	200 Grams

Allergens: *15 Celery

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1. Prep

Peel and finely chop the **shallots**. Peel and slice the **red onions** into rings. Deseed and slice the **peppers** into strips. Drain and rinse the **red kidney beans**.



2. Simmer

Heat a pan over a medium-low heat with a drizzle of **olive oil**. Add the **shallots**, **chipotle powder** (spicy!), **garlic powder** and **cumin powder** and cook for 2 min. Add the **measured water**, **stock cube** and drained **red kidney beans**. Simmer for 15-20 min.



3. Boil rice

Meanwhile, bring a large pan of salted water to a boil over a medium-high heat. Once boiling, add the **brown rice** and cook for 25 min or until tender. Drain once tender.



4. Stir-fry

Meanwhile, heat a large pan over a medium-high heat with a drizzle of **oil**. Add the **onion** and **pepper** and fry for 5 min. Add the **fajita seasoning** (spicy!) and fry for 2 min further. Season with **salt** and **pepper**.



5. Smash avocado

Meanwhile, cut the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon and place it into a bowl. Juice the **lime** directly into the bowl. Peel and mince the **garlic** directly into the bowl. Season with **salt** and mash with a fork until smooth.

Tip! Become an avocado ripening pro! If your avocado's still hard but you plan to use it the next day, put it in a brown paper bag with an apple or a banana for company.



6. Serve

Using a potato masher, mash the **beans** until almost smooth. Divide the drained **rice** among bowls and arrange the stir-fried vegetables, **avocado**, **beans** and **hot salsa** (spicy!) over the top. Garnish with the **coriander** leaves. Serve the **nachos** alongside.

9 oz Fillet Steak in Creamy Mushroom Sauce

with Rosemary Potatoes and Asparagus

Dim the lights, grab a glass of red and enjoy!

hellochef

910 calories | 73 protein | 65 carbs | 42 fat

Gourmet | Family Friendly

cook: 45 min

R2120-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3792 / 910
Fats (g)	41.7
of which saturated (g)	23.3
Carbohydrates (g)	65
of which sugars (g)	12.6
Fibers (g)	14.2
Proteins (g)	73.4
Salt (g)	0.4

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steak	
Fillet steak	1000 Grams
Olive oil	4 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Sauce	
Shallots	2 Piece
Garlic cloves	6 Piece
Chestnut mushrooms	1000 Grams
Olive oil	4 Tbsp
Cooking cream 4*	400 ML
Water	200 ML
Mushroom stock cube	2 Piece
Salt	2 Tsp
Black pepper	1 Tsp

Sides	
Thick asparagus	500 Grams
Fresh rosemary	10 Grams
Potatoes	1200 Grams
Vegetable oil	2 Tbsp
Salt	2 Tsp

Allergens: *4 Milk

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1. Roast potatoes

Preheat the oven to 200°C/180°C fan. Remove the **steaks** from the fridge. Roughly chop the **rosemary**. Rinse the **potatoes** and chop them (skins on) into small cubes. Add them to a large baking tray with the **rosemary**, a drizzle of **vegetable oil** and a generous pinch of **salt**. Toss until the **potatoes** are fully coated. Roast for 40 min or until golden and crisp.



2. Prep vegetables

Meanwhile, peel and chop the **shallots** and **garlic**. Clean the **mushrooms** with a cloth, knife or brush (don't wash them with water). Slice the **mushrooms**.



3. Cook sauce

Heat a pan over a medium-low heat with a drizzle of **oil**. Once hot, fry the **mushrooms** for 8 min until browned. Reduce the heat to low and add the **shallots** and **garlic**. Fry for 2-3 min further. Add the **cream**, **measured water** and **stock cube**. Simmer for 5 min or until the sauce has thickened (add a splash of **water**, if needed). Season with **salt** and **pepper**.



4. Fry steaks

Pat the **steaks** dry with kitchen paper, rub them with **oil** and season with **salt**. Heat a second large pan over a high heat. Once very hot, add the **steaks** and fry them for 3 min on each side. Place on a baking tray and finish **cooking** them in the oven for 8-10 min or until cooked to your liking. Transfer the **steaks** to a plate and leave them to rest for 10 min.

Tip! Why not cook the steaks on the grill / barbecue / braai?



5. Asparagus

Meanwhile, remove the **asparagus**' woody stems. Cook the **asparagus** in a pot of salted boiling water for 3-4 min or until tender. Drain once tender.



6. Serve

Season the rested **steaks** generously with **salt** and **pepper**. Serve the **steaks** with the **roasted potatoes**, **mushroom sauce** and the **asparagus** to the side.

Tip! The resting of the steak is as important as the frying of the steak. It sets the meat's juices and allows the fibers to relax, leaving the end result more tender and your plate less messy.

Tandoori Naan

Naan is a traditional flatbread made in South and Central Asian countries typically baked in a tandoor.

helló chef

331 calories | 9 protein | 53 carbs | 9 fat

Family Friendly | Global Eats

cook: 5 min

R4637-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1384 / 331
Fats (g)	9
of which saturated (g)	4.9
Carbohydrates (g)	53
of which sugars (g)	0
Fibers (g)	2
Proteins (g)	9
Salt (g)	0.9

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Naan

Tandoori naan **4*,10***	4 Piece

Allergens: *4 Milk, *10 Wheat

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1. Oven

- If using an oven, preheat the oven to 200°C/180°C fan.
- Place the **naan** onto a baking tray and heat in the hot oven for 2-3 min or until warmed through.



2. Air fry

- If using an air fryer, preheat to 180°C.
- Place the **naan** in a lined air fryer basket. Air fry for 2-3 min or until the **bread** is warmed through and crispy.



3. Microwave

- Microwave the **naan** for 30 sec to 1 min or until warmed through.

No-Bake Lotus and Vanilla Cheesecake

with Caramel Drizzle

Rich and decadent, this easy-to-make cheesecake will satisfy your sweet tooth!

577 calories | 5 protein | 48 carbs | 39 fat

Family Friendly

cook: 60 min

R4420-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2403 / 577
Fats (g)	39.3
of which saturated (g)	17.4
Carbohydrates (g)	48
of which sugars (g)	33.4
Fibers (g)	1.1
Proteins (g)	5.3
Salt (g)	0.8

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What You'll Need

- Whisk
- Food processor

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 6 servings

Cheesecake	
Butter 4*	75 Grams
Lotus biscuits 9*,10*,11*	175 Grams
Cream cheese 4*	320 Grams
Icing sugar	75 Grams
Vanilla essence	5 ML
Lemon	1 Piece
Caramel spread 4*	75 Grams
Whipping cream 4*	200 ML

Allergens: *4 Milk, *9 Soya, *10 Wheat, *11 Gluten

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1. Make crumb

- Melt the **butter** in a pan over a low heat.
- Add the **Lotus biscuits** to a food processor and blitz to form a fine crumb.
- In a bowl, combine the melted **butter** and biscuit crumbs (reserving some for topping at the end).
- Mix to form a texture similar to wet sand.

Tip! Don't have a food processor? Place the Lotus biscuits into a large ziplock bag and crush with a rolling pin.



2. Layer base

- Divide the **Lotus crumb** between a selection of cups, jars, or bowls (whatever you have on hand will work).
- Using the back of a spoon, compact the crumb.



3. Whip cream

- In a large bowl, use a whisk or electric beater to whip the **cream** to form stiff peaks.

Tip! Stiff peaks refers to when you remove the whisk or beaters the peak that forms will keep its shape.



4. Make filling

- In a large bowl, add the **cream cheese**, **icing sugar**, **vanilla** extract, and 2 tsp of **lemon juice**.
- Using a spatula, beat the ingredients together until smooth.
- Fold the **whipped cream** into the **cream cheese mixture** until smooth.

Tip! Folding is when you carefully combine two mixtures of different thickness and weight into one smooth mixture.



5. Layer filling

- Divide the **cheesecake filling** between the containers.
- **Spread** the **filling** over the crumb and smooth the top.
- Cover the **cheesecakes** with a lid or clingfilm and place in the refrigerator for 3-4 hours, or as long as overnight.

Tip! Strapped for time? Set the cheesecakes in the freezer for 30 mins.



6. Serve

- Top the set **Lotus and Vanilla Cheesecakes** with the **caramel spread** and sprinkle over some of the reserved biscuit crumbs.

Tip! Cover cheesecakes with a lid or cling film. Store in the refrigerator and consume within 2 days.

Spicy Sausages with Shakshuka and Labneh

Save this one for your weekend breakfast!

hello chef

844 calories | 65 protein | 22 carbs | 54 fat

Low Carb

cook: 20 min

R2758-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3530 / 844
Fats (g)	54.2
of which saturated (g)	4.1
Carbohydrates (g)	22
of which sugars (g)	12.1
Fibers (g)	6.5
Proteins (g)	65
Salt (g)	6.3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Sausages	
Merguez sausage	800 Grams
Olive oil	2 Tbsp

Shakshuka	
Shallots	2 Pieces
Garlic cloves	4 Pieces
Tomatoes	4 Pieces
Olive oil	2 Tbsp
Tomato paste	140 Grams
Tomato passata	500 Grams
Water	100 ML
Honey	40 Grams
Chilli powder	4 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Organic Eggs [5*]	8 Pieces

To serve	
Zaatar	10 Grams
Labneh [4*]	200 Grams

Allergens: *5 Eggs, *4 Milk

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1. Prep vegetables

Peel and finely chop the **shallots**. Peel and crush the **garlic**. Chop the **tomatoes**.



2. Start shakshuka

Heat a pan over a medium-high heat with a drizzle of **olive oil** (if you're cooking for 3 or 4, use two pans). Once hot, add the **shallots**, **garlic** and **tomatoes**. Cook for 3 min.



3. Simmer

Add the **tomato paste**, **tomato passata**, measured **water**, **honey**, **chilli powder (spicy!)**, **salt** and **black pepper**. Simmer for 2-3 min.



4. Cook eggs

Using a large spoon, make grooves in the **shakshuka**. Crack the **eggs** into the grooves. Cook for 8-10 min or until the **eggs** are cooked to your liking (see pro tip).



5. Fry sausages

Meanwhile, heat a second pan over a medium-high heat with a drizzle of **olive oil**. Once hot, fry the **merguez sausages** (don't poke holes in them) for 5-7 min or until cooked through and nicely browned on the surface.



6. Serve

Divide the hot **merguez sausages** and the **shakshuka** among plates. Sprinkle with the **zaatar**. Serve with a dollop of **labneh**.

Halloumi Tacos

with Pineapple Salsa and Chipotle Cream

Salty halloumi and sweet pineapple are a match made in heaven!

768 calories | 32 protein | 79 carbs | 39 fat

Tips for Kids | Speedy

cook: 25 min

R2986-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3208 / 768
Fats (g)	38.6
of which saturated (g)	28.4
Carbohydrates (g)	79
of which sugars (g)	21.3
Fibers (g)	7.1
Proteins (g)	31.5
Salt (g)	37.4

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Tacos	
Romaine lettuce	400 Grams
Halloumi 4*	400 Grams
6" tortilla wraps 10*,11*	12 Piece

Salsa	
Pineapple chunks	280 Grams
Cherry tomatoes	300 Grams
Shallots	2 Piece
Fresh coriander	30 Grams
Large red chilli	2 Piece

Cream	
Lime	2 Piece
Sour cream 4*	120 Grams
Salt	1 Tsp
Ketchup	16 Grams
Chipotle powder	2 Grams

Allergens: *4 Milk, *10 Wheat, *11 Gluten

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1. Prep pineapple salsa

- Drain the **pineapple**.
- Quarter the **cherry tomatoes**.
- Peel and finely chop the **shallots**.
- Roughly chop the **coriander**.
- Finely chop the **red chilli** (spicy!).
- Place the lot in a bowl, toss.
- Set the **pineapple salsa** aside.

Tip! If cooking for kids, set aside a portion of the pineapple and tomatoes.



2. Prep cream

- In a second bowl, combine the **lime** juice, **sour cream**, **salt** and **ketchup** with a generous pinch of **chipotle powder** (spicy!).
- Set the **chipotle cream** aside.

Tip! If cooking for kids, set aside a portion of the plain sour cream.



3. Prep toppings

- Shred the **lettuce**.
- Carefully slice the **halloumi**.



4. Fry halloumi

- Heat a large non-stick pan over a medium heat.
- Once hot, add the **halloumi**.
- Fry for 1-2 min on every side until golden brown.

Tip! Don't fry the halloumi on too high a heat. It should be golden on the outside and soft on the inside.



5. Warm tortillas

- Meanwhile, place the **tortilla wraps** on a plate.
- Heat them in the microwave for 30-60 secs until warm.



6. Assemble

- To serve the **Halloumi Tacos**, load the warmed **tortilla wraps** with the **lettuce**, **halloumi**, **Pineapple Salsa** and **Chipotle Cream**.

Tip! If cooking for kids, serve the halloumi, plain pineapple, tomatoes, sour cream and tortillas separately. Let the kids build their own tacos!

Baked Feta Gnocchi

For a busy weeknight family meal!

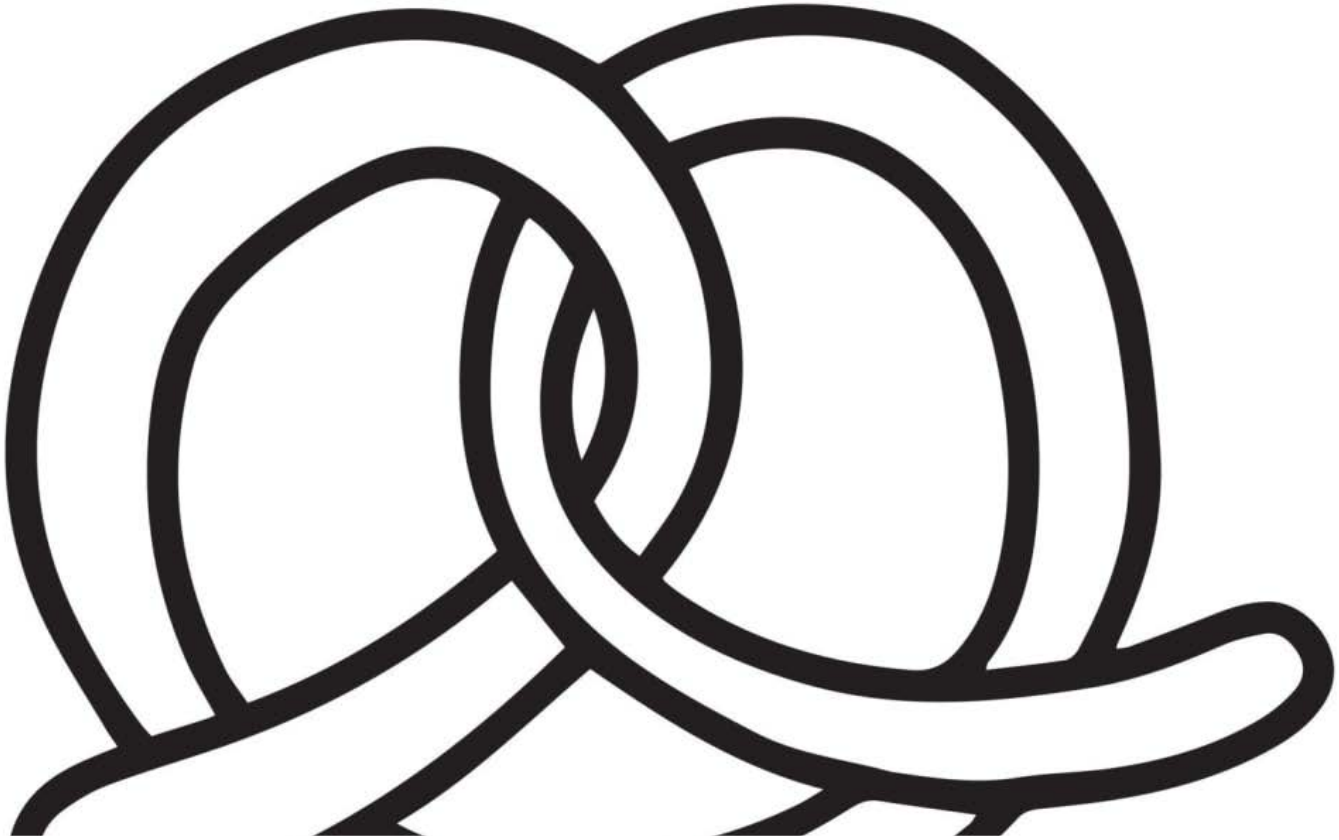
hello chef

646 calories | 26 protein | 91 carbs | 19 fat

Family Friendly

cook: 40 min

R4518-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2730 / 646
Fats (g)	18.6
of which saturated (g)	11.6
Carbohydrates (g)	91
of which sugars (g)	5.6
Fibers (g)	6.3
Proteins (g)	26.2
Salt (g)	11.7

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Cherry tomatoes	300 Grams
Gnocchi 4*,5*,9*,10*	1000 Grams
Garlic paste	20 Grams
Dried oregano	4 Grams
Feta cheese 4*	400 Grams
Fresh basil	15 Grams
Baby spinach	80 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *10 Wheat

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1.

bake **feta** and **tomatoes**.



2.

meanwhile, boil the **gnocchi**.



3.

toss to combine.



6.

serve with a dollop of pesto

Fish Fingers, Chips and Baked Beans

Hiding carrot chips amongst the potatoes is a great way to sneak veg into your kids diets!

hellofresh

796 calories | 56 protein | 90 carbs | 24 fat

Family Friendly | Tips for Kids

cook: 45 min

R4747-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3336 / 796
Fats (g)	23.7
of which saturated (g)	4.6
Carbohydrates (g)	90
of which sugars (g)	17.7
Fibers (g)	19.3
Proteins (g)	56.1
Salt (g)	3.5

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What You'll Need

Oven

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fish fingers	
Alaskan pollock loin 6*	700 Grams
Panko bread crumbs 10*,11*,12*	120 Grams
Lemon pepper seasoning 13*,15*	8 Grams
Mayonnaise 5*,9*,13*	100 Grams

Beans	
Shallots	2 Piece
Garlic powder	4 Grams
White beans	480 Grams
Tomato passata	400 Grams
Tomato paste	70 Grams
Brown sugar	10 Grams
Water	200 ML
Vegetable seasoning 2*,10*,11*,13*	10 Grams

Chips	
Potatoes	1200 Grams
Carrot	2 Piece

To serve	
Fresh chives	15 Grams

Allergens: *6 Fish, *10 Wheat, *11 Gluten, *12 Lupin, *13 Mustard, *15 Celery, *5 Eggs, *9 Soya, *2 Tree Nuts

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1. Cook chips

- Preheat the oven to 200C fan.
- Peel and chop the **carrot** into chips.
- Chop the **potatoes** (skin on) into chips.
- Add both to a lined baking tray, with a drizzle of oil and a sprinkle of salt and **pepper**.
- Bake for 30-35 min, until golden and crispy.



2. Prep

- Peel and finely chop the **shallots**.
- Drain and rinse the **white beans**.



3. Make beans

- Heat a pan over a medium-high heat with a drizzle of oil.
- Fry the **shallots** with a pinch of salt for 3-5 min until softened.
- Add the **tomato paste**, **vegetable seasoning**, **garlic powder**, **brown sugar**, **passata** and measured **water**.
- Bring to a boil, then add the **beans**.
- Lower the heat and simmer for 8-10 min, until the sauce has slightly thickened.
- Adjust **seasoning** to taste.



4. Prep fish

- Meanwhile, cut the **pollock** into finger-width portions.
- In a medium bowl, mix the **mayonnaise** with the **lemon pepper seasoning**.
- Toss the fish fingers in the mixture to coat.



5. Cook fish

- In a large bowl, combine the **panko bread crumbs** with a pinch of salt and **pepper**.
- Coat the fish fingers in the seasoned crumb and spread onto a lined baking tray.
- Bake for 18-20 min until the crumb is browned and crispy, adding the grill for 5 min to **brown**, if necessary.



6. Serve

- Meanwhile, finely chop the chive.
- Serve the Fish Fingers, Chips and Baked **Beans** garnished with the **chives**.

Classic Beef Noodle Stir-fry

A takeaway classic that's on the table in no time!

hello chef

674 calories | 57 protein | 68 carbs | 19 fat

Family Friendly | Quick Prep | Speedy

prep: 5 min | cook: 20 min | R3677-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2822 / 674
Fats (g)	19
of which saturated (g)	5.1
Carbohydrates (g)	68
of which sugars (g)	22.5
Fibers (g)	6.3
Proteins (g)	57
Salt (g)	5.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stir-fry	
Steak strips	700 Grams
Egg noodles 5*,10*,11*	200 Grams
Snow peas	200 Grams
Red pepper	2 Piece
Spring onion	80 Grams
Large red chilli	2 Piece
Vegetable oil	2 Tbsp
Ginger garlic paste	30 Grams
Soy sauce 9*,10*,11*	60 ML
Rice vinegar	30 ML
Hoisin sauce 3*,9*,10*	90 Grams
Bean sprouts	100 Grams
Sweet soy sauce 9*,10*,11*,14*	30 ML
Sesame oil 3*,9*	30 ML

Allergens: *5 Eggs, *10 Wheat, *11 Gluten, *9 Soya, *3 Sesame Seeds, *14 Sulphur Dioxide

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1. Boil noodles

- Bring a large pot of salted water to a boil.
- Add the **noodles**.
- Cook for 5-6 min.
- Drain well and rinse under cold water to prevent the **noodles** from sticking together.



2. Prep

- Meanwhile, trim and slice the **snow peas** into bite-sized pieces.
- Deseed and finely slice the **peppers**.
- Finely chop the **red chilli**.
- Trim and finely slice the **spring onion**.

Tip! Sensitive to spice? Carefully remove the seeds of the red chilli, if you prefer a milder flavour.



3. Fry strips

- Heat a large non-stick pan over a high heat with a drizzle of **oil**.
- Once hot, add the **steak strips**.
- Fry for 2-3 min until browned.
- Transfer the **steak strips** to a plate.
- Reserve the pan.

Tip! If the pan is looking crowded, fry the beef strips in batches. This will stop them from stewing, rather than frying.



4. Fry veg

- Return the reserved pan to a medium-high heat with another drizzle of **oil**.
- Once hot, add the **pepper** and **snow peas**.
- Fry for 2-3 min.
- Add the **ginger garlic paste**.
- Fry for 30 sec further.



5. Finish

- Add the **soy sauce**, **rice vinegar**, **hoisin sauce**, **bean sprouts**, **noodles**, **steak strips**, **sweet soy sauce** and the **red chilli** (spicy!) to the pan.
- Fry for 2 min.
- Toss until everything is coated.
- Remove the pan from the heat.
- Add the **sesame oil**.
- Toss.

Tip! Sensitive to spice? Go easy on the red chilli.



6. Serve

- Serve the **Classic Beef Noodle Stir-fry**.
- Garnish with the **spring onion**.

Feta and Chicken One-Pan

with Cherry Tomatoes and Asparagus

This recipe comes together in under 20 minutes and it's all cooked in 1 pan to ensure minimal washing up.

hellofresh

459 calories | 57 protein | 19 carbs | 17 fat

Low Carb | Calorie Smart

cook: 20 min

R3459-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1916 / 459
Fats (g)	17.3
of which saturated (g)	10.5
Carbohydrates (g)	19
of which sugars (g)	10.5
Fibers (g)	4.8
Proteins (g)	56.8
Salt (g)	4.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Thick asparagus	500 Grams
Small zucchini	2 Piece
Olive oil	4 Tbsp
Salt	1 Tsp
Cherry tomatoes	300 Grams
Garlic powder	8 Grams
Water	300 ML
Butter 4*	50 Grams
Feta cheese 4*	150 Grams
Chilli flakes	4 Grams
Honey	30 Grams
Black pepper	1 Tsp

Allergens: *4 Milk

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1. Prep

Rinse the **asparagus** and remove its woody stems. Slice the **zucchini**. Wrap the **chicken breasts** in cling film and place them on a chopping board. Using a rolling pin, bash the **chicken breasts** until halved in thickness.



2. Fry

Heat a non-stick pan with a lid over a medium-high heat with a generous drizzle of **oil**. Once hot, add the **chicken breasts** with a generous pinch of **salt**. Fry for 2 min on each side. Add the **cherry tomatoes**, **asparagus**, **zucchini**, **garlic powder** and **measured water**. Cover and simmer for 5 min or until the **chicken** is cooked through.



3. Add feta

Add the **butter** to the pan. Crumble the **feta** over the **chicken breasts** and top with the **chilli flakes (spicy!)**. Cover the pan and cook for 1 final min or until the **cheese** has melted.



4. Serve

Drizzle the **chicken** with the **honey**. Season the lot with **black pepper**. Evenly divide the **chicken**, **asparagus**, **zucchini** and **tomatoes** amongst plates and drizzle with any juices left in the pan.

Honey Glazed Baby Rainbow Carrots

Tender and vibrant-coloured carrots coated in a balance of sweet and savoury deliciousness!

hellochef

56 calories | 1 protein | 13 carbs | 0 fat

Family Friendly | Speedy | Quick Prep

cook: 20 min

R4830-4



Nutritional information

	per serving*
Energy (kJ/kcal)	232 / 56
Fats (g)	0.1
of which saturated (g)	0
Carbohydrates (g)	13
of which sugars (g)	9.4
Fibers (g)	2.9
Proteins (g)	0.6
Salt (g)	0.8

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 2 servings

Carrots	
Rainbow carrots	200 Grams
Vegetable seasoning **2*,10*,11*,13***	2 Grams
Honey	15 Grams
Olive oil	1 Tbsp

Allergens: *2 Tree Nuts, *10 Wheat, *11 Gluten, *13 Mustard

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1. Prep

- If using an oven, preheat to 220°C/200°C fan.
- If using an air fryer, preheat to 180°C.
- Trip the stems off the **rainbow carrots** and discard.



2. If using an oven

- Place the **rainbow carrots** onto a lined baking tray.
- Combine the **rainbow carrots** with the **vegetable seasoning**, **honey** and a drizzle of **olive oil**.
- Place in the centre of the oven.
- Roast for 15 min or until the **carrots** are golden-brown and tender.



3. If using an air fryer

- Place the **rainbow carrots** in a lined air fryer basket.
- Combine the **rainbow carrots** with the **vegetable seasoning**, **honey** and a drizzle of **olive oil**.
- Air fry for 10 min or until the **carrots** are golden-brown and tender.



4. Serve

- Serve the **Honey Glazed Rainbow Carrots** alongside your favourite dish.

Cheat's Shish Barak - Spiced Beef Pasta

in Garlic Coriander Yogurt Sauce with Almonds

A dish inspired by the popular Levantine stuffed meat dumpling, but simplified by using pasta instead! It packs a garlicky punch and is oh-so-tasty.

hello chef

855 calories | 55 protein | 93 carbs | 28 fat

Global Eats

cook: 30 min

R4166-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3579 / 855
Fats (g)	27.5
of which saturated (g)	11.3
Carbohydrates (g)	93
of which sugars (g)	16.9
Fibers (g)	7.8
Proteins (g)	54.6
Salt (g)	3.3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Whisk

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pasta

Lean beef mince	700 Grams
Red onion	2 Piece
Garlic cloves	5 Piece
Fresh coriander	30 Grams
Almond slivers 2*	60 Grams
Olive oil	2 Tbsp
Arabic mix masala	4 Grams
Coriander powder	4 Grams
Conchiglie rigate pasta 5*,10*,11*	375 Grams
Chicken stock cube 4*,5*,9*,15*	2 Piece
Natural yogurt 4*	340 Grams
Whole milk 4*	200 ML
Corn starch	20 Grams

Salad

Cherry tomatoes	250 Grams
Sumac	8 Grams
Olive oil	1 Tbsp
Salt	0.5 Tsp

Allergens: *2 Tree Nuts, *5 Eggs, *10 Wheat, *11 Gluten, *4 Milk, *9 Soya, *15 Celery

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Egg, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur dioxide and Celery.**



1. Prep

- Peel and finely slice the **onion**.
- Peel and finely chop the **garlic**.
- Finely chop the **coriander** (stems included).



2. Fry almonds and garlic

- Heat a non-stick pan over a medium heat.
- Once hot, add the **almond slivers** and dry toast until golden.
- Once toasted, set aside in a separate bowl.
- In the same pan heat a drizzle of **olive oil** and add the **garlic**.
- Fry for 1-2 min until fragrant.
- Add the **coriander** and fry until wilted.
- Next, add a splash of water.
- Mix well and remove from the heat.
- Place the **garlic** mixture in a separate small bowl.
- Reserve the frying pan for the **beef**.



3. Fry beef

- Return the reserved pan to a medium high heat with a drizzle of **oil**.
- Once hot, add half the **onion**.
- Fry for 3-5 min until golden.
- Add the **beef**.
- Fry for 5 min until browned.
- Next, add the **Arabic masala**, **coriander powder** and a splash of water.
- Mix well. Cover and keep warm.



4. Boil pasta

- Bring a large pot of water to a boil with a good pinch of **salt**.
- Boil the **pasta** for 10-12 min until tender.
- Once cooked, drain and set aside.
- Reserve the pot for the sauce.



5. Make yogurt sauce

- In a medium bowl, dissolve the 2 **chicken stock cube** with 3 Tbsp of hot water.
- Using a whisk, whisk in the **yogurt** and **milk** until smooth and lump free.
- Whisk in the **corn starch** until fully incorporated.
- Add the mixture to the reserved pot.
- Slowly bring to a gentle simmer, whisking continuously until it starts to thicken.
- Once it starts to bubble, remove the pot from the heat. Mix in the cooked **pasta**, **beef**, **coriander** and **garlic**.
- Turn off the heat. Set aside.



6. Serve

- Slice the **cherry tomatoes** in half.
- Combine the **tomatoes**, **onion**, and **sumac** in a bowl with a drizzle of **olive oil**, and **salt**.
- Serve the **Cheat's Shish Barak - Spiced Beef Pasta in Garlic Coriander Yogurt Sauce** with **Almonds** on top.
- Serve with the **salad** alongside.

Chicken in Creamy Peppercorn Sauce

with Potato Mash and Green Beans

Freshly ground peppercorns add an edge to this creamy peppercorn sauce.

hello chef

749 calories | 60 protein | 58 carbs | 31 fat

Family Friendly

cook: 35 min

R3968-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3117 / 749
Fats (g)	31
of which saturated (g)	21
Carbohydrates (g)	58
of which sugars (g)	13.3
Fibers (g)	12
Proteins (g)	59.5
Salt (g)	3.3

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What You'll Need

- Pestle & Mortar
- Potato masher

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Potato mash	
Potatoes	1200 Grams
Salt	1 Tsp
Butter 4*	20 Grams
Black pepper	1 Tsp

Peppercorn sauce	
Shallots	2 Piece
Garlic cloves	2 Piece
Black peppercorns	5 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Dried thyme	4 Grams
Chicken stock cube 4*,5*,9*,15*	1 Piece
Worcestershire sauce 6*,11*	30 ML
Water	200 ML
Cooking cream 4*	400 ML

Green beans	
Green beans	375 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *6 Fish, *11 Gluten

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1. Make mash

- Bring a large pot of salted water to the boil.
- Peel and chop the **potatoes** into bite-sized pieces.
- Add them to a pot of boiling water with a generous pinch of **salt**.
- Cook over medium-high heat for 15-20 min or until soft.
- Once soft, drain the **potatoes**.
- Return them to the pot with the **butter**.
- Mash until smooth, gradually adding 200 ml **cream** until it reaches your desired consistency.
- Season with **salt** and **pepper** to taste.



2. Fry chicken

- Meanwhile, heat a large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken breasts** with a pinch of **salt**.
- Fry for 5-7 min on either side until golden and cooked through.
- Transfer the **chicken** onto a plate.
- Reserve the pan.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready.



3. Prep

- Meanwhile, peel and finely slice the **shallots**.
- Peel and mince the **garlic**.
- Trim the **green beans**.
- Using a pestle and mortar, crush the **peppercorns**.

Tip! Don't have a pestle and mortar? Use a pepper grinder at its coarse setting instead.



4. Make sauce

- Return the reserved pan to a medium-high heat with another drizzle of **oil**.
- Once hot, add the **shallots** with a pinch of **salt**.
- Fry for 2 min.
- Add 2 tsp of crushed **peppercorns**, **garlic**, **dried thyme**, 1 **chicken stock cube**, the **Worcestershire sauce**, **measured water** and the remaining **cream**.
- Bring to a boil.
- Simmer for 3 min on a medium-low heat or until the **sauce** thickens.



5. Boil beans

- Meanwhile, bring a separate pot of salted water to the boil.
- Once boiling, add the **green beans**.
- Cook for 3 min or until tender.
- Drain once cooked.



6. Serve

- Return the **chicken** to the **peppercorn sauce**.
- Serve the **Chicken in Creamy Peppercorn Sauce** with **Potato Mash** and **Green Beans** alongside.
- Top with the **sauce**.

Mediterranean Grilled Chicken

with Greek Salad and Feta

This recipe is based on the Mediterranean diet which is more of an eating pattern than a strict diet. It's based on research stating that people living in Mediterranean countries live longer!

hello chef

512 calories | 58 protein | 36 carbs | 16 fat

Low Carb | Calorie Smart

cook: 30 min

R3358-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2141 / 512
Fats (g)	16.4
of which saturated (g)	6.9
Carbohydrates (g)	36
of which sugars (g)	15.1
Fibers (g)	9.2
Proteins (g)	58
Salt (g)	5.5

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What You'll Need

- Rolling pin

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salad	
Cherry tomatoes	300 Grams
Romaine lettuce	400 Grams
Yellow pepper	2 Piece
Cucumber	2 Piece
Feta cheese 4*	200 Grams
Kalamata olives	80 Grams

Dressing	
Red onion	1 Piece
Olive oil	6 Tbsp
Dried oregano	4 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Chicken	
Chicken breast	800 Grams
Lemon	2 Piece
Olive oil	4 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp
Honey	30 Grams
Garlic onion powder	8 Grams
Fresh rosemary	20 Grams

Allergens: *4 Milk

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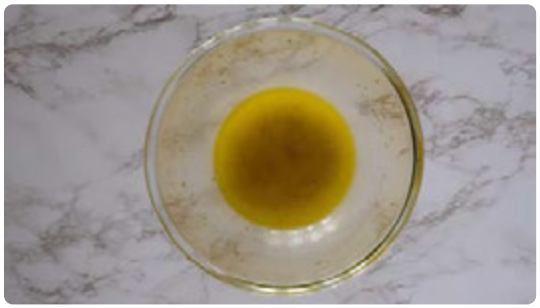
1. Bash chicken

- Pre-heat the grill to high.
- Place the **chicken breasts** on a chopping board.
- Cover with cling film.
- Bash with something heavy like a rolling pin until halved in thickness.



2. Marinate chicken

- Juice half the **lemon** into a large bowl.
- Add the **olive oil**, **salt**, **pepper**, **honey** and **garlic onion powder**.
- Add the **chicken** and turn to coat.
- Set aside.



3. Prep dressing

- Juice the remaining **lemon** into a second large bowl.
- Add the **olive oil** and **dried oregano**.
- Season with **salt** and **pepper**.
- Keep **dressing** aside.

Tip! If you don't love raw onion, add it to the dressing and allow it to marinate slightly. This will soften its harsh taste.



4. Grill chicken

- Place the **chicken** on a lined baking tray (nestle the **rosemary** underneath).
- Cover with the remaining **marinade**.
- Grill for 8-10 min or until cooked through and starting to char.



5. Prep salad

- Meanwhile, halve the **cherry tomatoes**.
- Peel and very finely slice the **onion**.
- Roughly chop the **lettuce**, **pepper** and **cucumber**.
- Toss the **tomatoes**, **onion**, **cucumber**, **olives**, **lettuce** and **pepper** in the **dressing**.



6. Serve

- Slice the **chicken**.
- Serve the **Mediterranean Grilled Chicken** with **Greek Salad** and **Feta**.
- Crumble over the **feta**.

Tip! Olives are not for everyone. If you dislike them, leave it out!

Piña Colada Sunshine Smoothie

with Coconut and Pineapple

Enjoy fresh bursts of tropical flavours to kick start your day!

helló chef

418 calories | 5 protein | 42 carbs | 30 fat

Speedy | Calorie Smart

cook: 10 min

R4833-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1826 / 418
Fats (g)	29.8
of which saturated (g)	2.9
Carbohydrates (g)	42
of which sugars (g)	23.2
Fibers (g)	12.7
Proteins (g)	5.3
Salt (g)	0

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 2 servings

Smoothie	
Fresh pineapple	250 Grams
Light coconut milk	200 ML
Avocado	1 Piece
Chia seeds	15 Grams
Agave syrup	20 Grams
Water	200 ML

Allergens:

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1. Prep

- Slice the lime in half.
- Peel and slice the apple into quarters. Remove the core.
- Cut the kiwi in half. Using a spoon, scoop the kiwi out of its skin.
- Cut the **avocado** in half and remove its stone. Using a spoon, scoop the **avocado** out of its skin.



4. Serve

- Enjoy the **Green Vitality Smoothie** on-the-go.



2. Combine

- In a blender, combine the apple, kiwi, **avocado**, **pineapple**, **chia seeds**, **agave syrup**, **measured water** and a squeeze of lime juice to taste.



3. Blend

- Blend everything on a high speed for 1-2 min or until smooth.

> **Tip!** Add a handful of ice cubes for an even creamier smoothie.

Sweet Chilli Chicken with Stir-fried Baby Corn
and Jasmine Rice

A fakeaway bound to impress!

hellochef

637 calories | 58 protein | 101 carbs | 4 fat

Family Friendly

cook: 35 min

R3900-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2693 / 637
Fats (g)	4.1
of which saturated (g)	0.8
Carbohydrates (g)	101
of which sugars (g)	15.6
Fibers (g)	6.2
Proteins (g)	57.7
Salt (g)	2.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Corn starch	30 Grams
Salt	1 Tsp
Soy sauce 9*,10*,11*	20 ML
Chilli jam	56 Grams
Chilli flakes	4 Grams
Rice vinegar	45 ML
Garlic powder	4 Grams
Honey	30 Grams
Vegetable oil	2 Tbsp

Rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML

Vegetables	
Fresh baby corn	225 Grams
Carrot	2 Piece
Spring onion	80 Grams
Vegetable oil	2 Tbsp
Tamari 9*	30 ML

Allergens: *9 Soya, *10 Wheat, *11 Gluten

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1. Cook rice

- Rinse the **rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from the heat.
- Keep covered until serving.



2. Prep

- Meanwhile, slice the **baby corn** in half lengthways.
- Chop it into bite-sized pieces.
- Peel and chop the **carrots** into half moons.
- Trim and finely chop the **spring onion**.
- Slice the **chicken** into bite-sized strips.
- Add the **chicken** into a large mixing bowl with the **corn starch** and a pinch of **salt**.
- Set aside.



3. Fry vegetables

- Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **carrots** and **baby corn**.
- Fry for 5 min until the **vegetables** begin to brown slightly.
- Reduce the heat to medium.
- Add a splash of water.
- Cover the pan.
- Cook, covered, for 3-5 min further or until the **vegetables** are tender.
- Add the **tamari**.
- Fry for 1 min further.



4. Make sweet chilli sauce

- Meanwhile, mix together the **soy sauce**, **chilli jam**, **chilli flakes** (spicy!), **rice vinegar**, **garlic powder** and **honey** in a small bowl.
- Set the **sweet chilli sauce** aside.

Tip! Sensitive to spice? Go easy on the chilli flakes.



5. Fry chicken

- Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken**.
- Fry for 5-7 min or until cooked through.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready.



6. Serve

- Add the **sweet chilli sauce** to the **chicken**.
- Cook for 1 min or until the **sauce** thickens up slightly.
- Serve the **Sweet Chilli Chicken with Stir-fried Baby Corn** on **Jasmine Rice**.
- Garnish with the **spring onion**.

Bolognese Pasta Bake

This is comfort food at its finest!

hello chef

1242 calories | 80 protein | 130 carbs | 45 fat

Family Friendly

cook: 30 min

R3206-4



Nutritional information

	per serving*
Energy (kJ/kcal)	5194 / 1242
Fats (g)	44.9
of which saturated (g)	23.3
Carbohydrates (g)	130
of which sugars (g)	26.5
Fibers (g)	10.4
Proteins (g)	80.4
Salt (g)	6.8

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What You'll Need

- Oven
- Box grater
- Whisk

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Bolognese

Lean beef mince	700 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Carrot	2 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Tomato paste	140 Grams
Tomato passata	400 Grams
Honey	30 Grams
Black pepper	1 Tsp
Beef stock cube 4*,5*,9*,11*,15*	1 Piece
Soy sauce 9*,10*,11*	20 ML
Water	400 ML
Fusilli pasta 5*,10*,11*	500 Grams

Bechamel

Parmesan 4*	60 Grams
Butter 4*	50 Grams
Plain flour 10*,11*	50 Grams
Whole milk 4*	400 ML
Grated cheddar 4*	120 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *4 Milk, *5 Eggs, *9 Soya, *11 Gluten, *15 Celery, *10 Wheat

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1. Prep

- Preheat the oven to 200°C/ 180°C.
- Peel and finely chop the **onion**.
- Peel and mince the **garlic**.
- Peel and grate the **carrot**.
- Grate the **Parmesan**.



2. Make bolognese

- Heat a large pan over a medium high heat with a drizzle of **olive oil**.
- Once hot, add the **onion**, **carrot** and **garlic** with a pinch of **salt**.
- Fry for 7 min until soft.
- Add the **beef mince**.
- Cook for 4 min further until brown and crispy.
- Add the **tomato paste**, **tomato passata**, **honey**, **pepper**, **stock cube**, **soy sauce** and **measured water**.
- Reduce the heat to medium-low.
- Simmer for 5 min.



3. Boil pasta

- Meanwhile, bring a large pot of salted water to the boil.
- Once boiling, add the **pasta**.
- Cook for 5-7 min.
- Drain.



4. Make Béchamel

- Meanwhile, melt the **butter** in a saucepan over a medium heat.
- Add the **flour** and stir until a sandy paste has formed.
- Gradually add the **milk**. Whisk for 3-4 min until thickened.
- Add the **cheddar** and half of the **Parmesan**.
- Season with **salt** and **pepper**.



5. Bake

- Pour the **bolognese** into an oven-proof dish.
- Top with the drained **pasta**.
- Mix.
- Cover with the **béchamel**, top with the remaining **Parmesan**.
- Bake for 15 min or until the **pasta** is cooked.



6. Bake

- Allow the bake to cool for 5 min before serving.
- Serve the **Bolognese Pasta Bake**.

Classic Lamb Moussaka

with Eggplant

This Greek classic pairs cinnamon spiced lamb with soft eggplants and a creamy sauce.

950 calories | 57 protein | 67 carbs | 46 fat

Family Friendly

cook: 60 min

R2825-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4233 / 950
Fats (g)	45.8
of which saturated (g)	28.6
Carbohydrates (g)	67
of which sugars (g)	28.5
Fibers (g)	17
Proteins (g)	56.9
Salt (g)	3.3

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04-383-93-99

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Lamb sauce	
Lean lamb mince	700 Grams
Potatoes	600 Grams
Eggplant	2 Piece
Olive oil	4 Tbsp
Salt	1 Tsp
Red onion	2 Piece
Garlic cloves	4 Piece
Cinnamon stick	1 Piece
Dried oregano	2 Grams
Chopped tomatoes	800 Grams
Tomato paste	70 Grams
Chicken stock cube 4*,5*,9*,15*	1 Piece
Worcestershire sauce 6*,11*	30 ML
Dried bay leaves	2 Piece
Red vinegar	30 ML
Water	200 ML
Honey	30 Grams
Black pepper	1 Tsp

White sauce	
Parmesan 4*	60 Grams
Butter 4*	50 Grams
Plain flour 10*,11*	30 Grams
Whole milk 4*	400 ML
Organic Eggs 5*	2 Piece
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *6 Fish, *11 Gluten, *10 Wheat

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1. Roast vegetables

Preheat the oven to 200°C/180°C fan. Peel and finely slice the **potatoes**. Peel the **eggplants** in a stripey pattern and slice them into thin disks. Place the **eggplant** and **potatoes** on a baking tray, drizzle generously with **olive oil** and season with **salt**. Roast for 25 min. Use two trays if the vegetables are crowded.



2. Prep

Meanwhile, peel and finely dice the **onion**. Peel and crush the **garlic**. Grate the **Parmesan**.



3. Simmer sauce

Heat a large pan over a medium heat with a drizzle of **oil**. Once hot, add the **lamb mince** and **cinnamon stick** and fry for 5 min until browned. Add the **onion**, **garlic** and **oregano** and fry for 4 min further. Add the **chopped tomatoes**, **tomato paste**, **stock cube**, **Worcestershire sauce**, **bay leaves**, **red vinegar**, **water**, **honey** and **black pepper**. Simmer for 15 min.



4. Make roux

Meanwhile, heat a second large pan or saucepan over a medium heat. Once hot, add the **butter** and **flour** and cook, stirring continuously, for 1 min or until a sandy **paste** has formed.



5. Finish white sauce

Once a **paste** has formed, gradually whisk in the **milk** and cook for 3-5 min further or until the sauce has thickened. Once the sauce has thickened, remove the pan from the heat and allow the sauce to cool slightly. Once cooled, add the **Parmesan** and **eggs**. Season with **salt** and **pepper**.



6. Bake

Pour 1/2 of the **lamb sauce** into an ovenproof dish. Cover with 1/2 of the **potatoes** and **eggplants** – you don't need complete layers, just to arrange them roughly on top. Repeat this process, finishing with the **eggplants**. Top with the **white sauce**. Bake for 30 min or until golden brown.

Pistachio Crusted Lamb Chops

with Glazed Carrots and Mashed Potatoes

-

1122 calories | 66 protein | 54 carbs | 71 fat

Calorie Smart | Gourmet

cook: 45 min

R4209-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4692 / 1122
Fats (g)	71.4
of which saturated (g)	28.8
Carbohydrates (g)	54
of which sugars (g)	18.9
Fibers (g)	9.4
Proteins (g)	66.2
Salt (g)	44.6

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Lamb	
Lamb chops	900 Grams
Dijon mustard [13*]	12 Grams
Sliced pistachios [2*]	40 Grams

Glazed Carrots	
Carrot	2 Piece
Butter [4*]	20 Grams
Honey	15 Grams
Maple syrup	20 ML
Fresh thyme	10 Grams

Mashed Potatoes	
Potatoes	900 Grams
Cream cheese [4*]	20 Grams
Grated Parmesan [4*]	60 Grams

Allergens: *13 Mustard, *2 Tree Nuts, *4 Milk

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1. Prep

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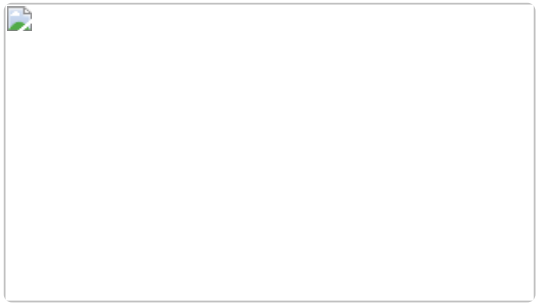
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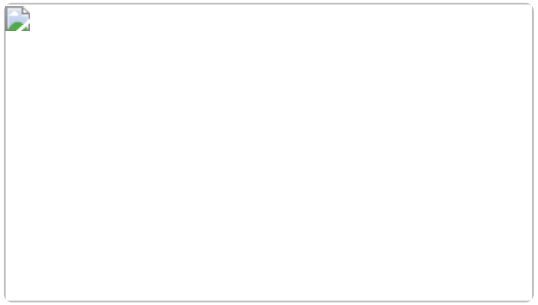
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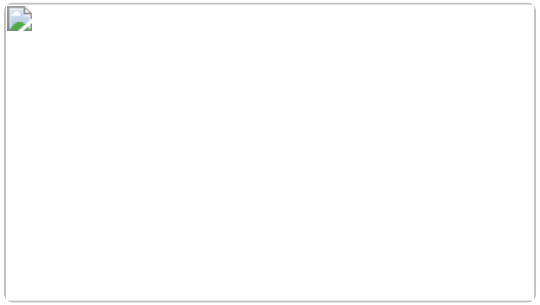
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Sweet Potato Rosti

with Baked Feta Cheese and Avocado

A rösti is a Swiss dish which mainly consists of potatoes, cooked in the style of a fritter. In this recipe, we're using sweet potatoes. Enjoy!

hellochef

940 calories | 40 protein | 82 carbs | 55 fat

Low Carb

cook: 50 min

R3523-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3934 / 940
Fats (g)	54.8
of which saturated (g)	21
Carbohydrates (g)	82
of which sugars (g)	28.6
Fibers (g)	19.6
Proteins (g)	39.7
Salt (g)	7.1

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Rösti	
Sweet potatoes	800 Grams
Small zucchini	2 Piece
Salt	2 Tsp
Organic Eggs 5*	8 Piece
Feta cheese 4*	100 Grams
Baby spinach	90 Grams
Gram flour	80 Grams
Garlic powder	4 Grams
Black pepper	2 Tsp

To serve	
Greek feta 4*	200 Grams
Honey	30 Grams
Black sesame seeds 3*	20 Grams
Avocado	2 Piece
Cherry tomatoes	300 Grams
Olive oil	2 Tbsp
Dijon mustard 13*	12 Grams
Lemon	1 Piece
Salt	2 Tsp
Black pepper	1 Tsp
Rocket	80 Grams

Sweet chilli dip	
Sweet chilli sauce	80 ML
Sour cream 4*	120 Grams

Allergens: *5 Eggs, *4 Milk, *3 Sesame Seeds, *13 Mustard

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1. Prep

Preheat the oven to 200°C/180°C fan. Peel and grate the **sweet potatoes**. Grate the **zucchinis**. Place both in a colander and sprinkle with **salt**. Place the colander in the sink and set aside.

Tip! Use the grater attachment in the food processor to speed up the grating process!



2. Mix

Meanwhile, beat the **eggs** in a large bowl. Crumble the **small feta cheese** into the bowl (save the **Greek feta** for step 3!). Add the **spinach**, **gram flour**, **garlic powder**, a generous sprinkling of **salt** and a pinch of **pepper**. Squeeze out and discard the liquid from the **sweet potatoes** and the **zucchinis** and add both to the bowl. Mix well.

Tip! Place the grated zucchini and sweet potato in a clean tea towel and use it to squeeze out as much water as possible.



3. Make röstis

Spoon the mixture into [4] large circles on a lined baking tray. Place the large piece of **Greek feta cheese** on the baking tray. Drizzle the **feta** with half of the **honey**, sprinkle with the **sesame seeds** and bake for 20 min or until golden around the edges.



4. Sweet chilli dip

Meanwhile, in a small bowl, combine the **sweet chilli sauce** with the **sour cream**. This is your **sweet chilli dip**.



5. Prep

Meanwhile, cut the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon and slice it finely. Quarter the **cherry tomatoes**. In a large bowl, whisk the **olive oil** and **Dijon** with a squeeze of **lemon**, the remaining **honey** and a pinch of **salt** and **pepper**. Once the **röstis** are done, toss the **rocket** and **tomatoes** in the **dressing**.



6. Serve

Once the **röstis** are done, divide them among plates and top with the **sweet chilli dip**, **avocado** and baked **feta cheese**. Serve the **salad** alongside.

One Pot Satay Curry

with Chicken and Sweet Potato

Did you know that coconut milk is derived from coconut flesh and not from the coconut water found on the inside?

hello chef

896 calories | 64 protein | 78 carbs | 38 fat

Low Carb

cook: 30 min

R2605-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3750 / 896
Fats (g)	37.9
of which saturated (g)	13.6
Carbohydrates (g)	78
of which sugars (g)	25.1
Fibers (g)	15.7
Proteins (g)	64.4
Salt (g)	7.9

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What You'll Need

- Box grater

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken breast	800 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Sweet potatoes	600 Grams
White onion	2 Piece
Ginger	60 Grams
Garlic paste	20 Grams
Red curry paste 7*	40 Grams
Water	240 ML
Soy sauce 9*,10*,11*	40 ML
Peanut butter 1*,9*	60 Grams
Coconut milk	400 ML
Lime leaves	6 Piece
Lime	4 Piece
Spring onion	80 Grams
Large red chilli	2 Piece
Unsalted peanuts 1*	80 Grams
Honey	30 Grams

Allergens: *7 Crustaceans, *9 Soya, *10 Wheat, *11 Gluten, *1 Peanuts

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1. Fry chicken

- Chop the **chicken breast** into bite-size pieces.
- Heat a non-stick pan over a medium-high heat with a drizzle of **vegetable oil**.
- Once hot, add the **chicken** with a pinch of **salt**.
- Cook for 5 min or until browned all over.
- Transfer the **chicken** to a plate.
- Reserve the pan.



2. Prep

- Peel the **sweet potatoes** and chop them into bite-size pieces.
- Peel and finely chop the **onion**.
- Peel and finely grate the **ginger** (tip: use a spoon to peel the **ginger**).



3. Simmer

- Add the **onion** to the reserved pan.
- Fry over a medium-low heat for 5-7 min until softened.
- Once softened, add the **garlic paste**, **red curry paste** (spicy!) and **ginger**.
- Fry for 1 min further.
- Add the **sweet potatoes**, **measured water**, **soy sauce**, **peanut butter**, **coconut milk** and **lime leaves**.
- Simmer (don't boil) for 15-18 min, covered, or until the **potatoes** are tender.



4. Prep garnishes

- Meanwhile, slice the **lime** into wedges.
- Finely slice the **spring onion** and **red chilli**.
- Roughly chop the **peanuts**.



5. Add chicken

- Once the **sweet potatoes** are tender, return the **chicken breast** to the pan.
- Cook for a final 3 min.



6. Serve

- Remove the **curry** from the heat.
- Add the juice of the **lime** and the **honey**.
- Serve the **One Pot Satay Curry with Chicken and Sweet Potato**.
- Garnish with the chopped **peanuts**, **red chilli** (spicy!) and **spring onion**.

Bacon Wrapped Scallops with Parmesan Risotto

Risotto, originally from Northern Italy, is made with Arborio rice which is more starchy than most long grain varieties.

777 calories | 55 protein | 93 carbs | 26 fat

Family Friendly

cook: 30 min

R4808-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3247 / 777
Fats (g)	25.6
of which saturated (g)	13.2
Carbohydrates (g)	93
of which sugars (g)	5.9
Fibers (g)	5.5
Proteins (g)	55.2
Salt (g)	3.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Box grater

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Risotto	
Jumbo prawns 7*	450 Grams
Lemon	2 Piece
Shallots	1 Piece
Garlic cloves	4 Piece
Water	1200 ML
Vegetable stock cube 15*	2 Piece
Parmesan 4*	60 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Arborio rice	320 Grams
Fresh parsley	15 Grams
Beef bacon	120 Grams
Butter 4*	50 Grams
Black pepper	1 Tsp

Allergens: *7 Crustaceans, *15 Celery, *4 Milk

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1. Prep

- Wash the **lemon** thoroughly.
- Grate the zest with a fine blade - take care to avoid the bitter pith.
- Juice the **lemons**.
- Peel and finely chop the onion and **garlic**.
- Boil the **measured water** and dissolve the **stock cube** in it.
- Grate the **Parmesan**.



2. Fry

- Heat a non-stick pan over a medium-low heat with a drizzle of **olive oil**.
- Once hot, add the onion with a pinch of **salt**.
- Cook for 5-6 min or until softened.
- Once softened, add the **garlic** and **arborio rice**.
- Cook for 1 min further, stirring to coat the grains in the **oil**.



3. Add stock

- Add 2 tsp of grated **lemon** zest.
- Add 1/3 of the **stock** and stir continuously until it has absorbed.
- Continue to add the **stock**, a little at a time.
- Stir continuously for 20 min or until all the **stock** is absorbed and the **rice** is cooked 'al dente'.
- If you run out of **stock**, add more water.

Tip! The amount of stock you will require, depends on the size of your pan and the heat over which you simmer the risotto. Make sure to adjust the liquid quantity accordingly.



4. Fry salmon

- Meanwhile, heat a non-stick pan over a medium heat with a drizzle of **oil**.
- Portion the salmon, then season the skin generously with **salt**.
- Once hot, add the salmon fillets skin-side down.
- Cook for 4 min until crispy then flip.
- Cook for 2 min further until cooked through.



5. Finish risotto

- Chop the **parsley** leaves.
- Once the **risotto** is cooked, add the green peas, 4 tbsp of **lemon** juice, the **Parmesan**, **butter** and half the chopped **parsley**.
- Warm through for 1 final min.
- Season with **pepper** (and **salt**, if needed).



6. Serve

- Serve the **Pan-fried Salmon** with **Lemon Risotto**.
- Garnish with remaining **parsley**.

Eggplant Tikka Masala

with Garlic Rice

It's hard to believe this indulgent curry is vegan!

hello chef

858 calories | 22 protein | 123 carbs | 40 fat

cook: 30 min

R3286-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3589 / 858
Fats (g)	39.8
of which saturated (g)	26.8
Carbohydrates (g)	123
of which sugars (g)	28
Fibers (g)	21.4
Proteins (g)	21.9
Salt (g)	1.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Eggplant	4 Piece
Brown onion	2 Piece
Ginger garlic paste	20 Grams
Vegetable oil	2 Tbsp
Tomato paste	70 Grams
Tomato passata	500 Grams
Coriander cumin powder	8 Grams
Garam masala	5 Grams
Chilli powder	2 Grams
Brown sugar	10 Grams
Vegetable stock cube 15*	2 Piece
Coconut cream	400 Grams

Rice	
Basmati rice	300 Grams
Garlic cloves	4 Piece
Salt	1 Tsp
Salted vegan butter	40 Grams
Turmeric powder	4 Grams
Water	600 ML

To serve	
Fresh coriander	15 Grams
Cashew nuts 1*,2*	60 Grams

Allergens: *15 Celery, *1 Peanuts, *2 Tree Nuts

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1. Prep

Chop the **eggplants** into chunks. Peel and finely chop the **onion**. Rinse and soak the **basmati rice**. Peel and mince the **garlic**.

Tip! Sprinkle the eggplant chunks with salt and place them in a colander in the sink for 10 min before cooking. This will draw out excess moisture!



2. Fry

Heat a large pan over a medium heat with a drizzle of **oil**. Once hot, add the **eggplant** with a pinch of **salt** and fry for 7-8 min until golden. Add the **onion** and cook for 5 min further. Add the **tomato paste**, **ginger garlic paste**, **coriander cumin powder**, **garam masala** and **chilli powder** (spicy!) and fry for 1 min further.



3. Boil rice

Meanwhile, heat a pan with a lid over a medium heat with the **butter** and the **garlic**. Once melted, add the drained **rice**, **salt**, a pinch of **turmeric** and the **measured water** and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pan from heat and keep covered until serving.



4. Simmer

Meanwhile, add the **passata**, **sugar**, **vegetable stock cube** and **coconut cream** to the **eggplant**. Bring to a boil and simmer, covered, for 10 min until the **eggplant** is cooked through.



5. Serve

Meanwhile, finely chop the **coriander** leaves. Serve the**curry** over the **rice** and garnish with the **fresh coriander** leaves and **cashew nuts**.

Chickpea and Eggplant Tagine

with Cucumber and Parsley Couscous

Packed with flavour served with a refreshing and light couscous salad.

639 calories | 21 protein | 130 carbs | 8 fat

cook: 40 min

R3818-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2673 / 639
Fats (g)	7.8
of which saturated (g)	0.7
Carbohydrates (g)	130
of which sugars (g)	32.1
Fibers (g)	25
Proteins (g)	20.6
Salt (g)	4.4

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Vegetable Tagine	
Eggplant	2 Piece
Chickpeas	480 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Yellow pepper	2 Piece
Carrot	2 Piece
Green olives	100 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Coriander cumin powder	8 Grams
Paprika powder	4 Grams
Ginger powder	4 Grams
Ras el hanout	10 Grams
Cinnamon stick	2 Piece
Water	300 ML
Tomato passata	500 Grams
Brown sugar	10 Grams
Lemon	2 Piece
Golden raisins 14*	60 Grams
Black pepper	1 Tsp

Couscous	
Water	400 ML
Vegetable stock cube 15*	2 Piece
Couscous 10*,11*	200 Grams
Cucumber	2 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

To serve	
Fresh parsley	15 Grams

Allergens: *14 Sulphur Dioxide, *15 Celery, *10 Wheat, *11 Gluten

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1. Prep couscous

Boil the **measured water** and dissolve the 1 **vegetable stock cube** in it. Add the **couscous** to a bowl with the **vegetable stock** and cover with a plate for 10 min. After 10 min, fluff up with a fork and set aside.



2. Prep tagine

Meanwhile, chop the **eggplant** into bite-sized pieces. Drain and rinse the **chickpeas**. Peel and finely chop the **red onion**. Peel and mince the **garlic**. Deseed and finely slice the **yellow pepper**. Peel and slice the **carrot** into thin coins. Chop the **green olives** in half.



3. Start tagine

Heat a large pan over a medium-high heat with a drizzle of **oil**. Add the **eggplant** and **onion** with a pinch of **salt** and fry for 5 min. Add the **garlic**, **coriander cumin**, **paprika**, **ginger powder**, **ras el hanout** (spicy!) and **cinnamon stick**. Fry for 1 min further.

Tip! Sensitive to spice? Go easy on the ras el hanout.



4. Simmer

Add the **measured water**, **tomato passata**, **brown sugar**, the remaining 1 **vegetable stock cube**, **peppers** and **carrots**. Reduce the heat to medium. Cover with a lid and simmer, stirring occasionally for 10 min. Meanwhile, slice the **lemon** into wedges. Add the **chickpeas**, **olives** and **golden raisins**. Simmer for 5 min further and remove from the heat. Season with **salt** and **pepper** and a squeeze of **lemon** juice to taste (reserve the rest for step 5).



5. Make couscous

Meanwhile, finely chop the **parsley** leaves. Finely chop the **cucumber** into cubes. Once the **couscous** is cooked, add the **cucumber** and half of the **parsley** (reserve the rest for garnish) to the bowl with the **couscous**. Add a drizzle of **olive oil**, season with **salt** and **pepper** and a squeeze of **lemon** juice to taste (reserve the rest for garnish).



6. Serve

Divide the **cucumber** and **parsley couscous** and the **vegetable tagine** among plates. Garnish with the remaining **parsley** and **lemon wedges**.

Winter Harvest Quinoa Salad

with Bacon-Wrapped Dates and Feta Cheese

-

796 calories | 32 protein | 125 carbs | 22 fat

Family Friendly

cook: 30 min

R4238-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3333 / 796
Fats (g)	21.9
of which saturated (g)	8.5
Carbohydrates (g)	125
of which sugars (g)	55
Fibers (g)	21.9
Proteins (g)	32.1
Salt (g)	4.7

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Dates	
Dates	8 Piece
Feta cheese [4*]	100 Grams
Beef bacon	120 Grams
Fresh thyme	10 Grams

Salad	
Kale	200 Grams
White quinoa	200 Grams
Brussels sprouts	600 Grams
Almond slivers [2*]	60 Grams
Pomegranate kernels	250 Grams
Carrot	2 Piece

dressing	
Balsamic vinegar glaze [14*]	40 ML
Dijon mustard [13*]	18 Grams
Shallots	1 Piece

Allergens: *4 Milk, *2 Tree Nuts, *14 Sulphur Dioxide, *13 Mustard

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1. prep

preheat oven 180/200. strip **thyme** leaves. deseed the **dates**. slice brussells **sprouts**. peel and chop **carrots**. in a bowl, combine the **feta** with the **thyme**. stuff the **dates** with the **feta**. roll each date with the **beef bacon**. set the rest aside if any.



2. bake

place **dates** on baking tray on one side. place brussells **sprouts** on the other side with **carrots**, facing down. Bake the stuffed **dates** for 15 min until the **beef bacon** is crispy.



3. cook quinoa

lookup **quinoa** conventions. 15 min. drain.



4. Kale

strip the **kale**. In a large bowl, add the **kale** with a good squeeze of lemon juice and olive oil and salt. massage the **kale** with clean hands until it softens.

Tip! A tip about massaging kale. show pic of hands in kale massaging.



5. make dressing

in a blender, combine olive oil, **shallots**, **balsamic vinegar**, and **mustard**.



6. Serve

-

Lamb Meatballs with Greek Horiatiki Salad
and Tzatziki

Tzatziki is often served as part of a mezze or alongside grilled meat.

hello chef

913 calories | 63 protein | 30 carbs | 66 fat

Low Carb | Speedy

cook: 20 min

R2456-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3821 / 913
Fats (g)	65.9
of which saturated (g)	26.8
Carbohydrates (g)	30
of which sugars (g)	16.9
Fibers (g)	7.3
Proteins (g)	63.1
Salt (g)	6

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What You'll Need

- Box grater

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meatballs	
Lamb mince	700 Grams
Almond flour 1*,2*	80 Grams
Sour cream 4*	120 Grams
Fresh parsley	15 Grams
Garlic paste	20 Grams
Salt	2 Tsp
Black pepper	1 Tsp

Salad	
Red onion	2 Piece
Cucumber	2 Piece
Green pepper	2 Piece
Cherry tomatoes	300 Grams
Olive oil	2 Tbsp
Red vinegar	30 ML
Dried oregano	4 Grams
Salt	1 Tsp
Kalamata olives	80 Grams
Feta cheese 4*	200 Grams

Tzatziki	
Natural yogurt 4*	340 Grams
Garlic cloves	1 Piece
Salt	0.5 Tsp

Allergens: *1 Peanuts, *2 Tree Nuts, *4 Milk

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1. Prep meatballs

- Add the **almond flour** and **sour cream** to a large bowl.
- Mix and set aside.
- Meanwhile, halve the **onion** and chop one half finely (reserve the other un-chopped half for the salad).
- Finely chop the **parsley**.
- Add the chopped **onion**, **sour cream** and **almond mixture**, **lamb mince**, **garlic paste**, **parsley**, **salt** and **pepper** to the bowl.
- Knead well for 3-4 min.
- With oiled hands, shape the mix into **meatballs**.



2. Make tzatziki

- Add the **yogurt** to a bowl.
- Halve the **cucumber** (reserve the rest for the salad).
- Grate half of the **cucumber** and squeeze out any excess liquid.
- Add the grated **cucumber** to the **yogurt**.
- Peel and mince the **garlic**.
- Add the **garlic** and a pinch of **salt**.
- Mix well.

Tip! Don't like raw garlic? Go easy!



3. Fry meatballs

- Heat a pan over a medium-high heat with a generous drizzle of **oil**.
- Fry the **meatballs** for 6-8 min or until cooked through but juicy.

Tip! Fry the meatballs in batches if necessary.



4. Make salad

- Meanwhile, peel and very finely slice the remaining **onion**.
- De-seed and roughly chop the **pepper**.
- Slice the remaining **cucumber**.
- Halve the **cherry tomatoes**.
- In a bowl, combine the **olive oil**, **red vinegar**, **oregano** with a pinch of **salt**.
- Add the **pepper**, **onion**, **olives**, **cucumber** and **tomatoes**.
- Toss.



5. Serve

- Serve the **Lamb Meatballs** alongside the **Greek Horiatiki Salad** and **Tzatziki**.
- Crumble the **feta** over the top.

Beyond Beef Chilli Con Carne with Jasmine Rice

–

Cook this easy comfort dish and unwind after a busy day.

807 calories 43 protein 117 carbs 24 fat

cook: 30 min

R4696-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3370 / 807
Fats (g)	23.9
of which saturated (g)	6.7
Carbohydrates (g)	117
of which sugars (g)	13.9
Fibers (g)	15
Proteins (g)	43.1
Salt (g)	2.3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chilli con Carne	
Beyond Meat patty	4 Piece
Red onion	2 Piece
Garlic cloves	4 Piece
Red kidney beans	480 Grams
Vegetable oil	4 Tbsp
Cumin powder	4 Grams
Chipotle powder	4 Grams
Smoked paprika powder	4 Grams
Brown sugar	10 Grams
Sriracha sauce	28 Grams
Tomato paste	70 Grams
Tomato passata	500 Grams
Dried oregano	4 Grams
Water	100 ML
Vegetable stock cube 15*	2 Piece

Rice	
Jasmine rice	300 Grams
Water	600 ML
Salt	1 Tsp

To serve	
Fresh coriander	15 Grams
Lime	2 Piece

Allergens: *15 Celery

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1. Prep

Peel and chop the **onion** and **garlic**. Rinse and drain the **kidney beans** in a colander.



2. Boil rice

Rinse the **jasmine rice**. Add the **rice**, **measured water** and **salt** to a pot with a lid and bring to a boil. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pot from heat and keep covered until serving.



3. Start chilli

Meanwhile, heat a pan over a high heat with a drizzle of **vegetable oil**. Once hot, add the beef mince and **onion**, and fry for 5 min. Use a spatula to break up the beef mince while frying.



4. Add spices

Add the **garlic**, **cumin**, **chipotle** (spicy!), **smoked paprika**, **brown sugar**, **sriracha** (spicy!) and **tomato paste**. Cook, stirring, for 2 min.

> **Tip!** Sensitive to spice? Go easy on the chipotle and sriracha.



5. Simmer

Add the **tomato passata**, **dried oregano**, **measured water**, **stock cube**, and **kidney beans**. Cover with a lid, reduce the heat to low and simmer for 10 min, stirring occasionally. If the stew thickens too much, add a splash of water.



6. Serve

Meanwhile, chop the avocado in half and remove the stone. Scoop the flesh into a bowl and mash with a fork. Finely chop the **coriander** and add to the avocado with a squeeze of **lime** juice and a generous pinch of **salt**. This is your **guacamole**. Serve the **Chilli con Carne** over the **rice**, top with the cheddar cheese, sour cream and **guacamole**.

> **Tip!** This one reheats well! Prepare the Chilli con Carne in advance and reheat with a splash of water just in time for dinner.

Chicken Biryani

with Yogurt and Crispy Onions

Learn how to make traditional chicken biryani; it's bound to impress.

hello chef

805 calories | 59 protein | 94 carbs | 25 fat

Global Eats

cook: 30 min

R3807-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3367 / 805
Fats (g)	25
of which saturated (g)	13.4
Carbohydrates (g)	94
of which sugars (g)	11.2
Fibers (g)	5.6
Proteins (g)	59.4
Salt (g)	5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Biryani	
Chicken breast	600 Grams
Natural yogurt **4***	340 Grams
Ginger garlic paste	30 Grams
Garam masala	4 Grams
Turmeric powder	4 Grams
Chilli powder	4 Grams
Paprika powder	4 Grams
Red onion	2 Piece
Tomatoes	2 Piece
Fresh coriander	15 Grams
Cardamom pods	8 Piece
Ghee **4***	60 Grams
Dried bay leaves	2 Piece
Cumin seeds	4 Grams
Coriander powder	4 Grams
Chicken stock cube **4*,5*,9*,15***	1 Piece
Tamarind paste	30 Grams
Crispy onions	40 Grams

Rice	
Basmati rice	300 Grams
Salt	1 Tsp
Water	600 ML

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Boil rice

- Rinse the **basmati rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat.
- Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from the heat and keep covered until step 5.



2. Prep

- Meanwhile, chop the **chicken** into bite-sized pieces.
- Add the **chicken** to a large bowl with half of the **yogurt** (reserve the remaining half for serving), **ginger garlic paste**, **garam masala**, **turmeric**, **chilli (spicy!)** and **paprika**. Mix well and set aside.
- Peel and finely chop the **onion**.
- Roughly chop the **tomatoes**.
- Finely chop the **fresh coriander leaves**.
- Split the **cardamom pods** open with the back of a knife.

Tip! Sensitive to spice? Go easy on the chilli powder.



3. Fry

- Heat a large non-stick pan over a medium-high heat with the **ghee**.
- Once hot, add the **onions** with a pinch of **salt** and cook for 5-6 min or until golden brown.
- Reduce the heat to medium and add the **bay leaves**, **cardamom pods**, **cumin seeds** and **coriander powder**.
- Fry for 1 min further.



4. Add chicken

- Add the **chicken** and all the **marinade**, the **tomatoes** and 1 **stock cube** to the pan.
- Reduce the heat to medium and simmer for 8-10 min, stirring occasionally or until the **tomatoes** have softened.
- Once soft, add the **tamarind paste** and simmer for 1 min further.

Tip! Add a splash of water if the curry is too thick.



5. Layer biryani

- Spread half of the **rice** over the bottom of a serving dish.
- Top with half of the **chicken**, followed by half of the chopped **coriander**.
- Top with the remaining **rice**, **chicken** and **coriander**.

Tip! Layering the biryani ensures an even mix of masalas. Strapped for time? Skip this step. Serve the plain rice and top with the chicken, sauce, coriander and crispy onion.



6. Serve

- Gently mix the **biryani** until the **rice** is evenly coated.
- Serve the **Chicken Biryani** with a dollop of the remaining **yogurt** and a sprinkling of **crispy onions**.

One-pot Beef Orzo Stew

with Feta Cheese

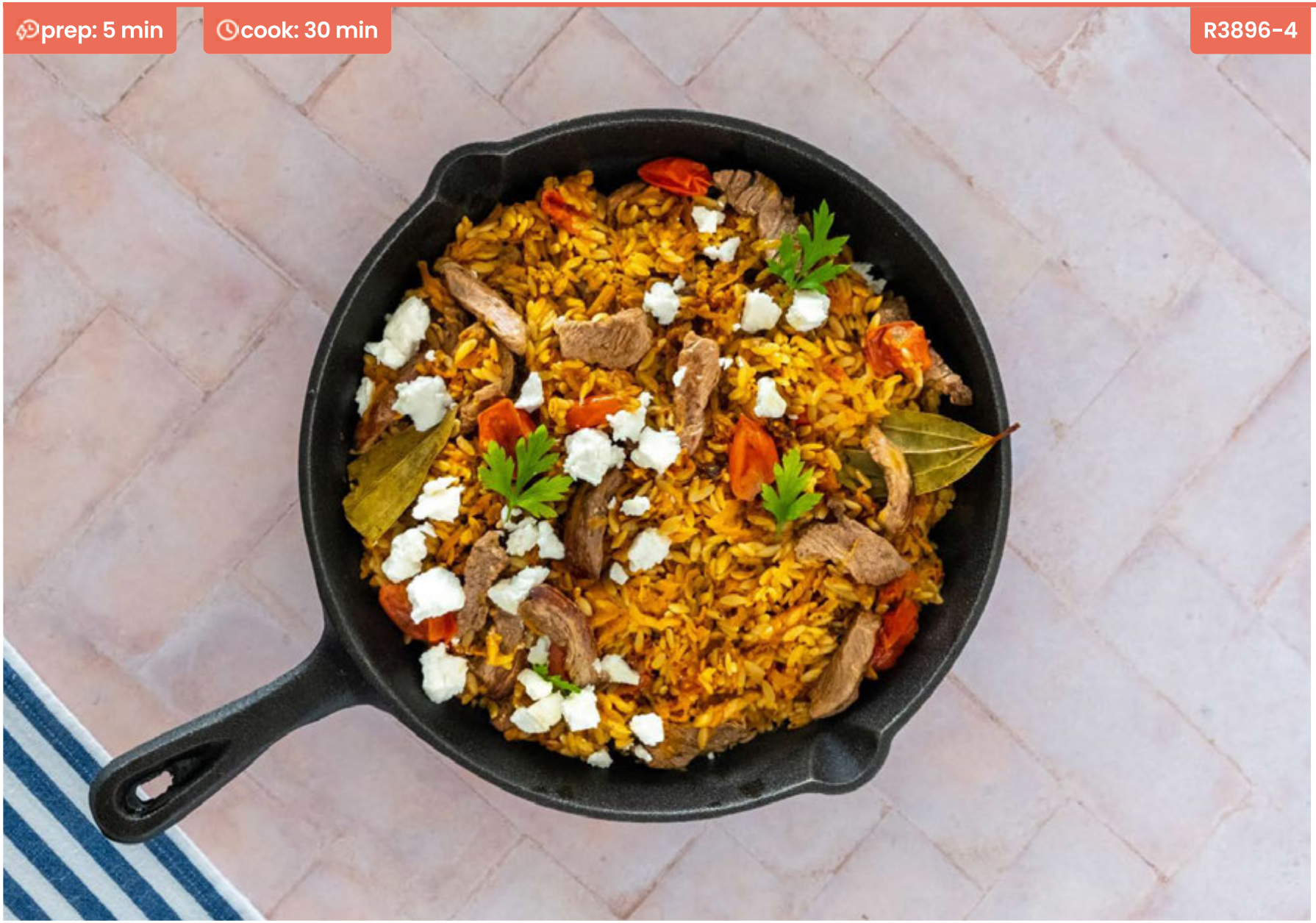
Inspired by the classic beef stifado stew from Greece, this version is prepped in 5 mins and ready in 30!

hellochef

795 calories | 64 protein | 97 carbs | 16 fat

Quick Prep

prep: 5 min | cook: 30 min | R3896-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3321 / 795
Fats (g)	15.7
of which saturated (g)	6.8
Carbohydrates (g)	97
of which sugars (g)	14.6
Fibers (g)	10.3
Proteins (g)	64.4
Salt (g)	6.3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Box grater

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef orzo

Steak strips	700 Grams
Carrot	3 Piece
Cherry tomatoes	300 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Tomato paste	70 Grams
Garlic onion powder	8 Grams
Dried oregano	4 Grams
Cinnamon powder	2 Grams
Allspice powder	2 Grams
Dried bay leaves	2 Piece
Beef stock cube 4*,5*,9*,11*,15*	2 Piece
Water	1100 ML
Red vinegar	30 ML
Orzo 9*,10*,11*	400 Grams
Fresh parsley	15 Grams
Feta cheese 4*	100 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *11 Gluten, *15 Celery, *10 Wheat

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1. Prep

- Peel and grate the **carrots**.
- Chop the **cherry tomatoes** in half.



2. Fry

- Heat a large non-stick pan over a high heat with a drizzle of **oil**.
- Once hot, add the **steak strips** with a pinch of **salt**.
- Fry for 2-3 min until browned.
- Transfer the **steak strips** to a plate.
- Reserve the pan.



3. Simmer

- Return the reserved pan to a medium-high heat with a drizzle of **oil**.
- Once hot, add the **carrots**, **tomato paste**, **garlic onion powder**, **dried oregano**, **cinnamon**, a pinch of **allspice**, **bay leaves** and **beef stock cube**.
- Fry for 2 min.
- Add the **measured water**, **red vinegar**, **orzo**, **tomatoes** and the **beef strips**.
- Reduce the heat to medium.
- Simmer, stirring occasionally, for 15-18 min or until the **orzo** is tender.



4. Prep garnishes

- Meanwhile, finely chop the **parsley leaves**.
- Crumble the **feta**.



5. Serve

- Serve the **One-pot Beef Orzo Stew** topped with **Feta Cheese** and **parsley**.

Prawn Pad Thai Noodle Stir Fry

with Peanuts

Whip up this classic Southeast Asian stir-fry in no time!

hellochef

615 calories | 46 protein | 74 carbs | 18 fat

Family Friendly

cook: 30 min

R2818-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2571 / 615
Fats (g)	18
of which saturated (g)	3.8
Carbohydrates (g)	74
of which sugars (g)	24.8
Fibers (g)	11
Proteins (g)	45.8
Salt (g)	7.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

For stir fry	
Prawns 7*	700 Grams
Shallots	2 Pieces
Carrot	2 Pieces
Small zucchini	3 Pieces
Spring onion	80 Grams
Garlic cloves	3 Pieces
Ginger	60 Grams
Sugar snap peas	200 Grams
Organic Eggs 5*	3 Pieces
Rice noodles	300 Grams
Vegetable oil	8 Tbsp
Salt	1 Tsp

Sauce	
Soy sauce 9*,10*,11*	60 ML
Sweet soy sauce 9*,10*,11*,14*	40 ML
Tamarind paste	30 Grams
Brown sugar	20 Grams
Honey	80 Grams
Lime	3 Pieces

To serve	
Salted peanuts 1*	80 Grams
Chilli flakes	2 Grams

Allergens: *7 Crustaceans, *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *1 Peanuts

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1. Prep vegetables

Drain the **prawns** on kitchen paper. Peel and finely slice the **shallots**. Peel and chop the **carrot** into matchsticks. Chop the **zucchini** into matchsticks. Finely slice the **spring onion**. Peel and crush the **garlic**. Peel and grate the **ginger**. Slice the **sugar snap peas** on the diagonal.



2. Prep sauce, eggs and noodles

In a bowl, combine the **soy sauce**, **sweet soy sauce**, **tamarind paste**, **brown sugar**, **honey** and the juice of half of the **limes**. Slice the remaining **limes** into wedges. Add the **eggs** to a bowl and beat them lightly. Add the **rice noodles** to a large bowl and cover them with boiling water. Leave to soak for 5 min.



3. Fry prawns

Heat a large pan over a medium-high heat with a drizzle of **vegetable oil**. Once hot, add the **prawns** and cook with a pinch of **salt** for 2-3 min until pink and cooked through (see pro tip). Transfer the **prawns** to a plate and set aside.



4. Fry vegetables

Return the pan to the heat with another drizzle of **oil**. Add the **carrot**, **shallots**, **zucchini**, **spring onion** (reserve some green slices for garnish), **garlic**, **ginger** and **sugar snap peas**. Fry for 2 min. If you're cooking for 3 or 4 people, use two pans.



5. Add and combine

Add the **eggs** and fry for 1-2 min, scrambling the **eggs** with a spatula as you go. Drain the **noodles** and add them to the stir-fry. Add the **sauce** and **prawns**. Stir-fry for a final 1-2 min.



6. Serve

Divide the stir-fry among plates. Garnish with the remaining **spring onion**, **salted peanuts**, a pinch of **chilli flakes** (spicy!) and the **lime** wedges.

Spooky Chicken and Mushroom 'Ghoul'ash

with Mummy Mashed Potatoes and Green Peas

Trick or Treat! This Halloween, get eerily creative by carving mushrooms into spooky skulls, and piping mashed potato mummies! It'll be a spooktacular evening!

hellochef

629 calories | 66 protein | 65 carbs | 12 fat

Family Friendly

cook: 45 min

R4222-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2632 / 629
Fats (g)	12.4
of which saturated (g)	6.3
Carbohydrates (g)	65
of which sugars (g)	13.8
Fibers (g)	14
Proteins (g)	65.6
Salt (g)	3.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Goulash	
Chicken breast	800 Grams
Mushroom	500 Grams
Red pepper	2 Piece
Red onion	2 Piece
Garlic cloves	2 Piece
Vegetable oil	2 Tbsp
Plain flour 10*,11*	15 Grams
Smoked paprika powder	8 Grams
Tomato paste	70 Grams
Chicken stock cube 4*,5*,9*,15*	2 Piece
Dried bay leaves	2 Piece
Water	450 ML
Sour cream 4*	120 Grams
Fresh parsley	15 Grams

Mashed Potatoes and Peas	
Potatoes	1200 Grams
Salt	2 Tsp
Whole milk 4*	200 ML
Black pepper	0.5 Tsp
Green peas	250 Grams

Allergens: *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Make mashed potatoes

Peel and chop the **potatoes** into small bite-sized pieces. Add them to a pan of boiling water with a generous pinch of **salt** and cook over medium heat for 20 min or until soft. Once soft, drain the **potatoes** and return them to the pan. Mash until smooth, gradually adding the **milk** until it reaches your desired consistency. Season with **salt** and **pepper** to taste, and set aside.



4. Make ghoulash

Heat a pot over medium-high heat with a drizzle of **oil**. Add the **mushroom skulls** and fry for 3-4 min until browned (set some aside to garnish). Add the **onion** and **garlic** and fry for 3-4 min. Add the **chicken**, 1 tsp of **flour**, and fry for 2-3 min. Add the **smoked paprika**, **tomato paste**, and **red pepper**, fry for 1-2 min. Add the **chicken stock cube**, **bay leaves**, **measured water**, and bring to a boil. Cover, reduce heat to medium, and cook for 12-15 min. Once thickened, stir in the **sour cream**, turn to low, and keep warm.



2. Make mushroom skulls!

Meanwhile, clean the **mushrooms** with a damp paper towel. Now let's get spooky! Use a **vegetable corer**, or **small paring knife** to core out two skull **eye sockets** on the top of the **mushroom** cap. Use the tip to make two slits for the **nose holes**. Scrape down the stem to mimic **teeth marks**. Repeat the same pattern on the opposite side of the **mushroom**, then slice it down the center. This will give you two **mushroom skull** halves!

Tip! Too many spooky skulls? Get the kids involved to quickly get through them all, and slice the rest!



5. Boil peas and make mummies!

Meanwhile, bring a kettle of water to a boil. In a large bowl, add the **peas** with a pinch of **salt**. Pour boiling water over and leave for 4-5 min. Drain and set aside. Gently reheat the **mashed potatoes** and scoop a good amount into a large plastic sandwich bag or parchment paper. Gather towards one corner, and twist the end of the bag closed. Snip off the corner and pipe the **potatoes** in a circular motion until you have 3-4 layers, ending with a small tip. Add two **peas** for the eyes!

Tip! Create as many mummies as you like!



3. Prep

Deseed and slice the **red pepper** into strips or bite-sized pieces. Peel and finely chop the **onions**. Peel and finely chop the **garlic**. Cut the **chicken** into bite-sized pieces.



6. Serve

Pick and finely chop the **parsley**. Divide the **chicken and mushroom ghoulash** in bowls, and sprinkle with the **parsley**. Top with the reserved **skulls** for an extra spooky effect, and serve with the **mummy mashed potatoes** and **green peas** to the side!

Tip! Use a spatula to carefully transfer the mummies from one plate to another by lifting from underneath!

Large Tortilla Wraps

hello chef

320 calories | 8 protein | 53 carbs | 0 fat

Family Friendly

cook: 5 min

R4681-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1337 / 320
Fats (g)	0
of which saturated (g)	1.7
Carbohydrates (g)	53
of which sugars (g)	2.1
Fibers (g)	1.2
Proteins (g)	8.3
Salt (g)	0.4

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 2 servings

Tortillas

8" tortilla wraps 10*,11*	4 Piece

Allergens: *10 Wheat, *11 Gluten

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1. Microwave

- Heat the **tortillas** in the microwave for 30-60 secs or until warmed through.

Tip! Alternatively, heat in a hot dry pan for 30 sec on each side or until browned. Repeat with all of the tortillas.

Moroccan inspired Seabream

with Herby Couscous and Harissa Yoghurt

Moroccan inspired flavours that bring a zing to this quick fish dish!

546 calories | 51 protein | 73 carbs | 7 fat

Speedy | Calorie Smart | Global Eats

cook: 25 min

R4363-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2283 / 546
Fats (g)	7.1
of which saturated (g)	2.3
Carbohydrates (g)	73
of which sugars (g)	21.1
Fibers (g)	9.2
Proteins (g)	50.7
Salt (g)	2.7

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Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Seabream	
Seabream 6*	660 Grams
Ras el hanout	10 Grams
Garlic onion powder	4 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Vegetable oil	2 Tbsp

Herby couscous	
Vegetable stock cube 15*	1 Piece
Water	400 ML
Couscous 10*,11*	225 Grams
Red pepper	1 Piece
Cucumber	2 Piece
Fresh parsley	15 Grams
Fresh mint	10 Grams
Lemon	2 Piece
Golden raisins 14*	60 Grams
Olive oil	1 Tbsp
Salt	0.5 Tsp
Black pepper	0.5 Tsp

To serve	
Natural yogurt 4*	340 Grams
Harissa paste	40 Grams

Allergens: *6 Fish, *15 Celery, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *4 Milk

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1. Steam couscous

- Bring a kettle to a boil.
- Dissolve the 1 **stock cube** with boiled **measured water**.
- Set the **vegetable stock** aside.
- In a large bowl, combine the **couscous** and **vegetable stock**.
- Cover with a plate or clingfilm.
- Leave to steam for 10 min.



2. Prep

- Meanwhile, deseed and chop the **red pepper** into small cubes.
- Chop the **cucumber** into small cubes.
- Pick and finely chop the **parsley** and **mint leaves**.
- Grate the **lemon zest**, taking care to avoid its bitter white pith.
- Cut **lemon** in wedges.



3. Fry fish

- Pat the **seabream** fillets dry with kitchen paper.
- Season all over with **salt**.
- To the flesh-side add the **ras el hanout**, a pinch of **garlic onion powder** and **pepper**.
- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Fry the **seabream**, skin-side down for 4 min or until crispy.
- Once crispy, flip. Cook for 1-2 min further.

Tip! You can tell when fish is cooked by checking if the flesh flakes easily.



4. Make yogurt

- In a small bowl, combine the **yogurt** and **harissa paste (spicy!)** with a squeeze of **lemon juice** to taste.

Tip! Can't handle the heat? Go easy on the harissa.



5. Make herby couscous

- Fluff up the **couscous** with a fork.
- Add the **red pepper**, **cucumber**, **lemon zest**, **raisins**, **parsley** and **mint**.
- Add a drizzle of **olive oil** and season with **salt** and **pepper** to taste.



6. Serve

- Serve the **Moroccan inspired Seabream** over **Herby Couscous**, with dollops of **harissa yogurt**.

Dan Dan Noodles with Minced Beef and Pak Choi

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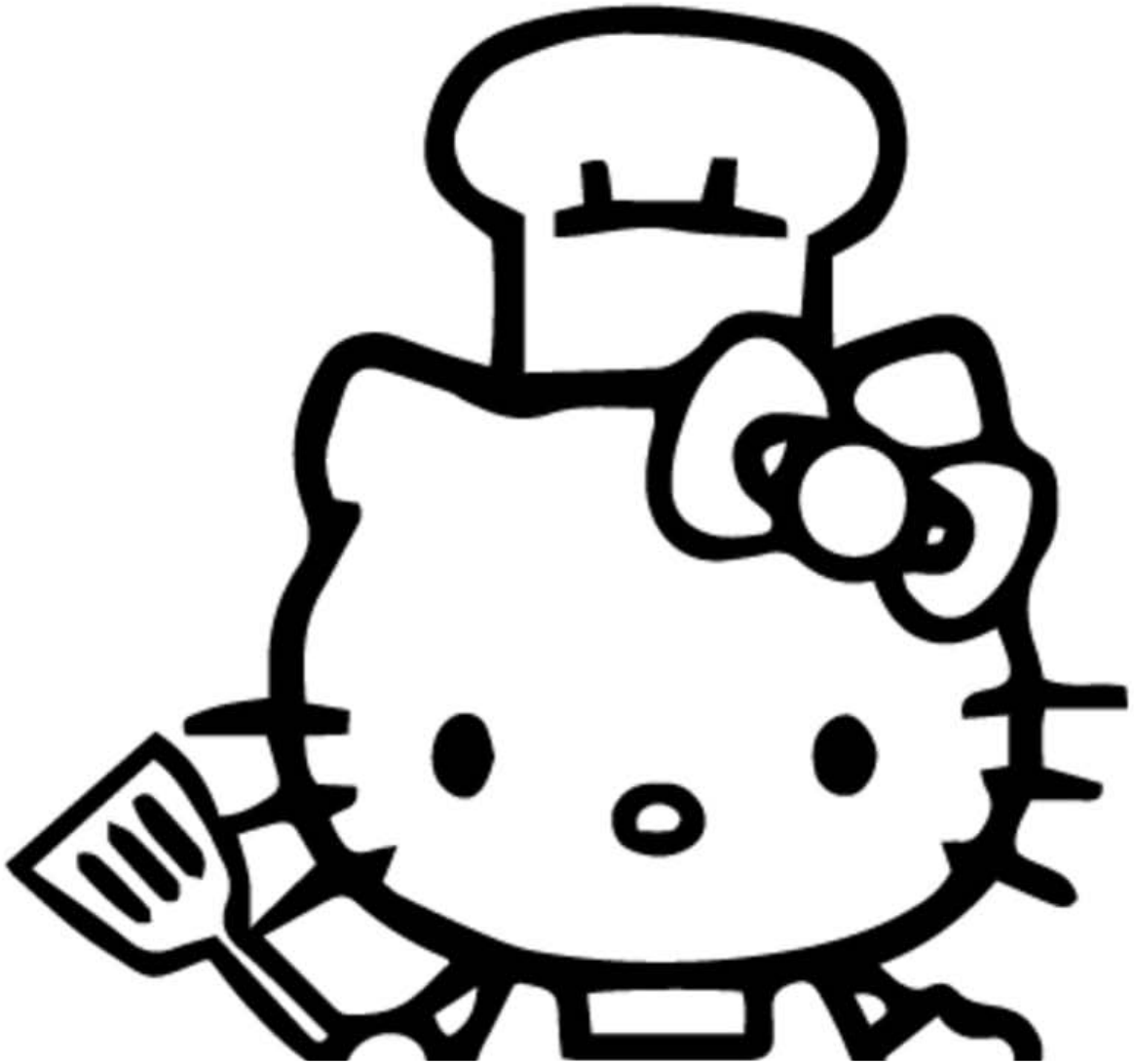
hello chef

853 calories | 55 protein | 58 carbs | 46 fat

Family Friendly

cook: 25 min

R4303-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3569 / 853
Fats (g)	45.8
of which saturated (g)	11
Carbohydrates (g)	58
of which sugars (g)	13.7
Fibers (g)	8.1
Proteins (g)	55.4
Salt (g)	9.4

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Beef	
Lean beef mince	700 Grams
Ginger garlic paste	20 Grams
Chinese 5 spice	4 Grams
Red pepper	1 Piece

Sauce	
Peanut butter 1*,9*	60 Grams
Hoisin sauce 3*,9*,10*	40 Grams
Chicken seasoning	4 Grams
Water	100 ML
Chinese chilli sauce 9*,10*	60 Grams

Serve	
Egg noodles 5*,10*,11*	200 Grams
Spring onion	80 Grams
Sesame oil 3*,9*	30 ML
Baby pak choi	9 Piece
Salted peanuts 1*	80 Grams

Allergens: *1 Peanuts, *9 Soya, *3 Sesame Seeds, *10 Wheat, *5 Eggs, *11 Gluten

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1. Make chili oil

Heat a small pot, toast the sichuan peppercorns. Grind. To the same pot, add the **sesame oil**, vegetable **oil**, **garlic**, and **garlic**. Cook on low for 3 min until **garlic** is crispy. Add the **chilli** flakes, **sesame** seeds and sichuan peppercorns. Cook for 1 min. Pour into a bowl. Set aside.



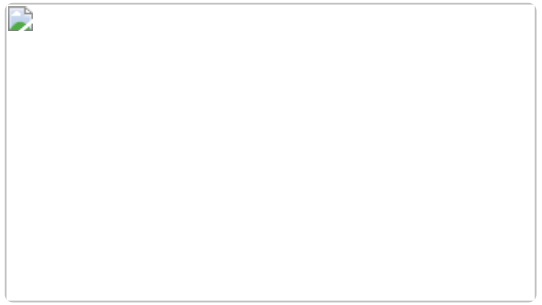
2. Make dan dan sauce

In a bowl, combine the **peanut butter**, soy **sauce**, **hoisin sauce**, **garlic paste**, **chicken seasoning**, and hot measured **water**. Mix well.



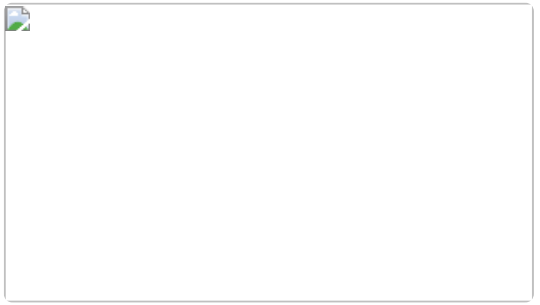
3. fry beef

In a skillet, add the **beef** with **ginger garlic paste**, soy **sauce**, and **pepper**. Fry until crispy.



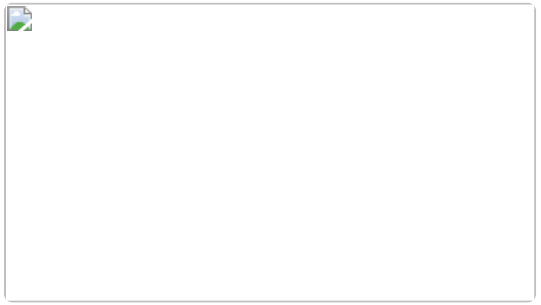
4. prep

Meanwhile, slice the pack **choi** in long strips. Slice the **spring onions**. Crush the **peanuts**.



5. boil noodles

Boil the **noodles** for **5** min. Add the **pak choi** towards the end. Drain.



6. Serve

Ladle the dan dan **sauce** into bowls. Add the **noodles** and bok **choi**. Top with the cooked **beef**. Drizzle some **chilli oil**. Top with the **peanuts** and scallions.

Prawn Tikka Masala

with Basmati Rice and Quick Pickled Cucumbers

We've changed up our classic tikka masala curry and swapped chicken for prawns.

763 calories | 41 protein | 99 carbs | 30 fat

Family Friendly

cook: 30 min

R3397-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3184 / 763
Fats (g)	29.7
of which saturated (g)	18.7
Carbohydrates (g)	99
of which sugars (g)	15.7
Fibers (g)	7.9
Proteins (g)	40.7
Salt (g)	0.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Prawns 7*	700 Grams
Brown onion	2 Piece
Ghee 4*	60 Grams
Salt	1 Tsp
Ginger garlic paste	20 Grams
Smoked paprika powder	4 Grams
Curry powder	10 Grams
Garam masala	5 Grams
Chipotle powder	4 Grams
Tomato paste	140 Grams
Vegetable stock cube 15*	2 Piece
Water	300 ML
Cooking cream 4*	200 ML
Honey	30 Grams

Rice	
Basmati rice	300 Grams
Water	600 ML

Cucumber salad	
Cucumber	4 Piece
Fresh coriander	15 Grams
Lime	2 Piece
Salt	1 Tsp

Allergens: *7 Crustaceans, *4 Milk, *15 Celery

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1. Prep

- Peel and finely and chop the **brown onion**.



2. Make sauce

- Heat a large non-stick pan over a medium-low heat with the **ghee**.
- Once hot, add the **onion** with a pinch of **salt**.
- Fry for 7-8 min until softened.
- Once softened, add the **ginger garlic paste**, **smoked paprika**, **curry powder**, **garam masala** and a pinch of **chipotle powder** (spicy!).
- Fry for 2 min.
- Add the **tomato paste**, **stock cube** and **measured water**.
- Simmer for 5 min.



3. Boil rice

- Meanwhile, rinse the **rice** until the water runs clear.
- Add the **rice** and **measured water** to a pan with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low.
- Cook with the lid on for 10-12 min or until all the water is absorbed.
- Once cooked, remove the pan from the heat.
- Keep covered until serving.
- Before Serving, fluff with a fork.



4. Prep cucumber salad

- Meanwhile, chop the **cucumber** into small chunks.
- Finely chop the **coriander**.
- Slice the **lime** into wedges.
- Mix the **cucumber** and **coriander** together in a bowl with a pinch of **salt**.
- Add a squeeze of **lime** juice.
- Set the **quick pickled cucumber salad** aside.



5. Finish sauce

- Increase the heat to medium-high.
- Add the **prawns**, **cream** and **honey** to the **tikka sauce**.
- Simmer for a final 4 min or until **prawns** are cooked through.



6. Serve

- Serve the **Prawn Tikka Masala** and **Basmati Rice** with **Quick Pickled Cucumber salad** to the side.
- Garnish with any remaining **lime** wedges.

One-Pan Baked Lamb Kofta and Tomatoes

with Rice and Mint Yogurt

No need to shape koftas in this deliciously simplified traybake; with warm Arabic spices, tangy pomegranate molasses, and creamy yogurt.

hello chef

931 calories | 60 protein | 95 carbs | 38 fat

Tips for Kids | Family Friendly

cook: 40 min

R4079-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3896 / 931
Fats (g)	38.4
of which saturated (g)	17.1
Carbohydrates (g)	95
of which sugars (g)	18.6
Fibers (g)	7.6
Proteins (g)	60.2
Salt (g)	3.2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Oven
- Food processor

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Kofta mixture	
Lamb mince	700 Grams
Tomato paste	70 Grams
Arabic mix masala	4 Grams
Curry powder	4 Grams
Smoked paprika powder	4 Grams
Black pepper	1 Tsp
Chicken stock cube 4*,5*,9*,15*	2 Piece
Tomatoes	3 Piece
Pomegranate molasses	40 Grams
Olive oil	2 Tbsp

Kofta salsa	
Garlic cloves	2 Piece
Red onion	2 Piece
Red pepper	2 Piece
Large green chilli	2 Piece
Fresh parsley	30 Grams

Rice	
Long grain rice	300 Grams
Salt	1 Tsp
Water	600 ML

Mint yogurt	
Fresh mint	20 Grams
Natural yogurt 4*	340 Grams
Salt	0.5 Tsp

To serve	
Cucumber	2 Piece

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Prep salsa

Preheat the oven to 220°C/200°C fan. Peel the **garlic**. Peel and chop the **red onion** in half (reserving the other half for the casserole). Deseed the **red pepper** and chop into chunks. Slice the **large green chilli** (spicy!) in half and remove the seeds. Pick the **parsley** leaves. To a food processor, add the ingredients and pulse 8-10 times until the **vegetables** are finely chopped into very small pieces - this is your **kofta mix**.

Tip! Alternatively, use a box grater and/or knife to finely chop everything.



2. Mix kofta

In a large mixing bowl, add the **mince**, **tomato paste**, **arabic mix masala**, **curry powder**, **smoked paprika**, a generous pinch of **black pepper**, and the **kofta mix**. Crumble the **chicken stock cube** on top, and knead the mixture well until fully combined and all the ingredients are distributed.

Tip! If cooking for kids, you may keep a portion of mince plain without the kofta ingredients to bake separately.



3. Bake casserole

Slice the **tomatoes** into rounds. Slice the remaining **onion**. To a medium baking dish, add the **kofta** and using your hands, spread it towards the edges. Top with the **tomatoes** and **onion**, drizzle with **pomegranate molasses** and **olive oil**. Bake the casserole for 20-25 min until the meat has cooked through. Turn the heat to grill, and bake the top for 5-7 min until the **tomatoes** are roasted and the **sauce** is bubbly and reduced.

Tip! During baking, the kofta and tomatoes will produce a delicious sauce for the rice!



4. Cook rice

Meanwhile, rinse and drain the **rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 12-14 min or until the **water** is absorbed and **rice** is cooked. Once cooked, remove the pot and keep covered until serving.



5. Make mint yogurt

Pick and finely chop the **mint** leaves. In a small bowl, combine the **yogurt**, **mint**, a pinch of **salt** to taste. **Mix** until smooth and set aside. Slice the **cucumber** in half and into strips.

Tip! If cooking for kids, reserve a portion of plain yogurt to the side.



6. Serve

Slice the **kofta** into squares. Serve on top of the **rice** with extra **sauce** from the pan. Top with the **mint yogurt**, and serve with **fresh cucumbers**.

Tip! If cooking for kids, serve the kofta, rice, yogurt, and cucumbers separately.

Mushroom Bourguignon

with Mash Potato and Green Beans

Bourguignon refers to a recipe that is prepared in the style of the French region of Bourgogne (aka Burgundy!).

548 calories | 27 protein | 95 carbs | 11 fat

Calorie Smart

cook: 45 min

R2280-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2295 / 548
Fats (g)	11.1
of which saturated (g)	5.1
Carbohydrates (g)	95
of which sugars (g)	34.3
Fibers (g)	21.3
Proteins (g)	26.8
Salt (g)	1.7

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What You'll Need

- Potato masher

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Bourguignon	
Carrot	2 Piece
Red onion	2 Piece
Mushroom	500 Grams
Chestnut mushrooms	500 Grams
Garlic cloves	6 Piece
Sun dried tomatoes	120 Grams
Fresh thyme	10 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Balsamic vinegar [14]*	30 ML
Tomato paste	70 Grams
Brown sugar	20 Grams
Tomato passata	500 Grams
Water	300 ML

To serve	
Potatoes	1200 Grams
Salt	1 Tsp
Salted vegan butter	40 Grams
Black pepper	1 Tsp
Green beans	375 Grams

Allergens: *14 Sulphur Dioxide

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1. Make mash

Peel and chop the **potatoes** into bite-size pieces. Add them to a pot of boiling water with a generous pinch of **salt** and cook over a medium heat for 15 min or until soft. Once soft, drain the **potatoes** and return them to the pot with the **vegan butter**. Mash until smooth. Season with **salt** and **pepper**.



2. Prep vegetables

Meanwhile, peel and finely chop the **carrot** and **onion**. Clean and slice the **mushrooms**. Peel and mince the **garlic**. Slice the **sun dried tomatoes**. Strip and finely chop the **thyme** leaves.



3. Fry mushrooms

Heat a large non-stick pan over a high heat with a drizzle of **oil**. Once hot, add the **mushrooms** with a pinch of **salt** and fry for 6 min until browned.



4. Fry vegetables

Add another drizzle of **oil** along with the **carrots**, **onion** and **garlic**. Fry for 5-6 min until softened. Add the **thyme** and **sun dried tomatoes**.



5. Simmer

Add the **balsamic vinegar**, **tomato paste**, **brown sugar**, **tomato passata**, and **measured water** to the pan. Reduce the heat to low and simmer for 10 min until thickened. Season with **salt** to taste.



6. Boil green beans

Meanwhile, trim the **green beans**. Cook the **green beans** in a pot of salted boiling water for 3-4 min or until tender. Drain once cooked. Serve the **mushroom bourguignon** over the **mashed potato** with the **green beans** to the side.

Goan Fish Curry

with Basmati Rice and Tenderstem Broccoli

Rice and fish are staples of Goan cuisine!

hello chef

731 calories | 47 protein | 86 carbs | 27 fat

Family Friendly

cook: 30 min

R3238-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3060 / 731
Fats (g)	27
of which saturated (g)	16
Carbohydrates (g)	86
of which sugars (g)	4.1
Fibers (g)	8.3
Proteins (g)	46.6
Salt (g)	2.7

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Cod fillet 6*	700 Grams
Spring onion	80 Grams
Tomatoes	2 Piece
Coconut oil	20 ML
Ginger garlic paste	40 Grams
Coriander powder	4 Grams
Turmeric powder	4 Grams
Chilli powder	4 Grams
Coconut milk	400 ML
Tamarind paste	30 Grams
Vegetable stock cube 15*	1 Piece

Rice	
Basmati rice	300 Grams
Salt	1 Tsp
Water	600 ML

To serve	
Tenderstem broccoli	300 Grams
Fresh coriander	15 Grams
Crispy onions	40 Grams

Allergens: *6 Fish, *15 Celery

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1. Prep

- Trim and finely chop the **spring onion**.
- Roughly chop the **tomatoes**.
- Chop the **cod** into chunks.



2. Boil rice

- Rinse the **basmati rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pan with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low, cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pan from heat.
- Keep covered until serving.



3. Start curry

- Meanwhile, heat a pan over a medium heat with the **coconut oil**.
- Once hot, add the **spring onion** and **tomatoes** with a pinch of **salt**.
- Fry for 3 min until softened.
- Add the **ginger garlic paste**, **coriander powder**, **turmeric** and **chilli powder** (spicy!).
- Fry for 2 min further.

Tip! This one's spicy; if you prefer a mild curry, leave out the chilli powder.



4. Simmer

- Add the **coconut milk**, **tamarind paste**, 1 **stock cube** and **cod**.
- Cover and simmer for 4 min or until the **cod** is cooked through.

Tip! You can tell when white fish is cooked by checking if the flesh flakes easily.



5. Cook broccolini

- Meanwhile, trim the **tenderstem broccoli**.
- Cook it in lightly salted boiling water for 5 min or until tender.
- Drain once cooked.



6. Serve

- Chop the **coriander** leaves.
- Serve the **Goan Fish Curry** with **Basmati Rice** and **Tenderstem Broccoli** alongside.
- Garnish with the **crispy onions** and **coriander** leaves.

Sweet Potato Quinoa Summer Bowl

with Halloumi and Eggs

Something warm, something fresh! This summery bowl is a great meal prep dinner; easy to make, colourful, and delicious!

hello chef

834 calories | 41 protein | 90 carbs | 36 fat

Tips for Kids

cook: 40 min

R4056-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3478 / 834
Fats (g)	36.1
of which saturated (g)	25.9
Carbohydrates (g)	90
of which sugars (g)	18.2
Fibers (g)	10.6
Proteins (g)	41
Salt (g)	35.4

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What You'll Need

Oven

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Sweet potatoes	
Sweet potatoes	800 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Dressing	
Red onion	2 Piece
Red vinegar	60 ML
Olive oil	4 Tbsp
Brown sugar	10 Grams
Salt	1 Tsp

For bowls	
Organic Eggs **5***	4 Piece
Tomatoes	2 Piece
Cucumber	2 Piece
Halloumi **4***	400 Grams
Olive oil	2 Tbsp
Pumpkin seeds	40 Grams

Quinoa	
White quinoa	200 Grams
Water	400 ML
Salt	1 Tsp

Allergens: *5 Eggs, *4 Milk

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1. Roast sweet potatoes

- Preheat the oven to 220°C/200°C fan.
- Peel and chop the **sweet potatoes** into bite-sized pieces.
- Add them to a baking tray with a drizzle of **oil** and a generous pinch of **salt**.
- Roast for 20-25 min or until soft and nicely roasted.

Tip! Roasting sweet potatoes at a high temperature provides a golden outside, while maintaining a custardy smooth core.



2. Pickle onion

- Meanwhile, peel the **onion** and discard any dry outer layer.
- Thinly slice the **onion** into rings.
- In a bowl, combine the **onion rings**, **red vinegar**, **olive oil**, **brown sugar** with a pinch of **salt**.
- Marinate for 15 min or until it is time to serve.

Tip! Marinate the onion for up to 3 to 4 hours in advance.



3. Cook quinoa

- Meanwhile, add the **quinoa** to a bowl, cover with warm water and rinse.
- Drain in a fine sieve.
- Add the **measured water**, drained **quinoa** and a pinch of **salt**.
- Bring to a boil.
- Cover with a lid, reduce the heat to low and simmer for 15 min or until the liquid is absorbed and the **quinoa** is tender.

Tip! Rinsing quinoa with warm water before cooking increases its flavour by removing the bitter taste.



4. Boil and prep

- Meanwhile, cook the **eggs** in boiling water for 6-7 min or until cooked to your liking.
- Drain, run under cold water and peel once cooled.
- Halve just before serving.
- Chop the **tomato** and **cucumber** into small cubes.
- Chop the **halloumi** into bite-sized cubes.

Tip! Let the eggs come up to room temperature before boiling, or they might crack.



5. Fry halloumi

- Heat a large non-stick pan over medium high heat with a drizzle of **oil**.
- Once hot, fry the **halloumi** for 2-3 min or until browned all over.

Tip! If you wish to reduce the saltiness of the halloumi, soak it in cold water for 15 min. Drain and pat dry with kitchen paper before chopping and frying.



6. Serve

- Divide the cooked **quinoa**, roasted **sweet potatoes**, **halloumi**, **tomatoes**, **cucumber** and **eggs** among bowls.
- Serve the **Sweet Potato Quinoa Summer Bowl** topped with the pickled **red onion** and dress with its **marinade**.
- Garnish with **pumpkin seeds**.

Tip! If cooking for kids, serve the roasted sweet potato cubes, halloumi and eggs separately. Serve the tomatoes and cucumber on the side.

Asian Beef Skewers with Cabbage Apple Slaw

and Creamy Sesame Peanut Dip

These savoury skewers have a gingery-spicy kick, served with a sweet, tangy dip and crunchy salad. A medley of flavours and textures!

595 calories | 43 protein | 34 carbs | 33 fat

Calorie Smart

cook: 30 min

R4032-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2489 / 595
Fats (g)	32.5
of which saturated (g)	9.7
Carbohydrates (g)	34
of which sugars (g)	18.2
Fibers (g)	7.1
Proteins (g)	43
Salt (g)	2.8

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Beef skewers	
Lean beef mince	700 Grams
Bamboo skewers	16 Piece
Spring onion	80 Grams
Ginger paste	20 Grams
Sambal oelek	30 Grams
Soy sauce 9*,10*,11*	30 ML
Vegetable oil	2 Tbsp
Black pepper	1 Tsp

Cabbage Apple Salad	
Fresh coriander	15 Grams
Lime	2 Piece
Red cabbage	450 Grams
Salt	1 Tsp
Red apple	2 Piece

Peanut Dressing	
Peanut butter 1*,9*	60 Grams
Apple cider vinegar	30 ML
Sesame oil 3*,9*	30 ML
Honey	30 Grams
Salt	0.5 Tsp

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *1 Peanuts, *3 Sesame Seeds

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1. Prep

Preheat the oven to 200°C/180°C fan. Soak the **bamboo skewers** in water. Trim and finely chop the **spring onion**. Pick and finely chop the **coriander** leaves.



2. Make meatballs

To a large bowl, add the **beef mince**, **ginger paste**, **sambal oelek (spicy!)**, **soy sauce**, **spring onion**, and a pinch of **pepper**. With clean hands, knead until all the ingredients are fully combined. Divide the mixture into 16 pieces and shape each piece into an oval **meatball**.

Tip! Coat your hands in oil or water before shaping the meatballs; this way the mixture won't stick to your hands.



3. Bake meatballs

Thread the **bamboo skewers** through the **meatballs**, and set aside on a plate. Transfer to a baking tray with a drizzle of **oil**. Bake for 10-12 min or until the **meatballs** are cooked through. Turn the heat up to grill and bake for 3 min further to get some charred bits.

Tip! Strapped for time? You can ditch the skewers and bake the meatballs instead. Alternatively, pan-fry them on a stovetop for 7-9 min or until cooked through.



4. Make cabbage salad

Meanwhile, slice the **lime** in half. Finely slice or shred the **red cabbage**. In a large bowl, combine the **red cabbage** with a squeeze of **lime** and a pinch of **salt**. Lightly massage for 1 min until the **cabbage** is slightly softened. Halve the **apples**, remove the stem and core, and slice them thinly. Add the **apples** and **coriander** to the **cabbage**. Mix well and set aside.

Tip! Massaging the cabbage helps to soften them up so they're easier to eat.



5. Make peanut sauce

In a small bowl, combine the **peanut butter**, **apple cider vinegar**, **sesame oil**, **honey**, and a pinch of **salt**. Mix until smooth and glossy, then add a small splash of water and mix well to lightly loosen the consistency. Set aside.



6. Serve

Divide the **beef skewers** and **cabbage apple salad** among plates. Drizzle some **peanut sauce** over the **skewers** and serve the **lime** wedges alongside.

Sunny Chicken Pan
with Tomato Salad

Sun-dried tomatoes and Parmesan give all they've got into this creamy one-pan dish.

hello chef

510 calories | 59 protein | 23 carbs | 20 fat

Low Carb | Calorie Smart

cook: 30 min

R2890-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2129 / 510
Fats (g)	20.1
of which saturated (g)	12.4
Carbohydrates (g)	23
of which sugars (g)	12.6
Fibers (g)	6.1
Proteins (g)	58.6
Salt (g)	3.9

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What You'll Need

- Oven

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04-825-44-00
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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pan	
Chicken breast	800 Grams
Garlic cloves	4 Piece
Sun dried tomatoes	60 Grams
Parmesan 4*	60 Grams
Water	500 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Dried oregano	4 Grams
Black pepper	1 Tsp
Chilli flakes	4 Grams
Cooking cream 4*	200 ML
Fresh basil	15 Grams

Salad	
Cherry tomatoes	300 Grams
Romaine lettuce	400 Grams
Olive oil	2 Tbsp
Balsamic vinegar 14*	30 ML
Salt	0.5 Tsp
Black pepper	0.5 Tsp

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *14 Sulphur Dioxide

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1. Prep

- Peel and mince the **garlic**.
- Chop the **sun dried tomatoes** into very small pieces.
- Grate the **Parmesan**.
- Boil the **measured water** and dissolve the 1 **stock cube** in it.



2. Fry chicken

- Heat a pan over a medium-high heat with a drizzle of **olive oil**.
- Once hot, add the **chicken**.
- Fry with a pinch of **salt** for 4-5 min on each side until golden.
- Transfer to a plate and set aside.
- Reserve the pan.



3. Make sauce

- Return the pan to a medium heat.
- Loosen any sticky bits from the bottom of the pan with a spatula.
- Add a second drizzle of **oil**, if needed.
- Add the **garlic** and **sun dried tomatoes**.
- Stir for 1-2 min.
- Add the **stock**, **oregano**, **pepper** and a pinch of **chilli flakes** (spicy!) and bring to a simmer.
- Cover with a lid and simmer for 5-7 min.



4. Prep salad

- Meanwhile, wash and dry the **cherry tomatoes** and the **Romaine lettuce**.
- Halve the **tomatoes** and chop the **lettuce**.
- Toss both in a bowl and set aside.



5. Finish

- Return the **chicken** to the pan.
- Add the **cooking cream**.
- Simmer for a final 2-3 min until the sauce has thickened.
- Finally fold in the grated **Parmesan**.



6. Serve

- Once ready to serve, season the salad with **olive oil**, **balsamic vinegar** and a pinch of **salt** and **pepper**.
- Serve the **Sunny Chicken Pan** with **Tomato Salad**.
- Garnish the **chicken** with the **fresh basil** leaves, a grind of **black pepper** and a pinch of **chilli flakes** (spicy!).

Cheesy Fried Eggs over Nacho Potato Hash

with Pico de Gallo & Smoky Crema

Familiar nacho flavours without the high calories? Yes please!

hellochef

606 calories | 31 protein | 61 carbs | 29 fat

Low Carb | Tips for Kids | Chef's choice

cook: 30 min

R3721-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2536 / 606
Fats (g)	28.5
of which saturated (g)	17.4
Carbohydrates (g)	61
of which sugars (g)	18
Fibers (g)	11.8
Proteins (g)	30.6
Salt (g)	1.2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Hash & eggs	
Organic Eggs 5*	8 Piece
Sweet potatoes	800 Grams
Red pepper	2 Piece
Vegetable oil	2 Tbsp
Fajita seasoning	20 Grams
Garlic onion powder	8 Grams
Salt	1 Tsp
Lime	2 Piece
Red onion	2 Piece
Tomatoes	2 Piece
Fresh coriander	15 Grams
Sour cream 4*	120 Grams
Smoked paprika powder	4 Grams
Black pepper	1 Tsp
Grated cheddar 4*	120 Grams

Allergens: *5 Eggs, *4 Milk

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1. Prep

Preheat the oven to 220°C/200°C fan. Peel and chop the **sweet potatoes** into bite-sized pieces. Deseed and roughly chop the **pepper**. Add the **sweet potatoes** and **peppers** to a baking tray with a drizzle of **vegetable oil**, the **fajita seasoning**, **garlic onion powder** and a generous pinch of **salt**. Toss to coat. Roast for 20 min until the **vegetables** are tender.

Tip! If cooking for kids, go easy on the spices or keep a portion of the potato and peppers plain. Drizzle them with vegetable oil and roast separately on the baking tray.



4. Fry eggs

When the **sweet potatoes** and **peppers** have 5 min left, heat a large non-stick pan with a drizzle of **vegetable oil** over a medium heat. Once hot, crack the **eggs** into the pan with a pinch of **salt** and **pepper** and fry for 2-4 min or until done to your liking. Remove the pan from the heat and sprinkle each **egg** with the **cheddar cheese**. Cover the pan with a lid for the **cheese** to melt.

Tip! If cooking for kids, fry their eggs without cheese and keep a portion of the cheese aside.



2. Make salsa

Meanwhile, slice the **lime** into wedges. Peel and finely chop the **onion**. Finely chop the **tomatoes**. Finely chop the **coriander** leaves. Add the lot to a small bowl with a generous squeeze of **lime** (reserve some for garnish) and a pinch of **salt**. Mix well and set aside.

Tip! If cooking for kids, keep a portion of the tomatoes to the side before mixing with the onion, coriander and lime.



5. Serve

Divide the **potatoes** and **peppers** among plates. Top with the **cheesy eggs** followed by the **pico de gallo** and the **smoky crema**. Garnish with the remaining **lime** wedges.

Tip! Plate the plain potatoes, peppers, tomatoes and egg separately for your kids and serve the plain sour cream and cheese to the side.



3. Make crema

In a small bowl, combine the **sour cream** and **smoked paprika** with a pinch of **salt**. This is your **smoky crema**

Tip! If cooking for kids, go easy on the spice or keep a portion of the sour cream plain and set aside.

Chicken and Feta Pasta

with Artichoke Hearts and Sun-dried Tomatoes

This recipe combines the best of the best: Italian pasta and Greek feta!

hellochef

926 calories | 64 protein | 123 carbs | 18 fat

Speedy | Family Friendly

cook: 20 min

R1931-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3879 / 926
Fats (g)	18.2
of which saturated (g)	10.7
Carbohydrates (g)	123
of which sugars (g)	24.7
Fibers (g)	12.7
Proteins (g)	63.7
Salt (g)	6.7

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pasta	
Fusilli pasta 5*,10*,11*	500 Grams

Sauce	
Chicken breast	600 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Water	200 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Tomato passata	500 Grams
Olive oil	4 Tbsp
Salt	1 Tsp
Honey	30 Grams
Dried oregano	4 Grams
Black pepper	1 Tsp
Cream cheese 4*	160 Grams

To serve	
Artichoke hearts	240 Grams
Sun dried tomatoes	60 Grams
Feta cheese 4*	100 Grams
Fresh basil	15 Grams
Black pepper	1 Tsp
Olive oil	2 Tbsp

Allergens: *5 Eggs, *10 Wheat, *11 Gluten, *4 Milk, *9 Soya, *15 Celery

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1. Boil pasta

- Bring a large pot of salted water to the boil.
- Once boiling, add the **pasta**.
- Cook for 8-10 min until 'al dente' or cooked to your liking.
- Drain.



2. Prep vegetables

- Meanwhile, chop the **chicken** into bite-sized pieces.
- Peel and finely chop the **onion** and **garlic**.
- Boil the **measured water** and dissolve the 1 **stock cube** and the **tomato passata** in it.



3. Simmer

- Heat a pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken** and **onion** with a pinch of **salt**.
- Fry for 3 min.
- Add the **garlic**.
- Cook for 2 min further.
- Add the **tomato stock**, **honey**, **oregano** and **black pepper**.
- Cook for 5 min.

Tip! Don't boil the sauce, only simmer it - otherwise the chicken will dry out.



4. Prep

- Meanwhile, roughly chop the **artichoke hearts** and **sun dried tomatoes**.



5. Finish

- Finally, add the **cream cheese** to the **tomato sauce** and mix until smooth.
- Toss the drained **pasta** in the **tomato sauce**.



6. Serve

- Serve the **Chicken** and **Feta Pasta**.
- Crumble the **feta cheese** over the **pasta**.
- Top with **Artichoke Hearts** and **Sun-dried Tomatoes**.
- Garnish with the **fresh basil** leaves.
- Finish with a grind of **black pepper** and a drizzle of good quality **olive oil**.

Cheesy Bean and Mushroom Chilli

with Quinoa

Fun fact: Quinoa is botanically more closely related to spinach than rice and wheat!

hello chef

741 calories | 45 protein | 84 carbs | 26 fat

Low Carb

cook: 40 min

R2798-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3101 / 741
Fats (g)	25.7
of which saturated (g)	13.4
Carbohydrates (g)	84
of which sugars (g)	18.1
Fibers (g)	15.6
Proteins (g)	44.8
Salt (g)	2.6

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chilli	
Red kidney beans	480 Grams
Mushroom	500 Grams
Red onion	2 Piece
Garlic cloves	6 Piece
Vegetable oil	4 Tbsp
Salt	1 Tsp
Cumin powder	4 Grams
Chipotle powder	4 Grams
Smoked paprika powder	4 Grams
Brown sugar	20 Grams
Sriracha sauce	28 Grams
Tomato paste	70 Grams
Tomato passata	500 Grams
Water	300 ML
Vegetable stock cube 15*	2 Piece
Black pepper	1 Tsp
Grated cheddar 4*	120 Grams
Grated mozzarella 4*	120 Grams
Large red chilli	2 Piece

To serve	
White quinoa	200 Grams
Water	500 ML
Salt	1 Tsp
Sour cream 4*	120 Grams

Allergens: *15 Celery, *4 Milk

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1. Prep

- Drain and rinse the **red kidney beans**.
- Clean and chop the **mushrooms**.
- Peel and chop the **onion** and **garlic**.



2. Start chilli

- Heat a pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **mushrooms**.
- Fry with a pinch of **salt** for 5 min until any excess liquid has evaporated.
- Add the **onion**.
- Cook for 3 min further.



3. Simmer

- Add the **garlic**, **cumin**, **chipotle** (spicy!), **smoked paprika**, **sugar**, **sriracha** (spicy!) and **tomato paste**.
- Stir for 1-2 min.
- Add the **kidney beans**, **tomato passata**, **measured water**, **stock cube** and **black pepper**.
- Cover and reduce the heat to low.
- Simmer for 15 min.



4. Boil quinoa

- Add the **quinoa** to a bowl, cover with warm water and rinse.
- Drain in a fine sieve.
- Add the **measured water** to a pot and bring it to a boil.
- Add the **quinoa** and a pinch of **salt**.
- Cover with a lid and reduce the heat to low.
- Simmer for 15 min or until the liquid is absorbed and the **quinoa** is tender.



5. Add cheese

- Check the seasoning of the **chilli**, and add **salt** and **pepper**, if needed.
- Top with the **grated cheddar** and **mozzarella cheese**.
- Cook over a low heat for a final 5 min until the **cheese** has melted.



6. Serve

- Slice the **red chilli** thinly.
- Serve the **Cheesy Bean and Mushroom Chilli** with **Quinoa**.
- Garnish with the fresh **red chilli** slices (spicy!) and a dollop of **sour cream**.

Parmesan Chicken Nuggets

with Mash and Slaw

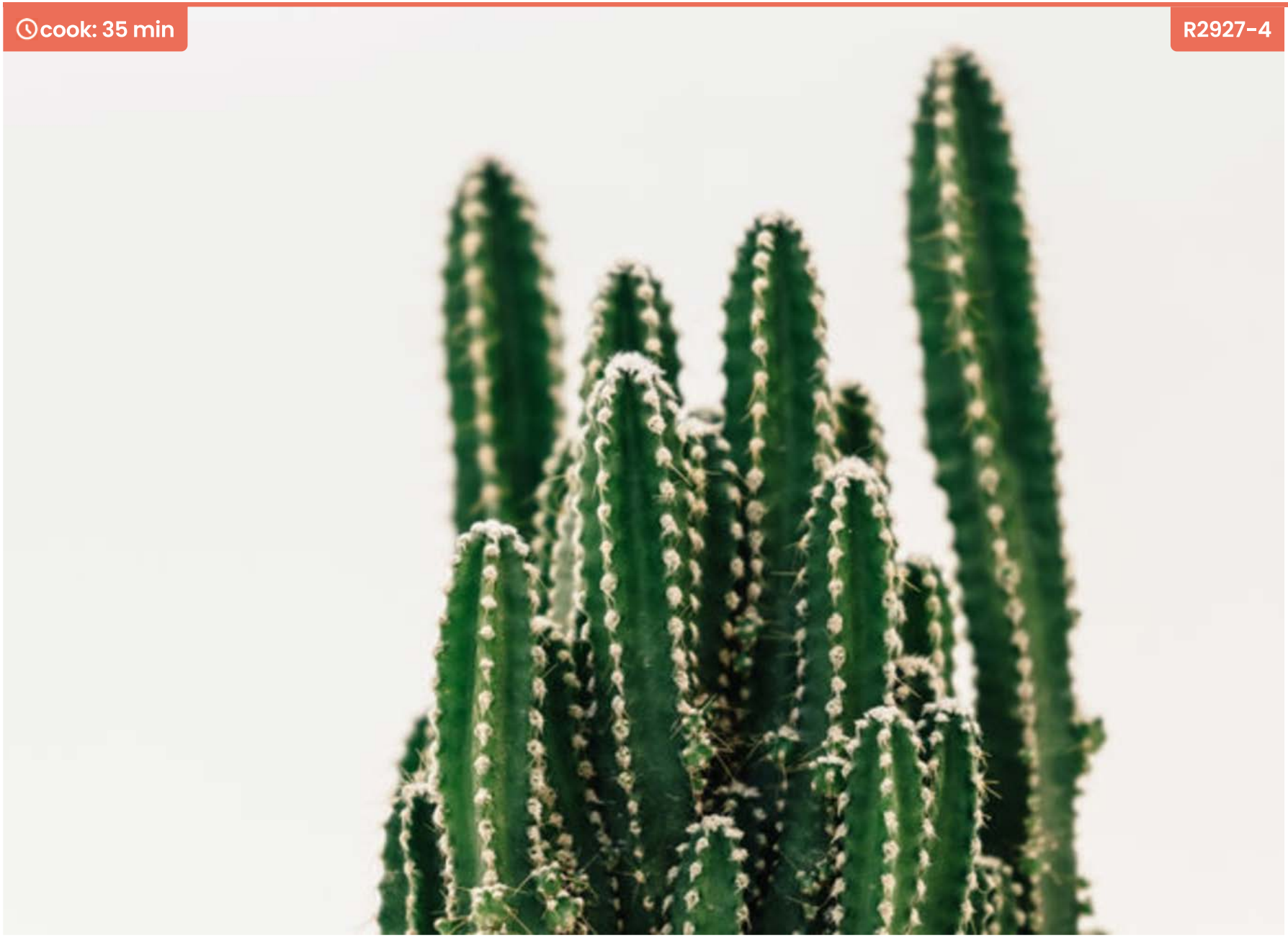
Breading chicken is super easy in this recipe which simply leaves the breadcrumbs out!

hello chef

1027 calories | 74 protein | 89 carbs | 32 fat

cook: 35 min

R2927-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4290 / 1027
Fats (g)	31.8
of which saturated (g)	15
Carbohydrates (g)	89
of which sugars (g)	25.1
Fibers (g)	16
Proteins (g)	74.4
Salt (g)	1.7

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Nuggets	
Chicken breast	600 Grams
Grana padano 4*,5*	120 Grams
Plain flour 10*,11*	100 Grams
Salt	1 Tsp
Organic Eggs 5*	2 Pieces
Vegetable oil	4 Tbsp

Mash	
Potatoes	1200 Grams
Whole milk 4*	200 ML
Butter 4*	20 Grams

Slaw	
White cabbage	600 Grams
Green apple	2 Pieces
Mayonnaise 5*,9*,13*	100 Grams
Carrot	2 Pieces
White balsamic vinegar 14*	30 ML
Salt	1 Tsp

Allergens: *4 Milk, *5 Eggs, *10 Wheat, *11 Gluten, *9 Soya, *13 Mustard, *14 Sulphur Dioxide

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1. Boil potatoes

Peel and chop the **potatoes** into bite-size pieces. Add them to a pan of boiled water with a generous pinch of **salt**. Cook over a medium heat for 15 min or until soft.



2. Prep slaw [NEW PIC}

Shred the **cabbage** as finely as possible. Peel and grate the **carrot**. Slice the **apple** finely, then slice each slice again into thin matchsticks. Toss the **mayo**, **vinegar**, **cabbage**, **carrot** and **apple** in a bowl. Set aside.



3. 'Bread' chicken

Chop the **chicken** into nuggets. Add the **flour**, **grana padano** and a pinch of **salt** to a bowl and mix. Add the **eggs** to a second bowl and whisk. Dip the **chicken** in the whisked **eggs**, then coat them in the cheesy **flour**.



4. Fry chicken

Heat a non-stick pan over a medium heat with a drizzle of **oil**. Once hot, add the **chicken** nuggets and fry for 5-6 min on each side until golden and cooked through. If the surface starts to brown too quickly, reduce the heat to low. Don't move the nuggets around too much!



5. Mash potatoes

Once soft, drain the **potatoes** and return them to the pan with the **butter** and **milk**. Mash until smooth and season.



6. Serve

Season the slaw with a generous pinch of **salt**. Serve the **chicken** nuggets with the mash and slaw to the side.

Pistachio-Cranberry Crusted Salmon

with Dill Cream Sauce and Potatoes

-

883 calories | 47 protein | 67 carbs | 50 fat

Family Friendly

cook: 50 min

R4783-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3685 / 883
Fats (g)	50.2
of which saturated (g)	6.2
Carbohydrates (g)	67
of which sugars (g)	19
Fibers (g)	10.4
Proteins (g)	47.1
Salt (g)	1.4

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What You'll Need

Oven

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salmon	
Skin-on salmon fillet 6*	700 Grams
Panko bread crumbs 10*,11*,12*	60 Grams
Olive oil	4 Tbsp
Vegetable seasoning 2*,10*,11*,13*	4 Grams
Dried cranberries	60 Grams
Sliced pistachios 2*	60 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp

Vegetables	
Potatoes	1000 Grams
Olive oil	4 Tbsp
Salt	2 Tsp
Black pepper	0.5 Tsp

Dill sauce	
Shallots	1 Piece
Garlic cloves	1 Piece
Vegetable oil	1 Tbsp
Salt	0.25 Tsp
Dijon mustard 13*	12 Grams
Water	50 ML
Whipping cream 4*	200 ML
Fresh dill	15 Grams
Plain flour 10*,11*	10 Grams

Allergens: *6 Fish, *10 Wheat, *11 Gluten, *12 Lupin, *2 Tree Nuts, *13 Mustard, *4 Milk

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1. Roast potatoes

- Roast **potatoes** for 20 min.



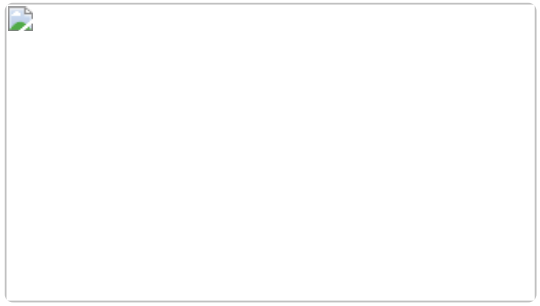
2. Prep salmon

- Roughly chop the **pistachios** and **cranberries**.
- Portion the **salmon** and place on a plate, skin side down.
- In a small bowl, combine the **olive oil**, **panko bread crumbs**, **pistachios**, **cranberries**, **vegetable seasoning**, thyme, and a pinch of **salt** and **pepper**.
- Spoon the mixture onto the **salmon** and press down.



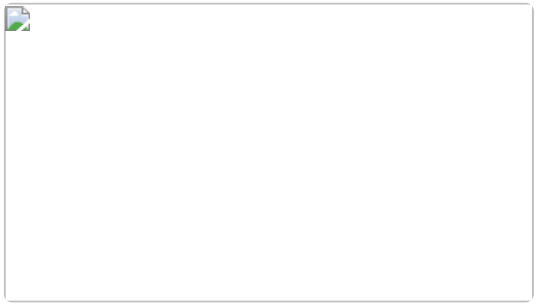
3. Add salmon

- Add **salmon** to the tray bake, and roast for an additional 10-12 min.



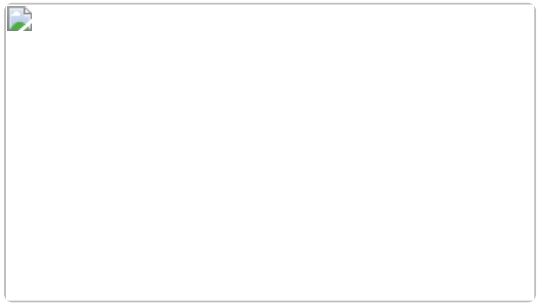
4. Make sauce

- Chop **shallots** and **garlic** and **dill**.
- Fry until softened.
- Add peppercorns, **cream**, **mustard**, **dill**



5. Roast salmon

- -



6. Serve

- -

Prawn Cakes with Rice and Cucumber

These easy shrimp cakes are loaded with peas and aromatics, before being pan seared to golden brown perfection

581 calories | 39 protein | 101 carbs | 6 fat

Family Friendly

cook: 30 min

R3058-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2433 / 581
Fats (g)	6.3
of which saturated (g)	2.4
Carbohydrates (g)	101
of which sugars (g)	12.3
Fibers (g)	5.6
Proteins (g)	39.4
Salt (g)	5.1

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What You'll Need

- Food processor

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Prawn cakes	
Prawns 7*	700 Grams
Spring onion	100 Grams
Fresh coriander	30 Grams
Large red chilli	2 Pieces
Red curry paste 7*	40 Grams
Soy sauce 9*,10*,11*	40 ML
Organic Eggs 5*	2 Pieces
Green peas	200 Grams
Panko bread crumbs 10*,11*,12*	90 Grams
Vegetable oil	2 Tbsp

Rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	700 ML

Sides	
Sweet chilli sauce	80 Grams
Lime	2 Pieces
Fish sauce 6*,10*	20 ML
Cucumber	2 Pieces

Allergens: *7 Crustaceans, *9 Soya, *10 Wheat, *11 Gluten, *5 Eggs, *12 Lupin, *6 Fish

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1. Prep

Trim and roughly chop the **spring onion**, **fresh coriander** and **chilli**. Pat the **prawns** dry with kitchen paper.



2. Blitz

Place the **spring onion**, **coriander**, **chilli (spicy!)**, **prawns**, **curry paste**, **soy sauce** and **eggs** in a food processor. Blitz until you are left with a coarse **paste**. Fold in the **peas** and **panko bread crumbs**.



3. Make prawn cakes

Whith clean hands, shape the mixture into 24 rounded patties. Refrigerate.



4. Boil rice

Rinse the **jasmine rice**. Add the **rice**, a pinch of **salt** and the measured **water** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the **water** is absorbed and the **rice** is cooked. Once cooked, remove the pan from heat and keep covered until serving.



5. Prep

Meanwhile, juice the **limes** into a bowl or jar. Add the **sweet chilli sauce** and **fish sauce** and whisk or shake until fully combined - this is your dipping **sauce**. Slice the **cucumber**.



6. Fry prawn cakes

Heat a **large** pan over a medium heat with a drizzle of **oil**. Once hot, carefully fry the prawn cakes for 3 min on each side until golden. Serve over the **rice** with the **cucumber** and dipping **sauce** to the side.

Eggplant Masala

with Cardamom Rice and Cashew Salad

Moreish is the only word to describe this Indian inspired dish!

hello chef

709 calories | 21 protein | 112 carbs | 22 fat

cook: 40 min

R4211-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2970 / 709
Fats (g)	22.3
of which saturated (g)	10
Carbohydrates (g)	112
of which sugars (g)	23.6
Fibers (g)	16.3
Proteins (g)	21.1
Salt (g)	2.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Eggplant masala	
Long Eggplant	750 Grams
Turmeric powder	4 Grams
Vegetable seasoning 2*,10*,11*,13*	10 Grams
Vegetable oil	2 Tbsp
Red onion	2 Piece
Small green chilli	2 Piece
Curry leaves	12 Piece
Ghee 4*	30 Grams
Tomato paste	70 Grams
Ginger garlic paste	20 Grams
Garam masala	10 Grams
Fenugreek leaves	4 Grams
Coriander cumin powder	8 Grams
Tomato passata	400 Grams
Water	300 ML
Vegetable stock cube 15*	1 Piece

Rice	
Long grain rice	300 Grams
Vegetable oil	1 Tbsp
Cardamom pods	8 Piece
Salt	1 Tsp
Water	600 ML

Salad	
Lime	2 Piece
Carrot	2 Piece
Fresh coriander	30 Grams
Cashew nuts 1*,2*	60 Grams
Nigella seeds 3*,13*	10 Grams

Mint yogurt	
Fresh mint	10 Grams
Natural yogurt 4*	340 Grams

Allergens: *2 Tree Nuts, *10 Wheat, *11 Gluten, *13 Mustard, *4 Milk, *15 Celery, *1 Peanuts, *3 Sesame Seeds

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1. Bake eggplant

Preheat the oven to 200°C/180°C fan. Cut the **eggplants** into bite-sized pieces. In a large bowl, combine the **turmeric** and **vegetable seasoning** with a generous drizzle of **oil**. Add the **eggplant** to the bowl and mix to coat in the spices. Place the **eggplant** onto a lined baking tray and bake for 15-20 min, until tender.



2. Cook rice

Rinse the **rice**. Heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **cardamom** and fry for 30 sec until fragrant. Add the **rice**, **salt** and measured **water**. Mix well and bring to a boil. Once boiling, reduce the heat to low, cover, and cook for 12-14 min or until the **water** is absorbed and the **rice** is cooked. Once cooked, remove the pot from the heat and keep covered until serving.



3. Prep

Peel and finely chop the **onion**. Finely slice the **chilli**.

Tip! Sensitive to heat, deseed the chilli before slicing or use less.



4. Make curry

Strip the **curry leaves**. Heat a large pot over a medium-high heat with the **ghee**. Once hot, add the **onions**. Fry for 5-6 min, until softened. Add the **tomato paste**, **ginger garlic paste**, **chilli**, **garam masala**, **fenugreek**, **coriander cumin powder** and **curry leaves**. Fry for 1-2 min until fragrant. Add the **passata**, **measured water** and 1 **stock cube**. Bring to a boil and lower the heat. Simmer for 4-5 min. Stir through the baked **eggplant** and cook for an additional 5 min.

Tip! For a saucier masala add an extra cup of water.



5. Make salad

Meanwhile, cut the **lime** into wedges. Peel the **carrot** and chop it into thin matchsticks, or alternatively, grate it. Pick and finely chop the **coriander**. In a bowl, combine the **carrots** and **coriander** (saving some for garnish) with the **cashews**. Squeeze in the **lime** juice and scatter over the **nigella seeds**.

Tip! Dry toast the cashews for 1-2 min until golden, for extra flavour and colour.



6. Serve

Pick and finely chop the **mint**. In a small bowl, combine the **yogurt** and **mint**. Divide the **masala** amongst bowls, spoon on the **rice** and serve with the **salad** and **yogurt** on the side. Garnish with the reserved **fresh coriander**.

Greek Lamb Moussaka with Eggplant and Potatoes

with Béchamel Sauce

Savor the taste of Greece with this classic Moussaka. Layers of eggplant, potatoes, spiced meat, and creamy béchamel sauce create a truly comforting dish.

hello chef

944 calories | 73 protein | 59 carbs | 53 fat

Global Eats

cook: 60 min

R4492-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3947 / 944
Fats (g)	53.2
of which saturated (g)	26.3
Carbohydrates (g)	59
of which sugars (g)	12.9
Fibers (g)	12.4
Proteins (g)	73.4
Salt (g)	3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven | Whisk

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Lamb sauce	
Lamb mince	700 Grams
Potatoes	900 Grams
Long Eggplant	375 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp
Red onion	2 Piece
Garlic cloves	4 Piece
Fresh parsley	30 Grams
Tomato paste	140 Grams
Beef stock cube 4*,5*,9*,11*,15*	1 Piece
Dried oregano	4 Grams
Cinnamon powder	4 Grams
Allspice powder	4 Grams
Water	400 ML

Bechamel	
Parmesan 4*	60 Grams
Organic Eggs 5*	2 Piece
Butter 4*	30 Grams
Plain flour 10*,11*	30 Grams
Whole milk 4*	400 ML
Nutmeg	2 Grams
Salt	0.5 Tsp
Black pepper	0.25 Tsp

Allergens: *4 Milk, *5 Eggs, *9 Soya, *11 Gluten, *15 Celery, *10 Wheat

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1. Roast vegetables

- Preheat the oven to 220°C/200°C fan.
- Slice the **potatoes** and **eggplant** into approx 0.25cm thick long vertical slabs.
- Place the **potatoes** at the bottom of a baking tray.
- Add the **eggplant** on top.
- Drizzle with **olive oil** and season with **salt** and **pepper**.
- Roast for 25 min until the **potatoes** are fork tender and halfway cooked through.

Tip! Roasting the vegetables cuts back on calories compared to frying, and it's just as delicious!



2. Prep

- Meanwhile, peel and finely chop the **onion** and **garlic**.
- Pick and finely chop the **parsley**.



3. Cook lamb

- Heat a large pan over a medium heat with a drizzle of **olive oil**.
- Add the **onion**. Fry for 3-5 min until softened.
- Add the **garlic** and **lamb**. Fry for 5 min until browned.
- Add the **tomato paste**. Fry for 1-2 min further.
- Add the **stock cube**, **oregano**, **cinnamon**, **allspice**, **measured water**, and **black pepper**.
- Mix, cover and simmer for 5 min until thickened.
- Turn off the heat and stir in the **parsley**.



4. Make Bechamel Sauce

- Grate the **parmesan**.
- Separate the **egg yolks**, discarding the **white**.
- Heat a saucepan over medium heat.
- Add the **butter** and **flour**. Cook, stirring continuously, for 1 min or until a sandy **paste** has formed.
- Gradually whisk in the **milk**. Cook for 3-5 min until the sauce thickens.
- Remove the pan from the heat. Allow the sauce to cool for 2 mins.
- Whisk in the **parmesan**, **nutmeg**, a pinch of **salt** and **pepper**, and **egg yolks**.

Tip! Adding egg yolks to bechamel thickens the sauce for a custard-like texture when baked.



5. Bake

- To a medium ovenproof dish, add half of the **lamb** sauce.
- Cover with a layer of **potatoes**, then the **eggplants**.
- Add the rest of the **lamb**, and top with the **bechamel sauce**.
- Bake for 20-25 min until golden brown on top.
- Set aside to cool for 5-10 min before slicing.



6. Serve

- Serve the **Greek Lamb Moussaka** with **Eggplant** and **Potatoes** with **Béchamel Sauce**.

Turmeric, Coconut and Chickpea Stew

with Zaatar Flatbreads

The trick to this creamy stew? Mashing the chickpeas at the end helps thicken things up!

hello chef

1053 calories | 28 protein | 131 carbs | 49 fat

cook: 40 min

R2826-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3608 / 1053
Fats (g)	48.9
of which saturated (g)	41.4
Carbohydrates (g)	131
of which sugars (g)	14.3
Fibers (g)	24.2
Proteins (g)	28
Salt (g)	3.5

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04-383-93-99

hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stew	
White onion	2 Piece
Carrot	2 Piece
Garlic cloves	6 Piece
Ginger	60 Grams
Chickpeas	720 Grams
Olive oil	6 Tbsp
Salt	1 Tsp
Turmeric powder	4 Grams
Water	500 ML
Vegetable stock cube [15*]	2 Piece
Sambal oelek	45 Grams
Spinach	400 Grams
Coconut cream	800 Grams
Black pepper	1 Tsp
Lemon	2 Piece

Flatbreads	
Zaatar	20 Grams
Olive oil	4 Tbsp
Salt	1 Tsp
Arabic flatbread packet [10*,11*]	2 Piece

Allergens: *15 Celery, *10 Wheat, *11 Gluten

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1. Prep

Preheat the oven to 200°C/180°C fan. Peel and finely chop the **onion** and **carrot**. Peel and grate the **garlic** and **ginger**. Drain and rinse the **chickpeas**.



2. Saute

Heat a large pan over a medium-low heat with a generous drizzle of **olive oil**. Once hot, add the **onion** and **carrot** with a pinch of **salt** and cook for 6-7 min until soft. Once soft, add the **garlic**, **ginger**, drained **chickpeas** and **turmeric** and cook for 3 min further.

Tip! Reserve some of the chickpeas for garnish.



3. Simmer

Add the **measured water**, **stock cube** and **sambal oelek (spicy!)** to the pan. Stew, covered, for 25 min.

Tip! Don't rush this step!



4. Make zaatar

Meanwhile, combine the **zaatar**, **olive oil** and **salt** in a small bowl. Slice 8 **Arabic breads** into triangles.



5. Bake breads

Place the triangles on a baking tray and spread with the **zaatar** mixture. Bake for 10 min until crisp.



6. Finish stew

Meanwhile, trim and roughly chop the **spinach**. After 25 min, crush at least half of the **chickpeas** with a fork. This will take a moment, but is necessary to thicken the stew. Add the **coconut cream** and **spinach** and cook, uncovered, for 5 min further. Finally, season with **salt**, **pepper** and a generous squeeze of **lemon** juice. Serve the **breads** alongside.

Fillet Steak au Poivre

with Green Beans

We love this French classic for its simplicity in both flavour and preparation.

888 calories | 66 protein | 64 carbs | 44 fat

Gourmet

cook: 30 min

R2582-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3705 / 888
Fats (g)	44.3
of which saturated (g)	22.9
Carbohydrates (g)	64
of which sugars (g)	11.1
Fibers (g)	14.1
Proteins (g)	66.2
Salt (g)	3.1

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What You'll Need

- Oven
- Pestle & Mortar

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steak	
Fillet steak	1000 Grams
Black peppercorns	20 Grams
Salt	2 Tsp
Vegetable oil	4 Tbsp
Shallots	2 Piece
Plain flour 10*,11*	20 Grams
Water	300 ML
Soy sauce 9*,10*,11*	40 ML
Capers	40 Grams
Sour cream 4*	120 Grams

Garlic beans	
Green beans	500 Grams
Fresh chives	15 Grams
Garlic cloves	2 Piece
Butter 4*	100 Grams

Fries	
Potatoes	1200 Grams
Vegetable oil	4 Tbsp
Salt	2 Tsp

Allergens: *10 Wheat, *11 Gluten, *9 Soya, *4 Milk

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1. Bake fries

- Remove the **steaks** and **butter** from the fridge.
- Preheat oven to 200°C/180°C fan.
- Slice the **potatoes** (skins on) into **fries**.
- Add the **fries** to a large baking tray with a drizzle of **vegetable oil** and a generous pinch of **salt**.
- Toss the **fries** until coated.
- Bake for 30 min or until golden and crisp.



2. Coat steak

- Meanwhile, crush the **black peppercorns** in a pestle and mortar and add them to a plate with a generous pinch of **salt**.
- Pat the **steaks** dry before turning them in the **pepper**.
- Press down firmly to make the **pepper** stick.
- Set aside.

Tip! Skip this step if you can't handle all the heat from the pepper!



3. Prep

- Peel and finely slice the **shallots**.
- Trim the **green beans**.
- Finely chop the **chives**.
- Peel and mince the **garlic**.
- Mash the **chives** and **garlic** with the **butter**.
- Keep **garlic butter** aside.



4. Fry steak

- Pat the **steaks** dry with kitchen paper. Rub them with **oil** and season with **salt**.
- Heat a large pan over a high heat.
- Once very hot, add the **steaks**. Fry them for 3 min on each side.
- Place on a baking tray and finish cooking them in the oven for 8-10 min or until cooked to your liking.
- Transfer the **steaks** to a plate. Leave them to rest for 10 min.
- Once rested, season generously with **salt** and pepper.
- Reserve the pan and don't wash it.



5. Make sauce

- Return the pan to a medium heat and, using a spatula, release any bits that may have stuck to bottom.
- Add the **shallots**.
- Cook for 3 min.
- Add the **flour**.
- Cook for 1 min.
- Add the **measured water**, **soy sauce**, **capers** and **sour cream**.
- Simmer for 2-3 min.



6. Cook green beans

- Meanwhile, boil the **green beans** in pot of salted boiling water for 3-4 min until tender.
- Drain once tender, place in a serving bowl and top with the **garlic butter**.
- Serve the **Fillet Steak au Poivre** with **Green Beans** alongside the **potatoes** and **cream sauce**.

Chicken Thigh Roast

with Stuffing and Gravy

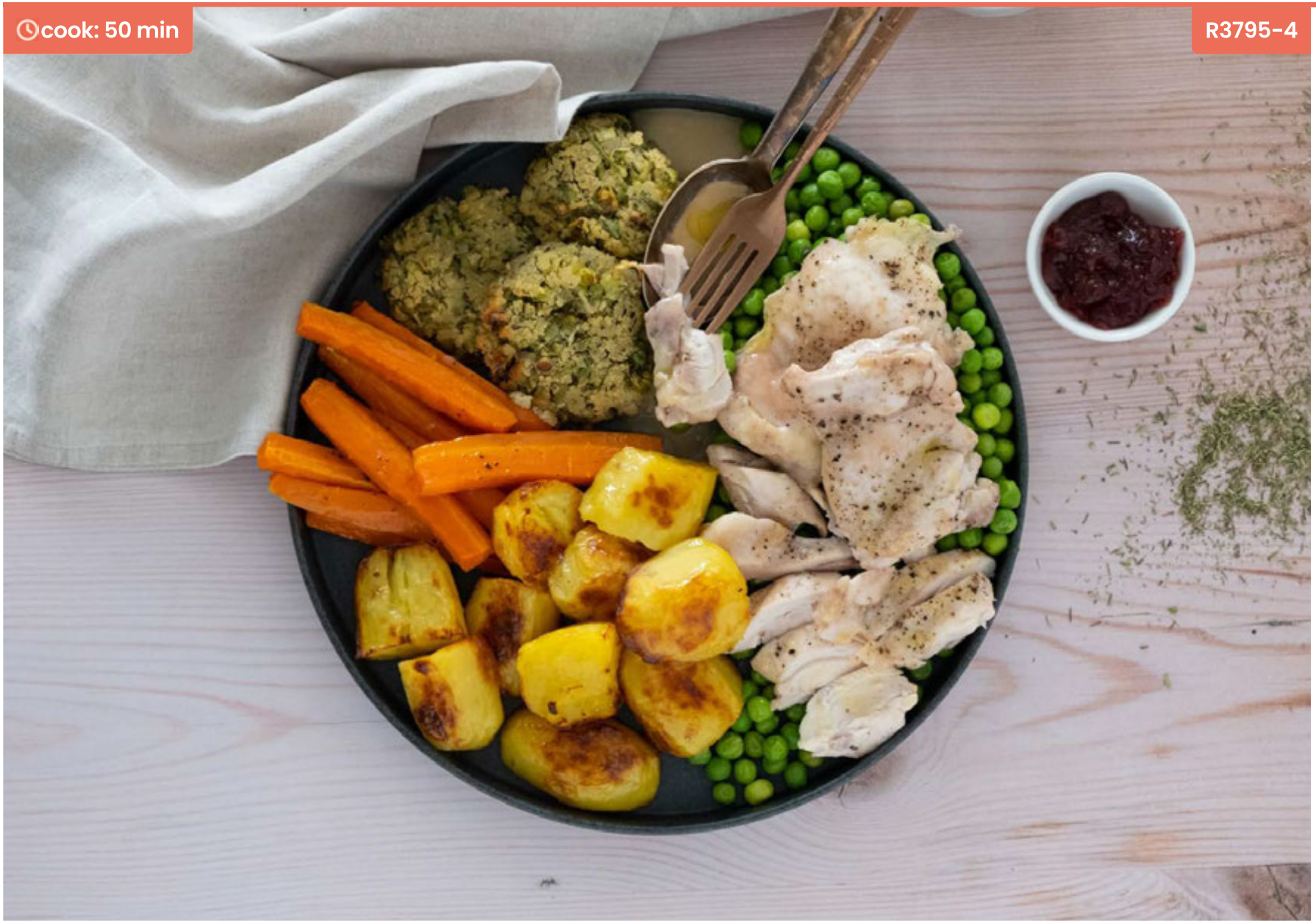
Enjoy this stripped back version of a classic English roast dinner.

890 calories | 53 protein | 91 carbs | 36 fat

Family Friendly

cook: 50 min

R3795-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3712 / 890
Fats (g)	35.6
of which saturated (g)	20
Carbohydrates (g)	91
of which sugars (g)	23
Fibers (g)	15.5
Proteins (g)	53
Salt (g)	4.5

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What You'll Need

Oven | Whisk

hello@hellochef.com
04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Roast	
Skinless boneless chicken thighs	600 Grams
Potatoes	1200 Grams
Carrot	4 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Stuffing	
Water	200 ML
Spring onion	80 Grams
Chicken stock cube 4*,5*,9*,15*	2 Piece
Butter 4*	100 Grams
Dried thyme	4 Grams
Panko bread crumbs 10*,11*,12*	120 Grams
Garlic powder	10 Grams

Gravy & sides	
Butter 4*	20 Grams
Plain flour 10*,11*	20 Grams
Water	400 ML
Worcestershire sauce 6*,11*	30 ML
Black pepper	1 Tsp
Green peas	375 Grams
Cranberry sauce	150 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *10 Wheat, *11 Gluten, *12 Lupin, *6 Fish

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1. Boil potatoes

Preheat the oven to 200°C/180°C fan. Bring a pot of salted water to a boil. Peel the **potatoes** and chop any large ones in half. Add them to a pot of boiling salted water and cook over a high heat for 15 min. Drain and reserve the pot.

Tip! Prepping ahead? Boil the potatoes and make the stuffing balls beforehand. Roast both in time for dinner.



2. Prep

Meanwhile, boil the **measured water** for the stuffing. Peel the **carrots** and slice them into chunky **fries**. Trim and finely slice the **spring onion**. In a large bowl, dissolve the 1 **chicken stock cube** with the boiled **water**. Add the 50/50/100g **butter** to the **stock**. Once melted, add the **spring onion**, **dried thyme**, **bread crumbs** and **garlic powder**. Stir until the mixture comes together and set aside.

Tip! The stuffing mixture should hold its form when pressed together.



3. Roast potatoes

Add the cooked **potatoes** to a lined baking tray. Drizzle the **potatoes** with **oil** and a generous pinch of **salt**. Bake for 30 min or until the **potatoes** are crispy and browned.



4. Roast

Meanwhile, divide the **stuffing** into 12 balls and place them onto one half of a second, lined baking tray and flatten them slightly. Place the **carrots** on the other side of the tray with a drizzle of **oil**, season with **salt** and **pepper** and roast for 15 min. After 15 min, add the **chicken thighs** with a generous pinch of **salt** and **pepper** onto the tray and bake for 15 min further or until the **chicken** is cooked through.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready!



5. Make gravy

Meanwhile, heat a pan over a medium heat with the remaining **butter**. Add the **flour** and stir for 1 min until a paste forms. Gradually whisk in the **measured water**, **Worcestershire sauce** and the remaining 1 **chicken stock cube**. Cook for 2-3 min until thickened. Season generously with **black pepper**. Set aside.



6. Serve

Once the **chicken** has 5 min left, return the reserved pot with salted water and bring to a boil. Once boiling, cook the **peas** in it for 2-3 min, then drain. Slice the **chicken thighs** and serve alongside the **potatoes**, **peas**, **gravy**, **stuffing**, **carrots** and a dollop of **cranberry sauce**.

Chicken and Coconut Rice Traybake

hello chef

1186 calories | 77 protein | 93 carbs | 59 fat

Family Friendly

cook: 30 min

R4580-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4961 / 1186
Fats (g)	59.2
of which saturated (g)	31.5
Carbohydrates (g)	93
of which sugars (g)	8.6
Fibers (g)	9.2
Proteins (g)	77.1
Salt (g)	4.2

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What You'll Need

Oven

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Traybake	
Chicken legs	1000 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Olive oil	1 Tbsp
Brown onion	1 Piece
Ginger garlic paste	20 Grams
Cumin seeds	4 Grams
Turmeric powder	4 Grams
Paprika powder	4 Grams
Garam masala	4 Grams
Cinnamon stick	2 Piece
Dried bay leaves	3 Piece
Basmati rice	300 Grams
Coconut cream	400 Grams
Chicken stock cube 4*,5*,9*,15*	2 Piece
Water	600 ML
Sugar snap peas	200 Grams

To serve	
Fresh mint	20 Grams
Desiccated coconut	20 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Prep

Preheat oven to 200°C/180°C fan. Boil the kettle. Season **chicken legs** with **salt** and **pepper**. Finely slice the **onion**. Add the **chicken stock cube** to measured boiled **water**.



2. Fry chicken

Heat a large pan over medium-high heat with a drizzle of **oil**. Fry the **chicken**, skin side down for 2-3 min until golden brown. Turn and fry for another 2 min. Transfer to a plate and set aside. Reserve the pan.



3. Saute spices

Reduce to medium heat. Add the **onions**, **garlic** and **ginger paste**, the spices, **cinnamon sticks** and **bay leaves**. Add a pinch of **salt** and cook for 5 min. Add splash of **water** if the pan is too dry. Stir in the **rice**, **coconut cream**, **chicken stock**.



4. Bake

Transfer the mixture to a baking dish, spread evenly and nestle the **chicken** portions into the top. Cover with foil or a lid and cook for 25 min. Uncover and bake for further 10-15 min until the **chicken** is fully cooked and the **rice** is tender.



5.

Finely chop **mint leaves** with dessicated **coconut**.

Quick Steak Sandwich

with Rocket and Mature Cheddar

This steak sandwich comes together in under 20 minutes. Perfect for a quick lunch!

hello chef

825 calories | 40 protein | 88 carbs | 34 fat

Family Friendly

cook: 20 min

R3470-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3463 / 825
Fats (g)	33.5
of which saturated (g)	12.3
Carbohydrates (g)	88
of which sugars (g)	21.3
Fibers (g)	5.3
Proteins (g)	40
Salt (g)	3

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Sandwich	
Sirloin steak	400 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Mature cheddar 4*	120 Grams
Tomatoes	2 Piece
Dijon mustard 13*	12 Grams
Mayonnaise 5*,9*,13*	40 Grams
Ciabatta 10*,11*	4 Piece
Black pepper	1 Tsp
Onion marmalade	112 Grams
Rocket	80 Grams

Allergens: *4 Milk, *13 Mustard, *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten

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1. Fry steak

Pat the **steaks** dry with kitchen paper, rub them with **vegetable oil** and season with **salt**. Heat a large pan over a high heat. Once very hot, add the **steaks** and fry them for 2-3 min on each side or until cooked to your liking. Transfer the **steaks** to a plate and leave them to rest. Wipe the pan and reserve.



2. Prep

Meanwhile, grate the **cheddar**. Slice the **tomatoes**. In a small bowl, mix together the **Dijon** and **mayonnaise**.



3. Toast bread

Slice the **ciabattas** open. Return the pan to a medium heat. Once hot, add the **bread** and toast for 2 min.



4. Assemble

Thinly slice the rested **steaks** and season with a pinch of **salt** and **pepper**. Spread the **Dijon mayonnaise** on the bottom slice. Place the sliced **tomatoes** followed by the sliced **steaks** on the bottom slice. Top the **steaks** with the **cheddar**. Spread the **onion marmalade** on the top slice.



5. Serve

Top the **steaks** with the **rocket** and cover. Enjoy!

Fillet Steak and Cheesy Spinach Dip

with Roasted Potato Discs and Asparagus

Enjoy this delicious steak served with an irresistible cheesy dip, chips and lemony asparagus!

hello chef

1009 calories | 84 protein | 55 carbs | 53 fat

Gourmet | Family Friendly

cook: 60 min

R3448-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4218 / 1009
Fats (g)	53
of which saturated (g)	28.7
Carbohydrates (g)	55
of which sugars (g)	9.6
Fibers (g)	13.8
Proteins (g)	84.2
Salt (g)	1.7

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What You'll Need

- Oven
- Box grater
- Food processor

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steak and fries	
Fillet steak	1000 Grams
Potatoes	1200 Grams
Vegetable oil	2 Tbsp
Salt	2 Tsp
Black pepper	1 Tsp

Spinach dip	
Spinach	450 Grams
Gruyere **4***	120 Grams
Sour cream **4***	120 Grams
Cream cheese **4***	160 Grams
Grated mozzarella **4***	120 Grams

Asparagus	
Thin asparagus	500 Grams
Butter **4***	20 Grams
Lemon	1 Piece

Allergens: *4 Milk

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1. Potatoes and spinach

- Preheat the oven to 200°C/180°C fan.
- Slice the **potatoes** into 0.5cm thin discs.
- Add them to a large, lined, baking tray with a generous drizzle of **oil** and a generous pinch of **salt**.
- Bake for 30 min.
- Meanwhile, boil a kettle.
- Add the **spinach** to a colander.
- Pour the boiled water over the **spinach** until wilted.
- Allow it to cool slightly.
- Squeeze out all of the excess water.



2. Blend

- Grate half the **Gruyere** into a food processor.
- Add the **cream cheese**, a pinch of **salt**, the **sour cream**, **spinach** and half of the **mozzarella cheese**.
- Blitz.
- Transfer the lot to an oiled baking dish.
- Sprinkle the remaining **mozzarella**.
- Grate the remaining **Gruyere** over the top.



3. Bake

- Bake the **spinach dip** for 20 min until bubbly and beginning to brown on top.



4. Fry steak

- Meanwhile, pat the **steaks** dry with kitchen paper.
- Rub them with **oil** and season with **salt**.
- Heat a large pan over a high heat.
- Once very hot, add the **steaks**.
- Fry them for 3 min on each side.
- Place on a baking tray.
- Finish cooking them in the oven for 8-10 min or until cooked to your liking.
- Transfer the **steaks** to a plate.
- Leave them to rest for 10 min.



5. Asparagus

- Meanwhile, rinse the **asparagus** and remove its woody stems.
- Cook the **asparagus** in a pot of salted boiling water for 3-4 min or until tender.
- Drain once tender.
- Transfer the **asparagus** to a bowl.
- Top with the salted **butter**.
- Wash the **lemon** thoroughly and grate its zest, with a fine blade, directly onto the **asparagus**.



6. Serve

- Once rested, season the **steaks** generously with **salt** and **pepper**.
- Once the **spinach dip** is baked, set it aside to cool for 5 min.
- Serve the **9 oz Fillet Steak** and **Cheesy Spinach Dip** with **Roasted Potato Discs** and **Asparagus**.

Pad Kee Mao

with Prawns

The spicy Thai noodle classic! Sure to make your tastebuds tingle.

helló chef

301 calories | 29 protein | 43 carbs | 2 fat

Calorie Smart | Global Eats

cook: 30 min

R4616-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1256 / 301
Fats (g)	2.2
of which saturated (g)	0.5
Carbohydrates (g)	43
of which sugars (g)	13.1
Fibers (g)	6.3
Proteins (g)	28.6
Salt (g)	3.6

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04-825-44-00
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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stir fry	
Prawns 7*	700 Grams
Rice noodles	300 Grams
Broccoli	400 Grams
Red pepper	2 Piece
Lime	2 Piece
Oyster sauce 8*,10*	80 Grams
Chilli garlic sauce	60 Grams
White sugar	10 Grams
Fish sauce 6*,10*	20 ML
Vegetable oil	2 Tbsp
Thai basil	15 Grams
Small red chilli	2 Piece

Allergens: *7 Crustaceans, *8 Molluscs, *10 Wheat, *6 Fish

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1. Soak noodles

- Add the **rice noodles** to a large bowl and cover them with boiling water.
- Leave to soak for 7-9 min until tender.
- Drain and rinse with cold water.

Tip! Drizzle the cooked noodles with a small amount of oil, this will help prevent them sticking.



2. Prep

- Trim the **broccoli** florets, discarding the woody end.
- Deseed and slice the **red pepper** into strips.
- Cut the **lime** into wedges.
- In a **small** bowl, combine the **oyster sauce**, **chilli garlic sauce**, **white sugar**, **fish sauce** and 4 Tbsp of **water**.



3. Fry prawns

- Heat a large frying pan over a medium-high heat with a drizzle of **oil**.
- Fry the **prawns** for 3-4 min until cooked through.
- Remove from the pan and set aside.
- Reserve the pan.



4. Fry veg

- Return the pan and lower the heat to medium-high with another drizzle of **oil**.
- Fry the **broccoli** and **pepper** for 3-4 min until slightly softened.



5. Finish stir-fry

- Add the cooked **noodles**, stir-fry **sauce**.
- Stir-fry for 1-2 min.
- Add back the cooked **prawns** and pick in the **Thai basil** leaves.
- Fry for a further 1 min.



6. Serve

- Meanwhile, deseed and finely slice the **red chilli**.
- Serve the **Pad Kee Mao with Prawns** .
- Finish with a squeeze of **lime** juice and garnish with the sliced **chilli**.

Fragrant Green Curry Cod

with Broccoli, Chickpeas and Jasmine Rice

This fragrant green curry fish traybake offers all the flavour without any hassle!

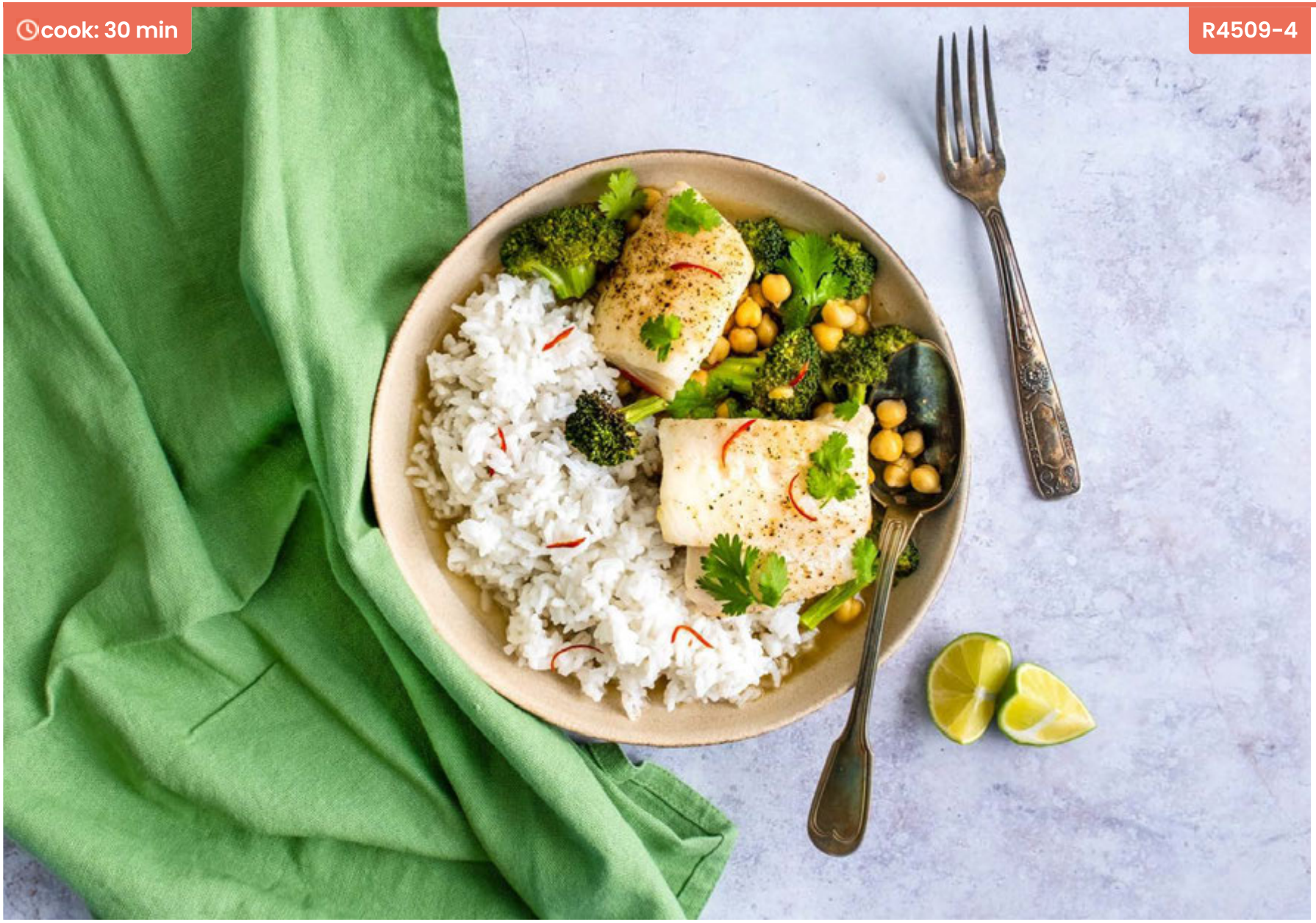
hello chef

618 calories | 49 protein | 111 carbs | 4 fat

Quick Prep

cook: 30 min

R4509-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2584 / 618
Fats (g)	3.5
of which saturated (g)	0.6
Carbohydrates (g)	111
of which sugars (g)	2.9
Fibers (g)	11.3
Proteins (g)	49.2
Salt (g)	2.9

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Tray bake	
Cod fillet 6*	700 Grams
Water	600 ML
Chickpeas	480 Grams
Broccoli	400 Grams
Vegetable stock cube 15*	2 Piece
Green curry paste	60 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Olive oil	1 Tbsp

Rice	
Jasmine rice	300 Grams
Lime leaves	6 Piece
Water	700 ML
Salt	1 Tsp

To serve	
Lime	2 Piece
Fresh coriander	15 Grams
Small red chilli	1 Piece

Allergens: *6 Fish, *15 Celery

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1. Cook rice

- Rinse the **jasmine rice**.
- Add the **rice**, **lime leaves**, **measured water** and a pinch of **salt** to a pot with a lid and bring to a boil.
- Once boiling, reduce the heat to low and cover.
- Cook for 12- 14 min or until the **water** is absorbed and the **rice** is cooked.
- Remove from the heat.
- Keep covered until serving.



2. Prep

- Preheat the oven to 220°C/200°C fan.
- Boil the measured **water**.
- Drain and rinse the **chickpeas**.
- Trim the **broccoli** florets discarding the woody end.
- In a jug, combine 1 **stock cube** and **green curry paste** with the boiled measured **water**.



3. Assemble tray

- Place the **broccoli** florets and **chickpeas** onto a baking dish.
- Pour over the **stock** mix and coat the **veg**.
- Nestle the **cod** into the **stock**.
- Season the **fish** with a pinch of **salt** and **pepper** and drizzle over **olive oil**.



4. Bake

- Bake for 12-15 mins until the **cod** is cooked through and flaky, and the **sauce** has thickened slightly to coat the **broccoli** and **chickpeas**.



5. Finish

- Meanwhile, cut the **lime** into wedges.
- Pick the **coriander**.
- Deseed and finely slice the **red chilli**.
- Once the **cod** is cooked, squeeze over the **lime** juice, scatter over the **coriander** and **red chilli** (spicy!).



6. Serve

- Serve the **Fragrant Green Curry Cod** , **Broccoli and Chickpeas** with the **Jasmine Rice** on the side.

Creamy Curried Chicken Salad

with Crunchy Lettuce

This British staple was first cooked for the coronation of Queen Elizabeth II in 1953.

helló chef

597 calories | 42 protein | 30 carbs | 36 fat

Low Carb | Calorie Smart | Speedy

cook: 20 min

R2951-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2498 / 597
Fats (g)	36.1
of which saturated (g)	8.7
Carbohydrates (g)	30
of which sugars (g)	16.9
Fibers (g)	4.7
Proteins (g)	41.6
Salt (g)	2.7

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Vegetable oil	4 Tbsp
Salt	1 Tsp
Madras curry powder	6 Grams
Garlic onion powder	8 Grams

Salad	
Cashew nuts 1*,2*	80 Grams
Golden raisins 14*	60 Grams
Fresh chives	15 Grams
Mayonnaise 5*,9*,13*	100 Grams
Sour cream 4*	120 Grams
Honey	30 Grams
Curry powder	10 Grams
Salt	1 Tsp
Black pepper	1 Tsp

To serve	
Baby gem lettuce	8 Piece

Allergens: *1 Peanuts, *2 Tree Nuts, *14 Sulphur Dioxide, *5 Eggs, *9 Soya, *13 Mustard, *4 Milk

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1. Chop chicken

Chop each **chicken breast** in half as if you were cutting a burger bun, so you are left with two thinner **chicken** escalopes.



2. Fry chicken

Heat a pan over a medium-high heat with a generous drizzle of **oil**. Once hot, add the **chicken** and fry with a pinch of **salt** for 3 min on each side until golden and cooked through.



3. Add spices

Once the **chicken** is cooked, remove the pan from the heat. Add the **madras curry powder** (spicy!) and **garlic onion powder**. Turn the **chicken** in the spices, then transfer everything to a plate (including the pan juices and spices). Refrigerate for 5 min until slightly cooled.



4. Prep salad

Meanwhile, roughly chop the **cashew nuts** and **raisins**. Finely chop the **chives** (reserve some for garnish).



5. Salad

Once the **chicken** has cooled, chop it into cubes. Transfer it to a bowl (along with the **oil** and **spices**). Add the **cashew nuts**, **raisins**, **chives**, **mayonnaise**, **sour cream** and **honey**. Season with **curry powder**, **salt** and **pepper**. Mix well.



6. Serve

Separate the **gem lettuce** leaves and arrange them on a serving plate or among individual plates. Scoop the **curry chicken salad** over the top. Garnish with the remaining **chives**.

Texas BBQ Pulled Beef Platter

with Mac'n'Cheese, Chipotle Beans, and Coleslaw

Can't get any more American than this! Classic smokehouse flavours with all your favourite sides. This is an indulgent one!

hello chef

1004 calories | 57 protein | 118 carbs | 35 fat

Family Friendly

cook: 40 min

R4118-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4200 / 1004
Fats (g)	34.7
of which saturated (g)	14.6
Carbohydrates (g)	118
of which sugars (g)	24
Fibers (g)	9.5
Proteins (g)	57.3
Salt (g)	3.5

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What You'll Need

- Box grater
- Whisk

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

BBQ beef	
Pulled beef	400 Grams
Vegetable oil	2 Tbsp
Barbecue sauce 11*,13*	80 Grams
Fajita seasoning	15 Grams
Water	40 ML

Mac and Cheese	
Macaroni pasta 10*,11*	200 Grams
Butter 4*	20 Grams
Plain flour 10*,11*	20 Grams
Mushroom stock cube	1 Piece
Whole milk 4*	200 ML
Grated cheddar 4*	120 Grams
Dijon mustard 13*	12 Grams
Crispy onions	40 Grams

Coleslaw	
Carrot	2 Piece
Red cabbage	200 Grams
Red vinegar	30 ML
Salt	0.5 Tsp

BBQ beans	
Pinto beans	480 Grams
Brown sugar	10 Grams
Smoked paprika powder	4 Grams
Chipotle powder	2 Grams
Salt	0.5 Tsp
Water	100 ML

To serve	
Burger bun 3*,4*,10*,11*	4 Piece
Gherkins	80 Grams

Allergens: *11 Gluten, *13 Mustard, *10 Wheat, *4 Milk, *3 Sesame Seeds

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1. Boil pasta

- Bring a large pot of salted water to the boil.
- Once boiling, add the **pasta** and cook for 8-10 min until 'al dente' or cooked to your liking.
- Drain and reserve a cup of **pasta water**.



2. Make coleslaw

- Peel and grate the **carrot**.
- Finely shred the **cabbage**.
- In a bowl, combine the **carrot** and **cabbage** with the **vinegar** and a pinch of **salt**.
- Mix to combine and place in the fridge to chill.



3. Make chipotle beans

- Drain and rinse the **pinto beans**.
- In a small sauce pot, combine the **beans** with the **brown sugar**, **smoked paprika powder**, a pinch of **chipotle powder** (spicy!), a pinch of **salt**, and the **measured water**.
- Bring to a boil, then lower the heat to low, and gently simmer until thickened.
- Cover and keep warm.



4. Cook BBQ beef

- Heat a non-stick pan over a medium heat with a small drizzle of **oil**.
- Once hot, add the bottom of the **burger buns** down and toast until golden and crispy.
- Set aside.
- Add another drizzle of **oil**, add the **pulled beef** and **fajita seasoning**, and fry for 2-3 min.
- Stir in the **barbecue sauce** with a splash of **water**.
- Cover and keep warm.



5. Make mac'n'cheese

- Meanwhile, heat a large non-stick saucepan over medium heat.
- Once hot, add the **butter**, **flour**, and 1 **stock cube** and cook, stirring continuously until a sandy **paste** has formed.
- Gradually whisk in the **milk** and cook for 1-2 min further or until the **sauce** has thickened.
- Remove the pan from the heat and add the **grated cheddar**, and **dijon mustard**. Stir until smooth.
- Add the cooked **pasta** and stir through.
- Top with the **crispy onions**.

Tip! If the sauce is too thick, add a splash of the reserved pasta water.



6. Serve

- Serve the **BBQ Pulled Beef** on **Toasted Buns**.
- Serve with the **Mac'n'Cheese**, **Coleslaw**, **Chipotle Beans**, and **Gherkins** alongside.
- Enjoy!

Light Indian Chicken Pasanda Curry

with Basmati Rice and Kachumber

This hearty curry might just become your new favourite!

hello chef

753 calories | 63 protein | 103 carbs | 16 fat

Tips for Kids

cook: 35 min

R3847-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3150 / 753
Fats (g)	15.8
of which saturated (g)	3.9
Carbohydrates (g)	103
of which sugars (g)	15.5
Fibers (g)	9.5
Proteins (g)	63.2
Salt (g)	4

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Chicken breast	600 Grams
Brown onion	2 Piece
Cardamom pods	8 Piece
Lime	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Ginger garlic paste	40 Grams
Garam masala	4 Grams
Coriander cumin powder	8 Grams
Chilli powder	4 Grams
Turmeric powder	4 Grams
Curry powder	10 Grams
Water	200 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Natural yogurt 4*	340 Grams
Black pepper	1 Tsp

Basmati rice	
Basmati rice	300 Grams
Salt	1 Tsp
Water	600 ML

Kachumber	
Lime	2 Piece
Fresh coriander	15 Grams
Cucumber	2 Piece
Tomatoes	2 Piece
Salt	1 Tsp

To serve	
Almond flakes 1*,2*	60 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *1 Peanuts, *2 Tree Nuts

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1. Boil rice

- Rinse the **rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from the heat.
- Keep covered until serving.



2. Prep

- Meanwhile, peel and finely chop the **brown onion**.
- Split the **cardamom pods** open with the back of a knife.
- Slice the **lime** into wedges.
- Chop the **chicken** into bite-sized pieces.



3. Toast almonds

- Heat a large pan over a medium-high heat.
- Once hot, toast the **almond flakes** for 2 min or until golden and fragrant.
- Transfer them to a bowl.
- Set aside.
- Wipe and reserve the pan.

Tip! Remove the almond flakes from the pan the moment they start to brown. They go from being toasted to being burnt in a matter of seconds.



4. Start curry

- Return the reserved pan to medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion** with a pinch of **salt**.
- Fry for 5 min until softened.
- Add the **ginger garlic paste**, **cardamom pods**, **garam masala**, **coriander cumin powder**, **chilli powder (spicy!)**, **turmeric** and **curry powder**.
- Fry for 1 min further.

Tip! If cooking for kids, leave out the chilli powder.



5. Simmer

- Add the **chicken** and fry for 2-3 min.
- Add the **measured water** and 1 **chicken stock cube**.
- Reduce heat to medium and cover with a lid.
- Simmer for 5-8 min until the **chicken** is cooked through and tender, stirring occasionally.
- Once cooked, remove the **chicken curry** from the heat. Stir in the **yogurt**.
- Season with **salt**, **pepper** and a squeeze of **lime juice** to taste (reserve the rest for step 6).

Tip! Stir the yogurt with a spoon in its container until smooth before adding into the sauce.



6. Serve

- Meanwhile, pick and chop the **coriander** leaves.
- Chop the **cucumber** and the **tomatoes** into cubes.
- In a large bowl, combine the **coriander**, **cucumber**, **tomatoes**, a squeeze of **lime** juice to taste and a pinch of **salt**.
- Serve the **Light Indian Chicken Pasanda Curry** on **Basmati Rice** with **Kachumber**.
- Garnish with the **toasted almond flakes** and the remaining **lime wedges**.

Tip! If cooking for kids, serve the cooked rice, chicken, cucumber and tomatoes separately. Serve the sauce and coriander as 'sprinkles' to the side.

Lemon and Blueberry Sheet Pan Pancakes

with Whipped Maple Butter

A delicious giant pancake baked in the oven - the easiest way to enjoy your favourite breakfast treat!

hello chef

347 calories | 8 protein | 42 carbs | 17 fat

Family Friendly

cook: 30 min

R4513-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1445 / 347
Fats (g)	16.8
of which saturated (g)	10.4
Carbohydrates (g)	42
of which sugars (g)	14.5
Fibers (g)	1.6
Proteins (g)	7.5
Salt (g)	0.8

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven | Whisk

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 6 servings

Sheet Pan Pancake	
Butter 4*	50 Grams
Lemon	1 Piece
Whole milk 4*	400 ML
Plain flour 10*,11*	200 Grams
Baking powder	8 Grams
White sugar	20 Grams
Cinnamon powder	1 Grams
Salt	0.25 Tsp
Organic Eggs 5*	1 Piece
Vanilla essence	5 ML
Blueberries	125 Grams

Whipped Maple Butter	
Butter 4*	50 Grams
Maple syrup	40 ML

Allergens: *4 Milk, *10 Wheat, *11 Gluten, *5 Eggs

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1. Prepare ingredients

- Preheat oven to 200°C/180°C fan.
- Grease and line a 38x25 cm baking sheet with baking paper.
- Remove **butter** from the fridge.
- Place 50g **butter** in a microwaveable bowl and heat for 20-30 sec until melted.
- Zest the **lemon** and cut into wedges.
- Pour the **milk** into a jug and squeeze in the **juice** of half a **lemon**, reserving the rest of the **lemon** for serving. Set aside the **milk** until step 3.



2. Mix dry ingredients

- In a large bowl, combine the **flour**, **baking powder**, **sugar**, **cinnamon**, a pinch of **salt** and half the **lemon zest** (reserving the rest for serving).



3. Mix wet ingredients

- To the jug with the **milk**, add the **egg** and **vanilla essence**.
- Whisk to combine.



4. Bake batter

- Add the **milk mixture** into the bowl with the **dry ingredients** and mix until just combined.
- Add the melted **butter**. Stir through the **blueberries**.
- Pour the **batter** into the prepared baking sheet.
- Bake for 20-25 min until a skewer inserted into the centre comes out clean and the top is golden brown.

Tip! Not a fan of cooked blueberries? Do not add them to the batter and save them for serving fresh.



5. Make maple butter

- Meanwhile, in a small bowl, use a teaspoon or whisk to whip 50g softened **butter** and **maple syrup** for 2-3 min until smooth.

Tip! Ensure the butter is at room temperature for an easier whip. Initially the butter may look curdled but keep whipping until it is smooth.



6. Serve

- Serve the **Lemon and Blueberry Sheet Pan Pancakes** with **Whipped Maple Butter** and reserved **lemon zest**.
- Add a squeeze of **lemon juice** to taste.

Chicken and Spinach Meatballs

with Italian Salad

In this recipe you will make deliciously flavourful chicken meatballs, served with an Italian inspired salad with almond flakes. Enjoy!

hellochef

760 calories | 66 protein | 30 carbs | 46 fat

Low Carb

cook: 30 min

R3607-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3179 / 760
Fats (g)	45.7
of which saturated (g)	10.1
Carbohydrates (g)	30
of which sugars (g)	15.8
Fibers (g)	8.6
Proteins (g)	65.7
Salt (g)	2.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken meatballs	
Chicken mince	800 Grams
Spinach	200 Grams
Garlic cloves	2 Piece
Tamari 9*	30 ML
Almond flour 1*,2*	80 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Vegetable oil	2 Tbsp

Salad	
Romaine lettuce	400 Grams
Cucumber	2 Piece
Sun dried tomatoes	60 Grams
Parmesan 4*	60 Grams

Dressing	
Wholegrain mustard 13*	30 Grams
Balsamic vinegar 14*	30 ML
Honey	15 Grams
Salt	1 Tsp
Olive oil	2 Tbsp
Almond flakes 1*,2*	60 Grams

Allergens: *9 Soya, *1 Peanuts, *2 Tree Nuts, *4 Milk, *13 Mustard, *14 Sulphur Dioxide

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1. Prep

- Boil a kettle.
- Place the **spinach** in a colander.
- Pour the freshly boiled water from the kettle over it.
- Once the **spinach** is cool enough to handle, give it a good squeeze.
- Chop it into small pieces.



2. Make meatballs

- Peel and mince the **garlic**.
- In a large bowl, combine the **chicken mince**, **garlic**, **tamari**, **spinach** and **almond flour**.
- Season with **salt** and **pepper**.
- With clean hands, knead until all the ingredients are fully combined.
- Divide the **mixture** into 20 pieces.
- Shape each piece into a **meatball**.
- Refrigerate.

> **Tip!** Cover your hands in oil before shaping the meatballs to prevent the mixture from sticking to your hands.



3. Prep dressing

- Combine the **wholegrain mustard**, **balsamic vinegar**, **honey**, **salt** and a drizzle of **olive oil** in a bowl.
- Set the **dressing** aside.



4. Make salad

- Roughly chop the **lettuce**.
- Slice the **cucumber**.
- Roughly chop the **sun dried tomatoes**.
- Using a peeler, shave the **Parmesan** into shards.
- Toss the **lettuce**, **cucumbers** and **sun dried tomatoes** in the **dressing**.

> **Tip!** Alternatively, drizzle the dressing over the top at the end.



5. Fry meatballs

- Heat a pan over a medium-high heat with a drizzle of **vegetable oil**.
- Once hot, add the **meatballs**.
- Fry for 6 min or until browned all over and cooked through.

> **Tip!** Before frying the meatballs, you can toast the almond flakes in the hot, dry pan for 2 min or until starting to brown.



6. Serve

- Serve the **Chicken and Spinach Meatballs** on top the **Italian Salad**.
- Sprinkle **Parmesan** over the top.
- Garnish with the **almond flakes**.

Kefta Mkaoura, Moroccan Lamb Meatball and Egg Pan

This dish is traditionally cooked in a tagine pot!

679 calories | 61 protein | 26 carbs | 41 fat

Family Friendly

cook: 40 min

R2375-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2840 / 679
Fats (g)	41.1
of which saturated (g)	17.4
Carbohydrates (g)	26
of which sugars (g)	15.2
Fibers (g)	8.9
Proteins (g)	60.9
Salt (g)	2.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meatballs	
Lamb mince	700 Grams
Red onion	1 Piece
Garlic cloves	4 Piece
Fresh parsley	30 Grams
Olive oil	4 Tbsp
Paprika powder	4 Grams
Cumin powder	2 Grams
Cinnamon powder	2 Grams
Salt	2 Tsp
Black pepper	1 Tsp

For casserole	
Tomatoes	4 Piece
Olive oil	2 Tbsp
Brown sugar	10 Grams
Tomato paste	70 Grams
Chopped tomatoes	800 Grams
Water	100 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Salt	2 Tsp
Organic Eggs 5*	4 Piece
Fresh coriander	15 Grams

To serve	
Sourdough bread slices 10*,11*	2 Piece

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *10 Wheat, *11 Gluten

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1. Prep vegetables

Peel and chop the **onion** and **garlic** (for both the meatballs and the sauce). Chop the **tomatoes** and **parsley**.



2. Make meatballs

Heat a drizzle of **oil** in a large pan over a medium-high heat and fry the **onion** for 5 min. Add the **garlic** and fry for 2 min. Transfer half of the **onion** and **garlic** mix to a bowl to cool. Once cooled slightly, add the **lamb mince**, **paprika**, **cumin**, **cinnamon** (see pro tip!), **chopped fresh parsley**, **salt** and **black pepper**. With clean hands, knead until tender. Shape into small meatballs.



3. Make sauce

Add another drizzle of **oil** to the pan with the remaining fried **onion** and **garlic**. Add the **tomatoes**, **brown sugar** and **tomato paste**, and cook over medium heat for 3 min. Add the **chopped tomatoes**, measured **water** and **stock cube**. Simmer for 2 min.



4. Add meatballs

Add the meatballs. Cover with a lid and simmer (don't boil) for 15 min. Season the sauce with **salt** and **pepper** to taste. (If you're cooking for 3-4, use two pans. Alternatively, pour everything into a baking dish and bake at 200°C for 20 min.)



5. Add eggs

After 15 min, crack the **eggs** into the sauce (see tips for fussy eaters). Cook, covered, for a final 5 min or until the **eggs** are cooked to your liking.



6. Serve

Chop the **coriander**, and garnish the kefta mkaoura with it. Serve the **bread** on the side.

Steak with Caper Cream Sauce
and Greens

The combination of juicy steak, creamy sauce and healthy greens is a classic for good reason.

hello chef

480 calories | 49 protein | 24 carbs | 23 fat

Low Carb | Calorie Smart

cook: 30 min

R2786-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2005 / 480
Fats (g)	22.5
of which saturated (g)	12.7
Carbohydrates (g)	24
of which sugars (g)	9.3
Fibers (g)	6.7
Proteins (g)	49.3
Salt (g)	3.4

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steaks	
Rump steak	800 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Sauce	
Shallots	2 Piece
Garlic cloves	4 Piece
Water	300 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Olive oil	2 Tbsp
Salt	0.5 Tsp
Capers	40 Grams
Cooking cream 4*	200 ML

Greens	
Small zucchini	5 Piece
Green beans	500 Grams
Olive oil	2 Tbsp
Salt	0.5 Tsp

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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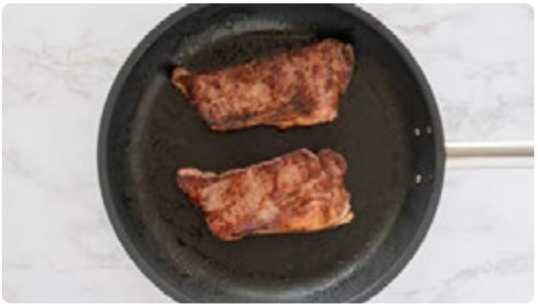
1. Prep

- Remove the steaks from the fridge and set aside.
- Peel and finely chop the **shallots** and **garlic**.
- Chop the **zucchini** into chunky sticks.
- Boil the **measured water** and dissolve the 1 **chicken stock cube** in it.



2. Boil beans

- Trim the **green beans**.
- Cook the **green beans** in a pot of salted boiling water for 3-4 min or until tender.
- Drain once cooked.



3. Fry steaks

- Pat the steaks dry with kitchen paper.
- Heat a large pan with a drizzle of **oil** over a high heat.
- Once hot, add the steaks.
- Fry them for 2-4 min on each side or until cooked to your liking.
- Transfer the steaks to a plate.
- Leave them to rest for 10 min.
- Once rested, season generously with **salt** and **pepper**.



4. Make sauce

- While the steaks are resting, return the pan to the heat with another drizzle of **oil**.
- Add the **shallots** and **garlic**.
- Fry with a small pinch of **salt** for 2 min.
- Add the **capers** and the **stock**.
- Cook for 2-3 min.
- Add the **cooking cream**.
- Simmer until reduced to the desired consistency.
- Cover with a lid to keep warm.



5. Fry vegetables

- Heat a second pan over a medium-high heat with a drizzle of **olive oil**.
- Add the drained **green beans** and the **zucchini** sticks.
- Stir-fry with a pinch of **salt** for 2 min.



6. Serve

- Divide the **cream sauce** and **vegetables** among plates.
- Slice the rested steaks.
- Arrange the slices over the **sauce**.
- Serve the **Steak with Caper Cream Sauce** and **Greens** immediately.

Butterbean paella

with Tomatoes, Peppers and Zucchini

Packed with Spanish flavours and goodness!

hello chef

572 calories | 26 protein | 127 carbs | 3 fat

Calorie Smart

cook: 50 min

R4422-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2393 / 572
Fats (g)	2.7
of which saturated (g)	0.4
Carbohydrates (g)	127
of which sugars (g)	13
Fibers (g)	18.8
Proteins (g)	25.7
Salt (g)	1.4

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Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Paella	
Water	1400 ML
Brown onion	2 Piece
Garlic cloves	2 Piece
Yellow pepper	2 Piece
Small zucchini	2 Piece
Cherry tomatoes	300 Grams
Butter beans	480 Grams
Vegetable stock cube 15*	3 Piece
Olive oil	1 Tbsp
Tomato paste	100 Grams
Dried bay leaves	2 Piece
Dried thyme	4 Grams
Paprika powder	8 Grams
Smoked paprika powder	12 Grams
Arborio rice	320 Grams
Saffron Splash	40 ML
Green peas	200 Grams
Fresh parsley	15 Grams
Lemon	1 Piece

Allergens: *15 Celery

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1. Prep

- Boil the **measured water**.
- Peel and finely chop the **onion** and **garlic**.
- Deseed and slice the **yellow pepper** into strips.
- Cut the **zucchini** into rounds.
- Halve the **cherry tomatoes**.
- Drain and rinse the **butter beans**.
- In a jug, dissolve the **stock cubes** in the boiled **measured water**.



2. Fry

- Heat a large frying pan over a medium-high heat with a drizzle of **oil**.
- Fry the **onion** for 5-6 min until softened.
- Add the **garlic**, sliced **peppers**, **cherry tomatoes** and **zucchini**.
- Fry for 3-5 min further.
- Add the **tomato paste**, **bay leaves**, **dried thyme** and both **paprikas**.



3. Add rice

- Add the **butter beans** and **rice**.
- Mix well and cook for 1 min.



4. Cook

- Add the **saffron splash** and **stock**.
- Mix and bring to a light boil.
- Reduce the heat.
- Simmer for 20-25 mins uncovered, until the **rice** is tender and all of the **water** has been absorbed.

Tip! If all of the stock has been used and the rice is still undercooked, add more water a splash at a time until the rice is tender.



5. Finish

- With 5 min left of cooking, scatter the **peas** over the top of the **rice**.
- Continue to cook for the remaining time.



6. Serve

- Meanwhile, pick and finely chop the **parsley**.
- Cut the **lemon** into wedges.
- Serve the **Butterbean Paella** with **Tomatoes**, **Peppers** and **Zucchini**.
- Add a squeeze of **lemon** juice over the top.
- Garnish with a sprinkle of **parsley**.

Lemongrass Beef

and Crunchy Cabbage Noodle Bowl

Fancy a ticket to far east Asia? This wholesome weeknight bowl is the perfect mix of flavours and textures of that astonishing culinary destination.

hellochef

587 calories | 42 protein | 50 carbs | 25 fat

Calorie Smart

cook: 30 min

R4088-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2452 / 587
Fats (g)	25.2
of which saturated (g)	8.3
Carbohydrates (g)	50
of which sugars (g)	21.2
Fibers (g)	8.5
Proteins (g)	41.9
Salt (g)	4.3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef	
Lean beef mince	700 Grams
Fresh mint	10 Grams
Vegetable oil	2 Tbsp
Soy sauce 9*,10*,11*	40 ML
Chilli jam	56 Grams
Lemongrass paste	20 Grams
Ginger garlic paste	20 Grams

Noodle salad	
White cabbage	600 Grams
Salt	1 Tsp
Carrot	2 Piece
Fresh coriander	30 Grams
Large red chilli	2 Piece
Rice noodles	200 Grams

Dressing	
Lime	2 Piece
Sesame oil 3*,9*	30 ML
Soy sauce 9*,10*,11*	40 ML
Rice vinegar	45 ML
Honey	30 Grams
Chilli flakes	4 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Prep cabbage

Finely slice or shred the **cabbage**. In a large bowl, combine the **cabbage** with a pinch of **salt**. Lightly massage for 0.5-1 min until the **cabbage** is slightly softened.

Tip! Massaging cabbage softens it, brings out its juiciness and makes it pleasant to eat raw.



2. Prep vegetables

Peel the **carrot**, then continue peeling until you are left with a pile of **carrot** ribbons. Roughly chop the ribbons. Pick and roughly chop the **coriander leaves**. Finely chop the **coriander stems**. Slice the **red chilli** into thin rounds. Slice the **lime** to wedges.

Tip! Alternatively, chop the carrot into thin matchsticks using a sharp chef's knife.



3. Fry beef

Pick and finely chop the **mint**. Heat a non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **beef mince** and fry for 5 min or until browned. Add the chopped **mint**, **soy sauce** (for beef), **chilli jam**, **lemongrass paste**, **ginger garlic paste** and the chopped **coriander stems**. Fry for 1-2 min further. Turn off the heat and cover to keep warm until serving.



4. Boil noodles

Meanwhile, bring a large pot of salted water to a boil. Break the dry **rice noodle bundles** in half, and add to the boiling water. Cook for 3-4 min or until firm-tender. Drain once cooked, and quickly rinse under running cold water. Add the drained **noodles** to the **cabbage** bowl.

Tip! Breaking the noodles will make the noodle and cabbage salad easier to divide among serving bowls.



5. Mix dressing

Meanwhile, in a small bowl, combine the **sesame oil**, **soy sauce** (for dressing), **rice vinegar**, **honey**, **chilli flakes** (spicy!) and the juice of half of the **limes**, reserving the rest of the **lime** for garnish. Mix well.



6. Toss and serve

Reserve some **coriander** and **chilli** for garnish. Combine the **carrot**, most of the **coriander leaves**, the **red chilli** (spicy!) and the **dressing** with the **cabbage** and **noodles**. Toss well. Divide the **noodle cabbage salad** among bowls and top with the **beef mix**. Garnish with the reserved **lime**, **coriander** and **chilli**.

Tip! Toss your salad just before serving, otherwise it will go soggy.

Steak Fajita Salad with Peppers, Corn and Sour Cream

In Tex-Mex cuisine, fajitas consist of grilled meat served on flour or corn tortillas. To keep things low carb, we've turned these fajitas into a salad!

hellochef

604 calories | 57 protein | 38 carbs | 26 fat

Low Carb | Speedy

cook: 20 min

R2896-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2527 / 604
Fats (g)	26.1
of which saturated (g)	12.6
Carbohydrates (g)	38
of which sugars (g)	13
Fibers (g)	8.6
Proteins (g)	57.3
Salt (g)	1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steak	
Steak strips	700 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Red pepper	2 Piece
Red onion	2 Piece
Fajita seasoning	10 Grams
Smoked paprika powder	4 Grams
Garlic powder	10 Grams
Chipotle powder	2 Grams
Black pepper	1 Tsp

Salad	
Sweet corn kernels	244 Grams
Romaine lettuce	400 Grams
Lime	2 Piece
Olive oil	4 Tbsp
Salt	1 Tsp
Fresh coriander	15 Grams
Grated cheddar 4*	120 Grams
Sour cream 4*	120 Grams

Allergens: *4 Milk

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1. Fry strips

- Heat a large non-stick pan over a high heat with a drizzle of **oil**.
- Once hot, add the **steak strips** with a pinch of **salt**.
- Fry for 2-3 min.
- Transfer the **steak strips** to a plate.
- Reserve the pan.

Tip! If the pan is looking crowded, you may wish to fry the steak strips in batches.



2. Prep

- Meanwhile, de-seed and finely slice the **pepper**.
- Peel and finely slice the **onion**.
- Drain the **sweet corn**.



3. Fry vegetables

- Return the pan to a medium heat with another drizzle of **oil**.
- Once hot, add the **onion** and **peppers** with a pinch of **salt**.
- Fry for 3-4 min or until slightly softened.
- Add the **fajita seasoning**, **smoked paprika**, **garlic powder** and a pinch of **chipotle (spicy!)** with a splash of water.
- Fry for 2 min further.
- Season with **salt** and **pepper**.

Tip! Sensitive to spice? Go easy on the chipotle powder.



4. Prep

- Meanwhile, roughly chop the **romaine lettuce**.
- Juice the **lime** directly into a large bowl.
- Add the **olive oil** and a pinch of **salt** and whisk until combined.
- Put **lime dressing** aside until needed.



5. Add steak

- Return the **steak strips** and any leftover juices on the plate to the pan.
- Cook for 1 min.

Tip! If you like, top the warmed steak and peppers with the cheddar cheese and allow it to melt in the pan.



6. Serve

- Pick the **coriander leaves**.
- Toss the **romaine lettuce**, **sweet corn** and **coriander** leaves in the **lime dressing**.
- Serve the **Steak Fajita Salad** with **Peppers**, **Corn** and **Sour Cream**.
- Top with the **sour cream**.

Garlic Chilli Prawns

with Mediterranean Chopped Salad

This recipe is based on the Mediterranean diet which is more of an eating pattern than a strict diet. It's based on research stating that people living in Mediterranean countries live longer!

hello chef

483 calories | 39 protein | 64 carbs | 10 fat

Low Carb | Calorie Smart

cook: 20 min

R3709-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2020 / 483
Fats (g)	10
of which saturated (g)	3.4
Carbohydrates (g)	64
of which sugars (g)	16.5
Fibers (g)	14.8
Proteins (g)	39.3
Salt (g)	3.7

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Prawns	
Prawns 7*	700 Grams
Garlic cloves	4 Piece
Fresh parsley	15 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Chilli flakes	2 Grams
Black pepper	1 Tsp

Chopped salad	
Shallots	2 Piece
Lemon	2 Piece
Dried oregano	4 Grams
Honey	30 Grams
Olive oil	4 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp
Chickpeas	480 Grams
Romaine lettuce	600 Grams
Cucumber	4 Piece
Cherry tomatoes	300 Grams
Feta cheese 4*	100 Grams
Black olive slices	80 Grams

Allergens: *7 Crustaceans, *4 Milk

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1. Make dressing

Peel and finely slice the **shallots**. Juice the **lemon** into a large bowl. Add the **shallots**, **oregano**, **honey**, **olive oil**, **salt** and **pepper**. Whisk until combined and set aside.

Tip! You'll make the dressing first so the shallots have longer time to marinate; this will reduce the harshness of their flavour.



2. Fry prawns

Peel and finely mince the **garlic**. Finely chop the **parsley** leaves. Drain the **prawns** on kitchen paper. Heat a non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **prawns** with a pinch of **salt** and cook for 2-3 min until pink and cooked through. Add the **garlic**, **parsley** and a pinch of **chilli flakes (spicy!)**. Cook for 1 min further. Remove from the heat and set aside.



3. Prep salad

Drain and rinse the **chickpeas**. Roughly chop the **romaine lettuce**. Slice the **cucumbers** into half moons. Halve the **cherry tomatoes**.



4. Toss salad

Add the **chickpeas**, **cucumbers**, **cherry tomatoes** and **romaine lettuce** to the **dressing**. Toss until combined.

Tip! Dress your salad just before serving, otherwise it will become soggy.



5. Serve

Crumble the **feta cheese**. Divide the **salad** among bowls, and top with the **black olive slices**, **garlic chilli prawns** and the crumbled **feta cheese**.

Tarragon Chicken

with Green Beans and Brown Rice

Did you know tarragon is also known as estragon?

667 calories | 51 protein | 92 carbs | 15 fat

Family Friendly

cook: 25 min

R2994-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2782 / 667
Fats (g)	15
of which saturated (g)	9
Carbohydrates (g)	92
of which sugars (g)	8.4
Fibers (g)	5.9
Proteins (g)	50.9
Salt (g)	2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken breast	600 Grams
Salt	1 Tsp
Brown rice	300 Grams
Shallots	1 Piece
Garlic cloves	4 Piece
Chestnut mushrooms	500 Grams
Olive oil	2 Tbsp
Soy sauce 9*,10*,11*	40 ML
Cooking cream 4*	200 ML
Water	200 ML
Green beans	375 Grams
Fresh tarragon	30 Grams
Black pepper	1 Tsp

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *4 Milk

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1. Boil rice

- Bring a large pan of salted water to a boil over a medium-high heat.
- Once boiling, add the **brown rice** and a pinch of **salt**.
- Cook for 20 min or until tender.
- Drain once tender.

Tip! Make sure your brown rice is drained for as long as possible or it will water down the flavours of the entire dish!



2. Prep

- Meanwhile, chop the **chicken** into goujons.
- Peel and finely chop 1 shallot.
- Peel and mince the **garlic**.
- Clean and quarter the **mushrooms**.



3. Fry

- Heat a pan over a medium heat with a drizzle of **oil**.
- Add the **chicken**.
- Fry for 5 min until golden brown.
- Transfer the **chicken** to a plate (it doesn't need to be cooked through at this point).
- Reserve the pan



4. Simmer

- Return the pan to a medium-low heat with another drizzle of **oil**.
- Add the **mushrooms**, **shallots** and **garlic**.
- Cook for 4-5 min until soft.
- Add the **soy sauce**, **cooking cream**, **measured water** and **chicken** along with any juices on the plate.
- Simmer for 5 min.



5. Boil green beans

- Meanwhile, wash and trim the **green beans**.
- Cook the **green beans** in a pot of salted boiling water for 3-4 min or until tender.
- Drain once cooked.



6. Serve

- After 5 min, pick the **tarragon** leaves directly into the creamy **chicken sauce**.
- Season with a generous grind of **black pepper**.
- Serve the **Tarragon Chicken** with **Green Beans** and **Brown Rice**.

Baharat Salmon and Rice Pilaf

with Mint Yogurt and Cashews

-

876 calories | 50 protein | 88 carbs | 38 fat

Family Friendly

cook: 30 min

R4531-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3664 / 876
Fats (g)	37.9
of which saturated (g)	8.9
Carbohydrates (g)	88
of which sugars (g)	11.3
Fibers (g)	5.8
Proteins (g)	50.4
Salt (g)	3.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salmon	
Skin-on salmon fillet 6*	700 Grams
Arabic mix masala	4 Grams
Paprika powder	4 Grams
Lemon	1 Piece

Rice	
Long grain rice	300 Grams
Tomato paste	70 Grams
Coriander cumin powder	4 Grams
Chicken stock cube 4*,5*,9*,15*	1 Piece
Dried onion flakes	20 Grams
Salt	1 Tsp
Water	600 ML
Cashew nuts 1*,2*	80 Grams

yogurt	
Fresh mint	10 Grams
Natural yogurt 4*	170 Grams

Allergens: *6 Fish, *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *1 Peanuts, *2 Tree Nuts

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1. Boil rice

Rinse the basmati **rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pot from the heat and keep covered until step 5.



2. Prep

Meanwhile, chop the **chicken** into bite-sized pieces. Add the **chicken** to a large bowl with half of the **yogurt** (reserve the remaining half for serving), the ginger garlic **paste**, garam **masala**, turmeric, chilli **(spicy!)** and **paprika**. **Mix** well and set aside. Peel and finely chop the **onion**. Roughly chop the tomatoes. Finely chop the **fresh coriander** leaves. Split the cardamom pods open with the back of a knife.

Tip! Sensitive to spice? Go easy on the chilli powder.



3. Fry

Heat a large non-stick pan over a medium-high heat with the ghee. Once hot, add the onions with a pinch of **salt** and cook for 5-6 min or until golden brown. Reduce the heat to medium and add the bay leaves, cardamom pods, **cumin** seeds and **coriander powder**. Fry for 1 min further.



4. Add chicken

Add the **chicken** and all the **marinade**, the tomatoes and 1 **stock cube** to the pan. Reduce the heat to medium and simmer for 8-10 min, stirring occasionally or until the tomatoes have softened. Once soft, add the tamarind **paste** and simmer for 1 min further.

Tip! Add a splash of water if the curry is too thick.

5. Layer biryani

Spread half of the **rice** over the bottom of a serving dish. Top with half of the **chicken**, followed by half of the chopped **coriander**. Top with the remaining **rice**, **chicken** and **coriander**.

Tip! Layering the biryani ensures an even mix of masalas. Strapped for time? Skip this step. Serve the plain rice and top with the chicken, sauce, coriander and crispy onion.



6. Serve

Gently **mix** the **biryani** until the **rice** is evenly coated. Divide among plates and serve with a dollop of the remaining **yogurt** and a sprinkling of crispy onions.

Mediterranean Style Baked Tuna Meatballs

with Tzatziki and Crisp Salad

This recipe is based on the Mediterranean diet which is more of an eating pattern than a strict diet. It's based on research stating that people living in Mediterranean countries live longer!

hellofresh

746 calories | 58 protein | 30 carbs | 48 fat

Low Carb

cook: 40 min

R3353-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3117 / 746
Fats (g)	48
of which saturated (g)	10
Carbohydrates (g)	30
of which sugars (g)	8.3
Fibers (g)	9.6
Proteins (g)	57.6
Salt (g)	2.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Tuna meatballs	
Canned tuna 6*	480 Grams
Red onion	1 Piece
Olive oil	2 Tbsp
Baby spinach	90 Grams
Almond flour 1*,2*	80 Grams
Organic Eggs 5*	2 Piece
Mayonnaise 5*,9*,13*	50 Grams
Dried basil	2 Grams
Salt	4 Tsp
Black pepper	1 Tsp

Tzatziki	
Cucumber	4 Piece
Garlic cloves	2 Piece
Greek yogurt 4*	300 Grams
Lemon	1 Piece
Romaine lettuce	600 Grams
Parmesan 4*	60 Grams
Sunflower seeds	40 Grams
Olive oil	2 Tbsp

Allergens: *6 Fish, *1 Peanuts, *2 Tree Nuts, *5 Eggs, *9 Soya, *13 Mustard, *4 Milk

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Egg, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur dioxide and Celery.**



1. Prep

Preheat the oven to 200°C/180°C fan. Peel and chop the **onions**. Drain the **tuna**.



2. Sauté

Heat a pan over a medium heat with a drizzle of **oil**. Add the **onions** and cook for 5 min or until soft. Add the **spinach** and cook for 1 min further or until the **spinach** is wilted.



3. Mix

Add the wilted **spinach**, **onion**, **tuna**, **almond flour**, **eggs**, **mayonnaise**, **dried basil** and a pinch of **salt** and **pepper** to a bowl. With clean hands, knead until all the ingredients are fully combined.



4. Bake

Divide the mixture into 16 pieces and shape each piece into a **ball**. Place the **balls** on a lined baking tray and bake for 15 min or until golden.



5. Make tzatziki

Meanwhile, grate the **cucumber** with a fine blade and squeeze out any excess liquid (See pro tip!). Peel and mince the **garlic**. Add the **garlic**, **cucumber**, **yogurt**, a pinch of **salt** and a squeeze of **lemon** to a bowl. Mix.



6. Serve

Chop the **lettuce**. Shave the **Parmesan** into shards using a peeler. Toss the **lettuce** and **sunflower seeds** in a drizzle of **olive oil** and a squeeze of **lemon** juice. Serve the **tuna meatballs** with the **tzatziki** and **lettuce** to the side. Sprinkle the **Parmesan** over the **salad**.

Cashew Paneer Curry

with Naan and Carrot Salad

We've kept this one mild and creamy for the whole family to enjoy!

hello chef

1174 calories | 51 protein | 164 carbs | 44 fat

Tips for Kids

cook: 30 min

R2903-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4917 / 1174
Fats (g)	44.1
of which saturated (g)	22
Carbohydrates (g)	164
of which sugars (g)	28.6
Fibers (g)	10.3
Proteins (g)	50.5
Salt (g)	3.9

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Paneer 4*	500 Grams
Cashew nuts 1*,2*	80 Grams
Vegetable oil	2 Tbsp
Brown onion	2 Piece
Fresh coriander	15 Grams
Salt	1 Tsp
Ginger garlic paste	40 Grams
Curry powder	10 Grams
Smoked paprika powder	4 Grams
Turmeric powder	4 Grams
Vegetable stock cube 15*	1 Piece
Water	400 ML
Honey	30 Grams
Tomato paste	70 Grams
Cream cheese 4*	40 Grams

Sides	
Tandoori naan 4*,10*	4 Piece
Lime	2 Piece
Carrot	2 Piece
Golden raisins 14*	60 Grams
Fresh coriander	15 Grams

Basmati rice	300 Grams

Allergens: *4 Milk, *1 Peanuts, *2 Tree Nuts, *15 Celery, *10 Wheat, *14 Sulphur Dioxide

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1. Prep

Preheat the oven to 200°C/180°C fan. Place the **cashew nuts** in a small bowl and cover with boiling water. Set aside. Peel and finely chop the **brown onion**. Finely chop the **coriander** leaves. Chop the **paneer** into bite-sized cubes.

Tip! If cooking for kids, set aside a portion of the coriander to use as 'sprinkles'.



2. Fry

Heat a large pan over a medium heat with the ghee. Once hot, add the **onion** with a pinch of **salt** and fry for 5 min until softened. Add the **ginger garlic paste**, **coriander**, **curry powder**, **smoked paprika** and **turmeric**. Fry for 1 min further.



3. Simmer

Add the 1 **vegetable stock cube**, **measured water**, **honey** and **tomato paste** to the pan and simmer for 10 min further.



4. Bake naan

Meanwhile, place the **naan** onto a baking tray and heat in the hot oven for 5 min or until warmed through. Keep warm.



5. Prep salad

Meanwhile, slice the **lime** into wedges. Peel and grate the **carrots**. Add the spinach, **carrots** and **golden raisins** to a large bowl with a squeeze of **lime** juice to taste. Toss and set aside - this is your **salad**.

Tip! If cooking for kids, set aside a portion of the grated carrots and raisins.



6. Serve

Drain the **cashew nuts**. Grind the **cashew nuts** to a smooth paste in a pestle and mortar or in a food processor. Add the ground **cashew nuts**, **paneer** and **cream cheese** to the **curry** and simmer for 3 min further. Serve the **paneer curry** with the **naan** and **carrot salad** alongside. Garnish with the Nigella seeds.

Tip! If cooking for kids, serve the naan, paneer and carrots separately. Serve the curry sauce, golden raisins, coriander and nigella seeds as 'sprinkles' to the side.

Beef Chorizo Naan Pizza

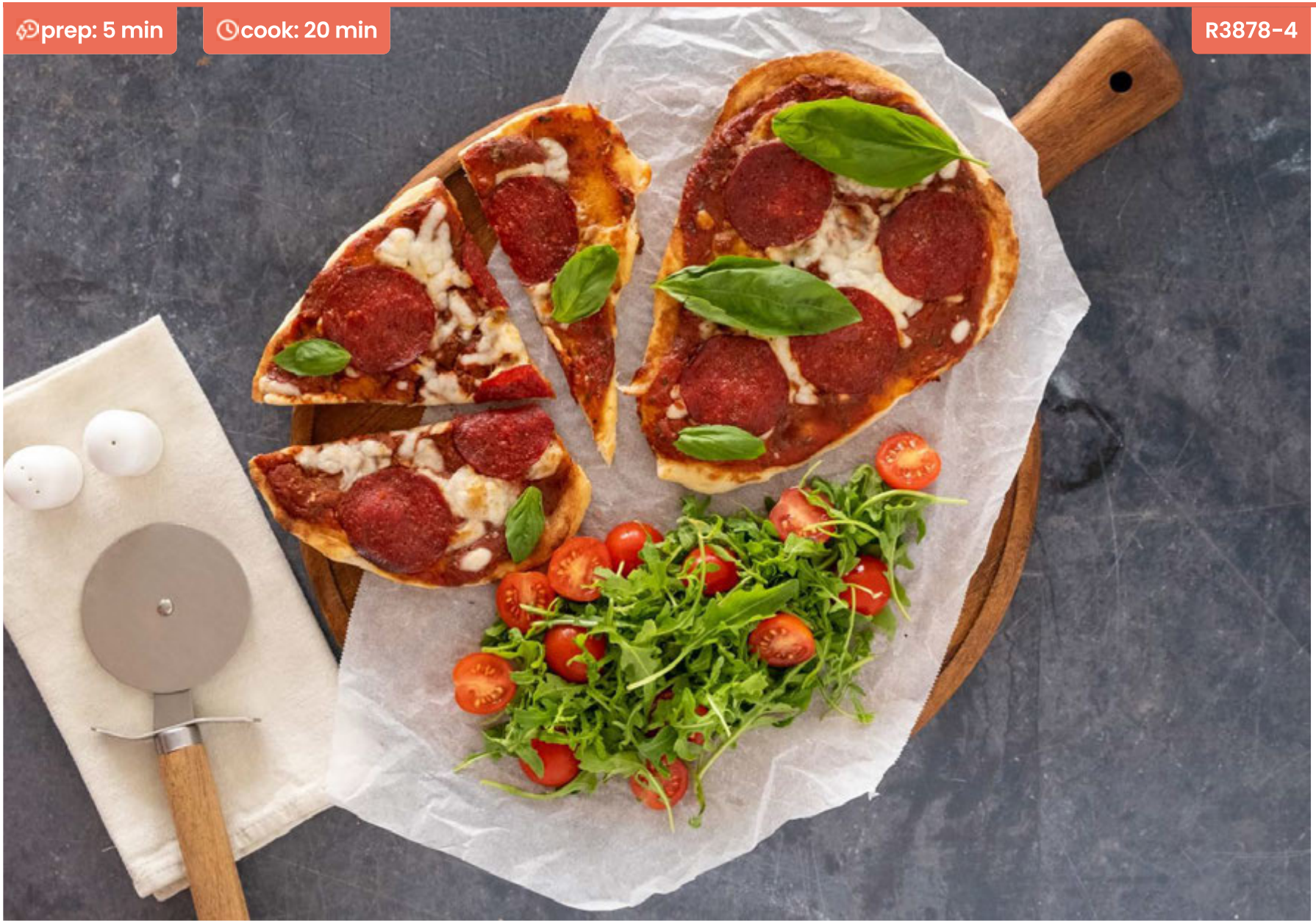
with Cherry Tomato and Rocket Salad

Enjoy this fuss-free and cheesy beef chorizo 'pizza', made with naan bread.

1068 calories | 49 protein | 122 carbs | 42 fat

Quick Prep | Speedy

prep: 5 min | cook: 20 min | R3878-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4463 / 1068
Fats (g)	42.1
of which saturated (g)	24.7
Carbohydrates (g)	122
of which sugars (g)	11.8
Fibers (g)	7.7
Proteins (g)	48.9
Salt (g)	5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Toppings & naan	
Beef chorizo 4*	160 Grams
Tomato passata	500 Grams
Olive oil	2 Tbsp
Garlic powder	4 Grams
Dried oregano	4 Grams
Brown sugar	10 Grams
Salt	1 Tsp
Tandoori naan 4*,10*	8 Piece
Grated mozzarella 4*	240 Grams

Salad	
Balsamic vinegar 14*	30 ML
Olive oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp
Cherry tomatoes	300 Grams
Rocket	80 Grams

To serve	
Fresh basil	15 Grams

Allergens: *4 Milk, *10 Wheat, *14 Sulphur Dioxide

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1. Prep tomato sauce

- Preheat the oven to 220°C/200°C fan.
- In a bowl or jug, combine the **tomato passata**, **olive oil**, **garlic powder**, **dried oregano** and **brown sugar** with a pinch of **salt**.
- Set the **tomato sauce** aside.



2. Bake naan

- Place the **naan bread** onto a baking tray.
- Spoon over the **tomato sauce**.
- Top with a sprinkle of the **grated mozzarella** followed by the **beef chorizo**.
- Bake in the oven for 10-12 min or until the **cheese** is golden brown.



3. Make dressing

- Meanwhile, in a large bowl, whisk together the **balsamic vinegar** and **olive oil** with a pinch of **salt** and **pepper** to taste.



4. Pick basil

- Pick the **basil** leaves.



5. Prep salad

- Chop the **cherry tomatoes** in half.
- Add the **rocket** and **cherry tomatoes** to the **balsamic dressing**.
- Toss.

Tip! Dress your salad just before serving, otherwise it will go soggy.



6. Serve

- Once the **chorizo naan pizzas** are cooked, immediately top with the **basil**.
- Slice the **pizzas**.
- Serve the **Beef Chorizo Naan Pizza** with **Cherry Tomato and Rocket Salad** alongside.

Butternut Squash Risotto

with Bacon and Sage

Risotto, originally from Northern Italy, is made with Arborio rice which is more starchy than most long grain varieties.

hellochef

1014 calories | 35 protein | 127 carbs | 50 fat

Family Friendly

cook: 45 min

R3248-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4230 / 1014
Fats (g)	50.1
of which saturated (g)	17.2
Carbohydrates (g)	127
of which sugars (g)	12.7
Fibers (g)	12.9
Proteins (g)	34.8
Salt (g)	5.5

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Toppings	
Beef bacon	160 Grams
Pecan nuts 2*	80 Grams
Fresh sage	30 Grams
Butter 4*	50 Grams
Salt	2 Tsp

Risotto	
Butternut squash	1200 Grams
Olive oil	2 Tbsp
Red onion	2 Piece
Garlic cloves	2 Piece
Water	1400 ML
Chicken stock cube 4*,5*,9*,15*	2 Piece
Arborio rice	320 Grams
Grated Parmesan 4*	60 Grams
Lemon	2 Piece
Salt	2 Tsp
Black pepper	1 Tsp

Allergens: *2 Tree Nuts, *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Roast

- Preheat the oven to 200°C/180°C fan.
- Peel the **butternut squash** and chop it into thin half-moons.
- Place the **squash** onto one side of a baking tray, drizzle with **oil** and season **salt**.
- Bake for 15 min.
- After 15 min, add the **beef bacon** to the other side of the tray.
- Bake for 15 min further.



2. Prep

- Meanwhile, peel and finely chop the **onion** and **garlic**.
- Boil the **measured water** and dissolve the **chicken stock cube** in it.
- Roughly chop the **pecan nuts**.



3. Fry

- Heat a non-stick pan over a medium heat with a drizzle of **olive oil**.
- Once hot, add the **onion** with a pinch of **salt** and cook for 5-6 min until softened.
- Once softened, add the **garlic** and **arborio rice** and cook for 1 min further, stirring to coat the grains in the **oil**.



4. Make risotto

- Add 1/3 of the **stock** and stir continuously until it has absorbed.
- Continue to add the **stock**, a little at a time for 20 min or until almost all of the **stock** is absorbed and the **rice** is cooked 'al dente' – this is your **risotto**.



5. Sage butter

- Meanwhile, pick the **sage** leaves.
- Heat a pan over a medium-low heat with the **butter**.
- Add a pinch of **salt**.
- Once the **butter** has melted, add the **sage** and fry for 2-3 min or until the **sage** turns crispy and the **butter** starts to turn brown.
- Remove the pan from the heat.



6. Mash squash

- Once tender, mash the **squash** (save some whole pieces for garnish) on the tray with a fork.
- Add the **squash**, **grated Parmesan** and a squeeze of **lemon** juice to the **risotto**.
- Add a splash of water to loosen.
- Season with **salt** and **pepper**.
- Top with the **bacon**, **sage butter**, **squash** and **pecan nuts** and serve.

Corn, Cheddar and Jalapeno Breakfast Muffins

with Fresh Tomato Salsa and Sour Cream

Make-ahead breakfast muffins to spice up your morning!

hello chef

270 calories | 10 protein | 25 carbs | 15 fat

Family Friendly

cook: 40 min

R4512-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1124 / 270
Fats (g)	14.8
of which saturated (g)	8.8
Carbohydrates (g)	25
of which sugars (g)	3.2
Fibers (g)	1.2
Proteins (g)	9.6
Salt (g)	1

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What You'll Need

Oven | Box grater

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 8 servings

Breakfast Muffins	
Cheddar cheese 4*,10*,11*,13*	100 Grams
Spring onion	40 Grams
Jalapeno slices	30 Grams
Sweet corn kernels	122 Grams
Butter 4*	50 Grams
Plain flour 10*,11*	200 Grams
Baking powder	8 Grams
Whole milk 4*	200 ML
Organic Eggs 5*	2 Piece
Foil muffin cup	8 Piece

To serve	
Fresh chives	15 Grams
Tomatoes	1 Piece
Sour cream 4*	120 Grams

Allergens: *4 Milk, *10 Wheat, *11 Gluten, *13 Mustard, *5 Eggs

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1. Prep

- Preheat oven to 200°C/180°C fan.
- Line a **muffin** tray with the **muffin cups** provided and lightly grease with **oil**.
- Grate the **cheddar cheese**.
- Finely slice the **spring onion**.
- Roughly chop the **jalapeno slices**.
- Drain and rinse the **corn**.
- Melt the **butter**.



2. Mix dry ingredients

- In a large bowl, combine the **flour**, **baking powder** and a pinch of **salt** and **pepper**.



3. Add wet ingredients

- Make a well in the centre and add the **milk** and **eggs**. Mix well.
- Add the melted **butter**, **spring onion**, grated **cheddar cheese** (reserving a handful for step 4), **sweet corn kernels** and chopped **jalapenos**, if using.

Tip! Can't handle the heat or cooking for kids? Leave out the jalapenos.



4. Bake

- Divide the **batter** between the **muffin cups**.
- Top with any reserved **cheddar cheese**.
- Bake for 20-25 min until golden brown and a skewer inserted in the centre of the **muffin** comes out clean.



5. Make the sides

- Meanwhile, finely chop the **chives**.
- Chop the **tomato** into bite-sized chunks.
- In a small bowl, add half the **chives** to the **sour cream**. Mix until smooth.
- In a separate small bowl, combine the chopped **tomatoes**, **salt**, **pepper** and the remaining **chives**.



6. Serve

- Serve the **Corn**, **Cheddar** and **Jalapeno Breakfast Muffins** with a spoonful of **Fresh Tomato Salsa** and a dollop of **Sour Cream** with **Chives**.

Tip! Store the muffins in an airtight container in the fridge and consume within 2-3 days. To reheat, microwave for 30-45 sec or until warm.

Beef Meatballs with Curried Peppers

Rice and Homemade Mint Chutney

These meatballs are flavoured with traditional Indian kebab spices.

hello chef

807 calories | 51 protein | 110 carbs | 24 fat

Tips for Kids

cook: 40 min

R3830-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3376 / 807
Fats (g)	23.8
of which saturated (g)	9
Carbohydrates (g)	110
of which sugars (g)	22.4
Fibers (g)	10.3
Proteins (g)	51.1
Salt (g)	1.3

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What You'll Need

Oven | Blender

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meatballs	
Lean beef mince	700 Grams
Red onion	2 Piece
Ginger garlic paste	30 Grams
Coriander cumin powder	8 Grams
Garam masala	4 Grams
Chilli powder	4 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp

Mint chutney	
Garlic cloves	2 Piece
Fresh mint	20 Grams
Fresh coriander	15 Grams
Lemon	2 Piece
Honey	30 Grams
Natural yogurt 4*	340 Grams
Salt	2 Tsp

Curried veg	
Red pepper	4 Piece
Vegetable oil	2 Tbsp
Curry powder	8 Grams
Salt	1 Tsp

To serve	
Basmati rice	300 Grams
Salt	1 Tsp
Water	600 ML
Baby spinach	90 Grams
Nigella seeds 3*,13*	10 Grams

Allergens: *4 Milk, *3 Sesame Seeds, *13 Mustard

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1. Bake peppers

- Preheat the oven to 200°C/180°C fan.
- Deseed and slice the **peppers**.
- Add the **peppers** to a lined baking dish with a drizzle of **oil**, the **curry powder** and a generous pinch of **salt**.
- Bake for 5 min.



2. Make kebabs

- Meanwhile, peel and finely chop the **red onion**.
- In a large bowl, mix together the **beef mince**, **onion**, **ginger garlic paste**, **coriander cumin powder**, **garam masala**, **chilli powder** (spicy!) and a generous pinch of **salt**.
- With clean hands, knead until all the ingredients are fully combined.
- Divide the mixture into 20 pieces.
- Shape each piece into a **meatball**.

Tip! Sensitive to spice? Go easy on the chilli powder.



3. Boil rice

- Rinse the **rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from the heat.
- Keep covered until serving.



4. Bake meatballs

- Meanwhile, after the **peppers** have baked for 5 min, add the **meatballs** onto the baking tray with a drizzle of **oil**.
- Bake for 5-8 min further or until cooked through.



5. Make mint chutney

- Meanwhile, peel and roughly chop the **garlic**.
- Strip the **mint leaves**, discard the stem.
- Roughly chop the **coriander**.
- Add a squeeze of **lemon juice**, **garlic**, **mint leaves**, **coriander**, **honey**, half of the **yogurt** and a pinch of **salt** to a blender.
- Blend until smooth.
- Add the blended **yogurt** to a small bowl with the remaining **yogurt**.
- Mix well.



6. Serve

- Serve the **Beef Meatballs** with **Curried Peppers** and **Rice** with **Homemade Mint Chutney** to the side.
- Top the **baby spinach** with the **nigella seeds**.

Steak with Garlic Parsley Butter

Cauliflower Mash and Caramelised Onions

Enjoy this classic low-carb supper!

hello chef

629 calories | 47 protein | 23 carbs | 39 fat

Low Carb

cook: 35 min

R2962-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2619 / 629
Fats (g)	39.1
of which saturated (g)	22.9
Carbohydrates (g)	23
of which sugars (g)	13
Fibers (g)	6
Proteins (g)	47.4
Salt (g)	1

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Food processor

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steaks	
Rump steak	800 Grams
Fresh parsley	15 Grams
Garlic cloves	2 Piece
Butter 4*	100 Grams
Olive oil	4 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Mash	
Cauliflower	800 Grams
Cream cheese 4*	160 Grams
Salt	1 Tsp

Caramelised onions	
Brown onion	2 Piece
Olive oil	4 Tbsp
Salt	1 Tsp
Brown sugar	10 Grams

Allergens: *4 Milk

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1. Prep

- Bring a large pot of salted water to a boil.
- Chop the **cauliflower** into small florets.
- Add the **cauliflower**.
- Cook, covered, for 10-12 min until soft.
- Finely chop the **parsley**.
- Peel and mince the **garlic**.
- Peel and finely slice the **onion**.



2. Caramelise onion

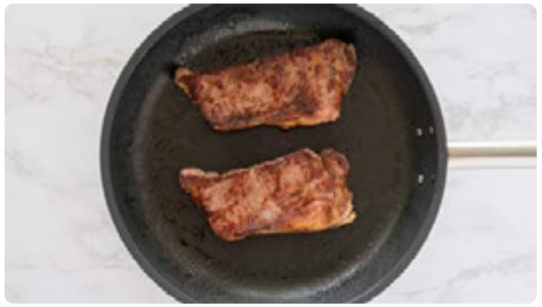
- Heat a non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onions** with a pinch of **salt**.
- Fry for 5 min until browned.
- Reduce the heat to medium-low and cover with a lid.
- Cook, stirring occasionally, for 15 min further or until the **onions** have fully softened.
- Add the **sugar**.
- Cook for 3 min or until caramelised.
- Transfer the **onions** to a bowl.
- Keep warm.
- Reserve the pan.



3. Make garlic butter

- Meanwhile, add the **butter** to a small bowl.
- Heat the **butter** in the microwave until melted (or, in a small pot on the stove).
- Add the **garlic** and 2 tbsp of the chopped **parsley** to the **butter** (save the rest for serving).

Tip! Add half of the raw garlic to the butter if you find the taste too punchy.



4. Fry steaks

- Pat the **steaks** dry with kitchen paper.
- Return the pan to a high heat with a drizzle of **oil**.
- Once very hot, add the **steaks**.
- Fry them for 3-4 min on each side or until cooked to your liking.
- Transfer the **steaks** to a plate.
- Leave them to rest for 5-10 min.
- Once rested, season generously with **salt** and **pepper**.

Tip! The resting of the steak is as important as the frying of the steak. It sets the meat's juices and allows the fibers to relax, leaving the end result more tender and your plate less messy.



5. Make mash

- Meanwhile, once soft, drain the cooked **cauliflower**.
- Add it to a food processer with the **cream cheese**.
- Blitz until smooth.
- Season well with **salt**.
- Keep covered until serving.

Tip! This mash needs a lot of seasoning! Make sure to taste as you go.



6. Serve

- Slice the rested **steaks**.
- Serve the **Steak** drizzled with **Garlic Parsley Butter**, **Cauliflower Mash** topped with **Caramelised Onions**.
- Garnish with the remaining **parsley**.
- Serve immediately.

Sicilian Tuna Pasta with Capers, Tomatoes and Beans

in Lemon Garlic Sauce

Enjoy this quick tuna pasta dish either warm or chilled. It's perfect for lunch leftovers the next day!

hello chef

715 calories | 52 protein | 98 carbs | 12 fat

Speedy

cook: 25 min

R4323-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2994 / 715
Fats (g)	12.4
of which saturated (g)	1.8
Carbohydrates (g)	98
of which sugars (g)	11.3
Fibers (g)	14.2
Proteins (g)	52.2
Salt (g)	2.9

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Tuna	
Canned tuna 6*	480 Grams
Conchiglie rigate pasta 5*,10*,11*	375 Grams
White beans	480 Grams
Cherry tomatoes	300 Grams
Red onion	1 Piece
Garlic cloves	5 Piece
Small red chilli	2 Piece
Olive oil	1 Tbsp
Capers	60 Grams
Dried oregano	4 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp

Parsley lemon sauce	
Fresh parsley	30 Grams
Lemon	2 Piece
Olive oil	2 Tbsp
Salt	0.5 Tsp
Black pepper	0.5 Tsp

Allergens: *6 Fish, *5 Eggs, *10 Wheat, *11 Gluten

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1. Boil pasta

- Bring a large pot of salted water to the boil.
- Once boiling, add the **pasta**.
- Cook for 10-12 min until 'al dente' or cooked to your liking.
- Reserve 1 cup of **pasta water** then drain once cooked.
- Set aside.



2. Prep

- Drain and rinse the **beans**.
- Slice the **cherry tomatoes** in half.
- Peel and finely chop the **onion** and **garlic**.
- Deseed and finely chop the **red chilli**.



3. Cook

- Heat a large frying pan on medium high heat with a drizzle of **olive oil**.
- Add the **onion**, half the **garlic** (reserving the rest for later), the **capers**, **red chilli (spicy!)**, **oregano**, and **cherry tomatoes**, **salt** and **pepper**.
- Cook for 2-3 min until the **tomatoes** break down.
- Add the **tuna** (with the **oil** from 1 can) and stir in the **beans**.
- Cook for 2-3 min until warmed through.

Tip! The oil from the tuna will give the pasta the sauce and flavour it needs.



4. Make sauce

- Meanwhile, pick and chop the **parsley**.
- Zest the **lemon** and cut it in half.
- In a bowl, combine the remaining **garlic**, the **parsley**, **lemon** zest, a squeeze of **lemon** juice, a drizzle of **olive oil**, **salt** and **pepper**.
- Mix the **sauce** well.



5. Add pasta

- Once the **pasta** has cooked, add to the pan along with a splash of the **pasta water**.
- Cook for 1-2 min further until coated.



6. Serve

- Top with the **sauce** and give everything a good mix.
- Serve the **Sicilian Tuna Pasta with Capers, Tomatoes and Beans in Lemon Garlic Sauce** immediately.

Curried Prawn and Tofu Laksa

with Crispy Onions and Egg

To keep things low-carb, we've skipped the noodles in this Southeast Asian classic and, instead, loaded it with protein!

hello chef

924 calories | 66 protein | 65 carbs | 50 fat

Low Carb

cook: 45 min

R2833-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3865 / 924
Fats (g)	49.9
of which saturated (g)	16.2
Carbohydrates (g)	65
of which sugars (g)	19.6
Fibers (g)	17.5
Proteins (g)	66.3
Salt (g)	9.5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Laksa	
Prawns 7*	525 Grams
Organic Eggs 5*	4 Piece
Garlic cloves	4 Piece
Fish sauce 6*,10*	20 ML
Ginger	60 Grams
Carrot	2 Piece
Shallots	2 Piece
Small zucchini	4 Piece
Lemongrass	2 Piece
Bean sprouts	200 Grams
Vegetable oil	2 Tbsp
Red curry paste 7*	40 Grams
Curry powder	8 Grams
Coconut milk	400 ML
Water	800 ML
Sweet chilli sauce	80 ML
Lime	2 Piece

Tofu	
Firm tofu 9*	600 Grams
Soy sauce 9*,10*,11*	60 ML
Corn starch	60 Grams

Garnish	
Large red chilli	1 Piece
Fresh coriander	30 Grams
Crispy onions	40 Grams
Salted peanuts 1*	80 Grams

Allergens: *7 Crustaceans, *5 Eggs, *6 Fish, *10 Wheat, *9 Soya, *11 Gluten, *1 Peanuts

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1. Boil eggs

Cook the **eggs** in boiling water for 5-7 min or until cooked to your liking. Drain, run under cold water and peel once cooled. Halve the **eggs** and set aside.



2. Prep veg

Peel and finely chop the **garlic** and **ginger**. Peel the **carrot** and slice it into thin matchsticks. Peel and slice the **shallots**. Wash and slice the **zucchini** into thin matchsticks. Bash the lemon grass with something heavy until it splits open. Rinse the **bean sprouts**. Slice the **chilli**.



3. Simmer soup

Heat a pan or soup pot with a drizzle of **oil** over a medium heat. Once hot, add the **red curry paste** (spicy!), **curry powder**, **garlic**, **ginger**, **shallots** and lemon grass and cook for 2 min. After 2 min, reduce the heat to medium-low and add the **coconut milk**, **water**, **sweet chilli sauce** (spicy!), **fish sauce** and half of the **soy sauce**. Simmer for 10-12 min.



4. Prep tofu

Meanwhile, drain the **tofu**. Chop it into bite-size cubes. Add the remaining **soy sauce** and **corn starch** to two separate bowls. First, turn the **tofu** cubes in the **soy sauce**, then turn it in the **corn starch**.



5. Fry tofu

Heat a pan over a medium-high heat with a generous drizzle of **vegetable oil**. Once hot, add the **tofu** and fry the first side for 4-5 min until **crispy**. Don't move the **tofu** around in the pan. Flip and fry the second side for 4-5 min further or until golden brown. Transfer the **tofu** to a piece of kitchen paper.



6. Fry prawns

Return the pan to a high heat with a drizzle of **oil**. Fry the **prawns** for 2-3 min until cooked through. Divide the **carrot**, **zucchini** and **bean sprouts** among deep bowls. Ladle the **laksa** over the top. Top with the fried **tofu**, **prawns**, halved **eggs**, **fresh coriander** leaves, fried onion, **peanuts** and **red chilli** slices (spicy!). Finish with a squeeze of **lime** juice.

Chicken with Creamy Caramelised Onion Sauce

and Rice Pilaf

Pan-seared chicken breasts in a creamy caramelised onion sauce.

hello chef

844 calories | 58 protein | 98 carbs | 28 fat

Family Friendly

cook: 30 min

R3402-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3516 / 844
Fats (g)	27.5
of which saturated (g)	18.2
Carbohydrates (g)	98
of which sugars (g)	17.3
Fibers (g)	6.4
Proteins (g)	58.3
Salt (g)	3.4

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken breast

Chicken breast	600 Grams

Caramelised onion

White onion	2 Piece
Garlic cloves	4 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Brown sugar	10 Grams
Balsamic vinegar 14*	30 ML
Dried thyme	4 Grams
Cooking cream 4*	400 ML
Black pepper	0.5 Tsp
Water	200 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece

Rice pilaf

Carrot	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Basmati rice	300 Grams
Water	600 ML
Green peas	200 Grams
Fresh parsley	15 Grams

Allergens: *14 Sulphur Dioxide, *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Prep

- Peel and finely slice the **onions**.
- Peel and mince the **garlic**.



2. Caramelise onion

- Heat a non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion** with a pinch of **salt**.
- Fry for 5 min.
- Once starting to brown, lower the heat to medium.
- Add the **garlic**, **brown sugar**, **balsamic vinegar** and **thyme**.
- Cook for 10 min further, stirring frequently, until the **onions** start to soften.

> **Tip!** Cook the onion for up to 30 min over a low heat. The longer and lower you cook them for, the sweeter they will become!



3. Boil rice

- Meanwhile, peel and chop the **carrots** into small cubes.
- Heat a pot with a lid over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **carrots** with a pinch of **salt**.
- Fry for 3 min.
- Add the **rice** and **measured water**.
- Bring to a boil over a high heat.



4. Finish rice

- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, fold the **peas** into the **rice**.
- Remove the pan from heat.
- Keep covered until serving.



5. Cook chicken

- Meanwhile, add the **cream**, a crack of **black pepper**, the **measured water** and 1 **stock cube** to the **onions**.
- Bring the sauce to a simmer and add the **chicken**.
- Cover the pan with a lid and simmer for 6 min.
- Flip the **chicken breasts** over.
- Cook for an additional 6 min or until the **chicken** is cooked through.



6. Serve

- Serve the**Chicken with Creamy Caramelised Onion Sauce** with **Rice Pilaf** alongside.
- Drizzle over any remaining sauce.
- Tear the **fresh parsley** over the top.

Double Belgian Chocolate Mousse

Light and creamy layers of Belgian chocolate mousse - a delicious treat for the whole family!

hellochef

557 calories | 5 protein | 25 carbs | 49 fat

Quick Prep | Family Friendly

cook: 30 min

R4671-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2310 / 557
Fats (g)	48.7
of which saturated (g)	8.8
Carbohydrates (g)	25
of which sugars (g)	23.8
Fibers (g)	0.2
Proteins (g)	4.5
Salt (g)	0.4

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What You'll Need

- Whisk

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 6 servings

Mousse	
Belgian dark chocolate 9*	100 Grams
Belgian white chocolate 4*,9*	100 Grams
Whipping cream 4*	600 ML
Vanilla essence	5 ML

To serve	
Milk chocolate 4*,9*	50 Grams

Allergens: *9 Soya, *4 Milk

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1. Melt dark chocolate

- Heat a small saucepan of water filled only 1/4 way with water, over medium heat to a gentle simmer.
- To a large bowl, add the **Belgian dark chocolate** and **50 ml cream**.
- Place the bowl over the saucepan, making sure the base of the bowl does not touch the water.
- With the water gently simmering, melt the **chocolate**, stirring to combine it with the **cream**.
- Once melted and fully mixed, remove the bowl from the saucepan.
- Reserve the saucepan of water.



2. Melt white chocolate

- To a separate large bowl, add the **Belgian white chocolate** and **50 ml cream**.
- Place the bowl over the saucepan, making sure the base of the bowl does not touch the water.
- With the water gently simmering, melt the **chocolate**, stirring to combine it with the **cream**.
- Once melted and fully mixed, remove the bowl from the saucepan.

Tip! Only add enough water to simmer but take care that the bowl does not touch the water.



3. Whip cream

- Meanwhile, chill a large bowl to be used for whipping the **cream** (optional).
- Keep the **cream** refrigerated until right before whipping.
- In the large, chilled bowl, combine the **whipping cream** and **vanilla essence**.
- Using a whisk or electric beater, whip the **cream** for 7-8 min until it reaches stiff peaks stage.

Tip! Stiff peaks refers to the peak of cream that forms when the whisk is removed from beaten cream and indicates a stiffly beaten cream that holds its shape.



4. Make mousse

- Add one spoonful at a time of **whipped cream** to each bowl of **melted chocolate**.
- Use a spatula or metal spoon to gently fold together the **cream** and **melted chocolate**, until fully incorporated and an even colour is achieved.
- Continue to divide the **whipped cream** evenly between the bowls of **mousse** until all the **cream** is used.

Tip! Folding refers to combining ingredients of different weights in a gentle over-and-under mixing action to preserve as much air as possible.



5. Portion

- Gather individual containers or glasses.
- Evenly divide the **dark chocolate mousse** between the glasses to form the first layer.
- Evenly divide the **white chocolate mousse** between the glasses and create a second layer on top of the **dark chocolate mousse**.
- Cover each glass with cling film and refrigerate for 2 hours or overnight.

Tip! Don't have individual containers? Create one large layered mousse in whatever container you have available.



6. Serve

- Grate or finely chop the **milk chocolate**.
- Serve the **Double Belgian Chocolate Mousse** topped with grated **milk chocolate**.

Corn Fritters with Smoked Salmon

Sour Cream and Lemon

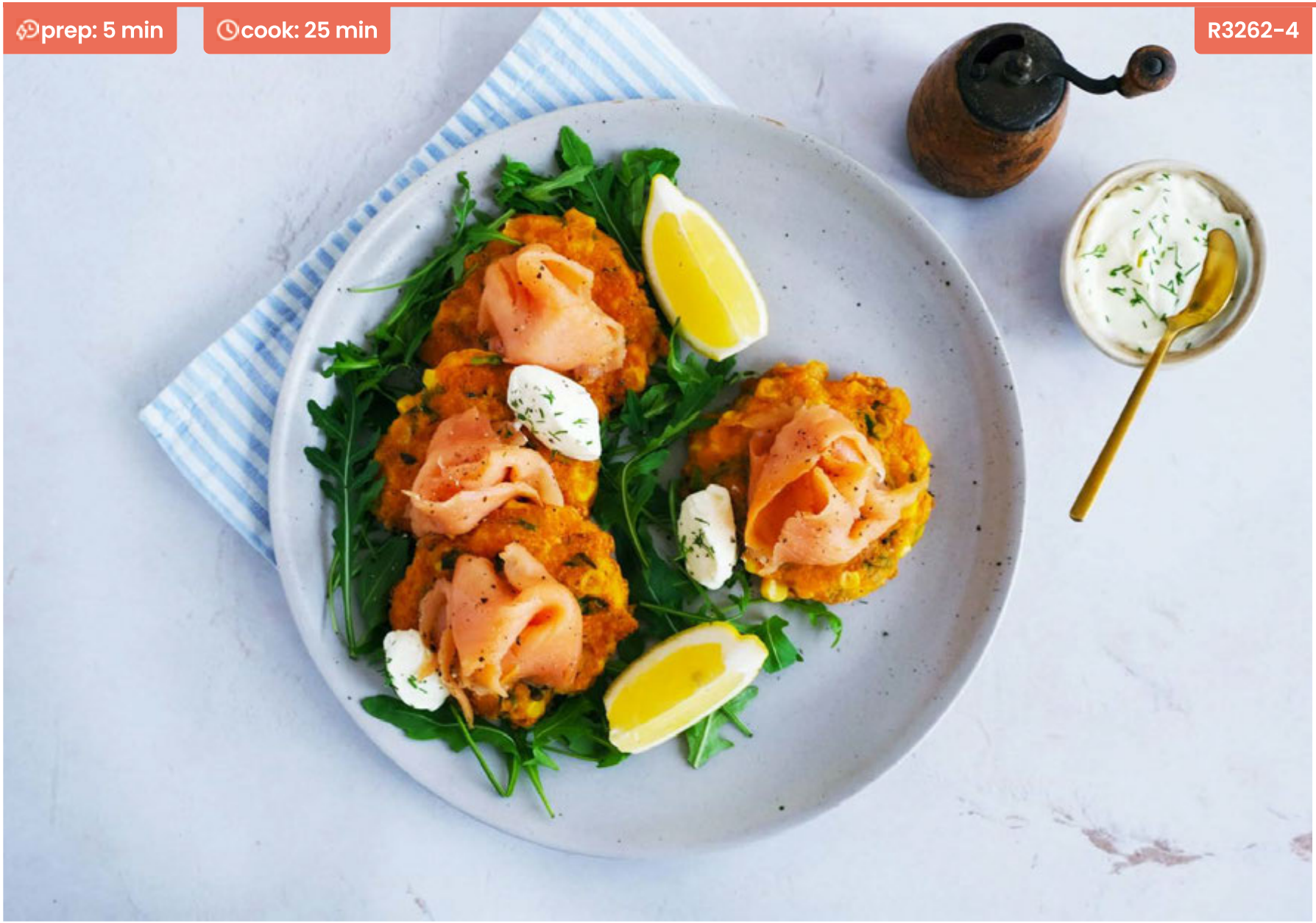
Sweetcorn fritters are quick and easy to make. Topped with delicious smoked salmon, these will be a real hit.

hellochef

529 calories | 39 protein | 46 carbs | 22 fat

Quick Prep | Calorie Smart | Speedy

prep: 5 min | cook: 25 min | R3262-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2215 / 529
Fats (g)	22
of which saturated (g)	11.1
Carbohydrates (g)	46
of which sugars (g)	7.5
Fibers (g)	5
Proteins (g)	39.3
Salt (g)	2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Corn fritter	
Smoked Salmon Slices 6*	400 Grams
Spring onion	80 Grams
Sweet corn kernels	244 Grams
Plain flour 10*,11*	100 Grams
Smoked paprika powder	4 Grams
Salt	1 Tsp
Baking powder	10 Grams
Organic Eggs 5*	2 Piece
Water	100 ML
Grated cheddar 4*	120 Grams
Vegetable oil	2 Tbsp
Black pepper	1 Tsp

Side	
Fresh dill	15 Grams
Lemon	2 Piece
Sour cream 4*	120 Grams
Rocket	80 Grams

Allergens: *6 Fish, *10 Wheat, *11 Gluten, *5 Eggs, *4 Milk

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1. Prep fritter

Finely chop the **spring onion**. Finely chop the **dill** leaves. Slice the **lemon** into wedges. Drain the **sweet corn**.



2. Batter

In a large bowl, combine the **flour**, **smoked paprika**, **salt**, and **baking powder**. Add the **corn**, **spring onion**, **eggs**, **measured water** and **cheddar cheese** to the **flour** and mix until a thick **batter** forms. Set aside.



3. Fry

Heat a non-stick pan over a medium heat with a generous drizzle of **vegetable oil**. Once hot, scoop 1 heaped tbsp of the **batter** into the pan. Gently spread the mixture into a flat circular shape. Repeat until the mixture runs out. Fry the **fritters** for 3 min on each side or until golden brown and crispy on both sides.

Tip! Avoid over-crowding the pan; use multiple pans or fry in batches.



4. Serve

Separate the **salmon slices**. Top the **corn fritters** with the **smoked salmon slices** and a dollop of **sour cream** Garnish with the **fresh dill**. Serve the **rocket** to the side. Squeeze the **lemon** over the **salmon**. Season with **black pepper**.

Miso Chicken Ramen

with Egg and Snow Peas

Miso is a Japanese paste made from fermented soya beans. It's packed with umami and most commonly used in soups.

hellofresh

687 calories | 69 protein | 58 carbs | 21 fat

Chef's choice | Family Friendly

cook: 30 min

R2853-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2876 / 687
Fats (g)	20.7
of which saturated (g)	4.1
Carbohydrates (g)	58
of which sugars (g)	8.6
Fibers (g)	6.6
Proteins (g)	68.5
Salt (g)	2.6

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04-383-93-99

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

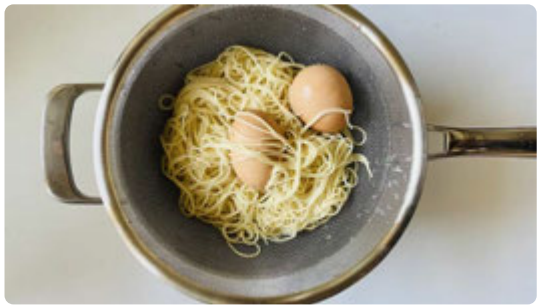
Chicken	
Chicken breast	600 Grams
Curry powder	4 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp

Soup	
Salt	1 Tsp
Organic Eggs 5*	4 Pieces
Egg noodles 5*,10*,11*	200 Grams
Ginger	60 Grams
Garlic cloves	4 Pieces
Snow peas	200 Grams
Onion powder	8 Grams
Water	1400 ML
Miso paste 9*	40 Grams
Soy sauce 9*,10*,11*	30 ML
Sambal oelek	30 Grams
Brown sugar	10 Grams
Bean sprouts	100 Grams

Garnish	
Lime	2 Pieces
Spring onion	80 Grams
Black sesame seeds 3*	20 Grams
Sesame oil 3*,9*	30 ML

Allergens: *5 Eggs, *10 Wheat, *11 Gluten, *9 Soya, *3 Sesame Seeds

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1. Boil eggs and noodles

Bring a pot of salted **water** to the boil. Once boiling, add the **eggs** and cook for 2 min. After 2 min, add the **noodles** and cook for 4 min further or until tender. Once tender, drain the **noodles** and **eggs** and run both under cold **water**.



2. Fry chicken

Meanwhile, coat the **chicken breast** in **curry powder** and season with **salt**. Heat a drizzle of **oil** in a pan over a medium-high heat. Once hot, fry the **chicken** for 5-7 min on either side until golden and cooked through (see pro tip).



3. Prep

Meanwhile, peel and finely grate the **ginger** (tip: use a spoon to peel the **ginger**). Peel and crush the **garlic**. Slice the **snow peas** in half. Slice the **lime** into wedges. Trim and finely slice the **spring onions**.



4. Make broth

Once ready, transfer the **chicken** to a plate and return the pan to a medium heat with a splash of **water**. Using a spatula, loosen any sticky bits from the bottom of the pan. Add more **oil** and the crushed **garlic**, grated **ginger** and **onion powder** and fry for 1 min. Add the measured **water**, **miso paste**, **soy sauce**, **sambal oelek** (spicy!) and **sugar**. Whisk until combined. Simmer for 4-5 min.



5. Slice chicken and egg

Meanwhile, finely slice the **chicken breast**. Add any meat juices from the plate to the broth. Peel the **eggs** and slice them in half.



6. Add vegetables

Once ready, add the sliced **snow peas** and **bean sprouts** to the pan and cook for 1 min further. Squeeze the juice of half of the **limes** into the broth. Divide the **noodles** among bowls. Ladle the broth into the bowls and top with the sliced **chicken breast** and **egg** halves. Garnish with the sliced **spring onion**, **sesame seeds** and the remaining **lime** wedges. Drizzle with the **sesame oil**.

Ginger Chilli Prawns with Jasmine Rice
and Sesame Spinach

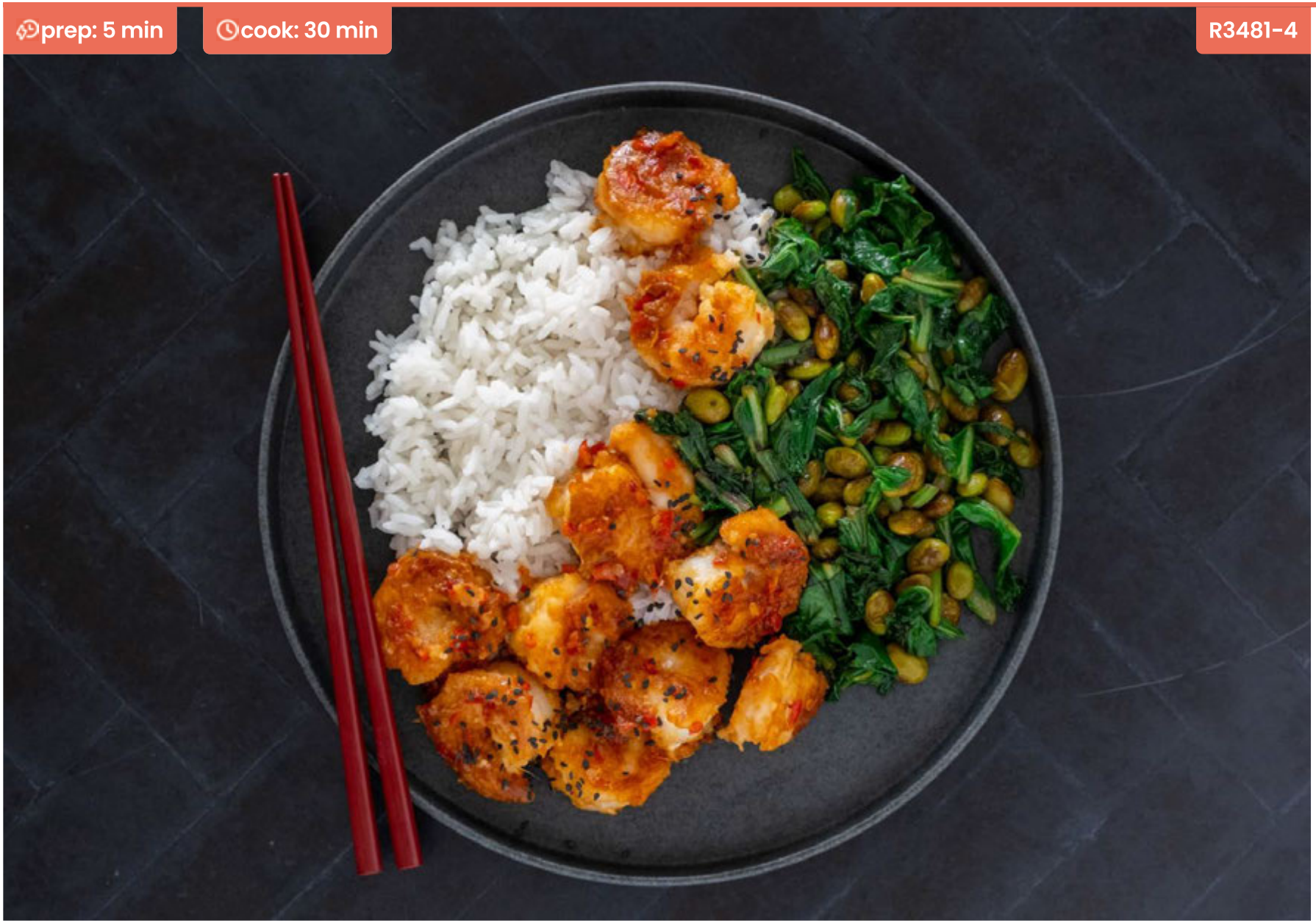
These prawns are tossed in an aromatic ginger and chilli sauce before being served over steaming jasmine rice.

hello chef

661 calories | 40 protein | 104 carbs | 15 fat

Quick Prep

prep: 5 min | cook: 30 min | R3481-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2767 / 661
Fats (g)	15
of which saturated (g)	2
Carbohydrates (g)	104
of which sugars (g)	9.9
Fibers (g)	8.2
Proteins (g)	40
Salt (g)	3.8

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Prawns	
Jumbo prawns 7*	600 Grams
Large red chilli	1 Piece
Ginger	45 Grams
Soy sauce 9*,10*,11*	40 ML
Chilli jam	56 Grams
Garlic powder	8 Grams
Rice vinegar	30 ML
Corn starch	60 Grams
Vegetable oil	4 Tbsp
Black sesame seeds 3*	20 Grams

Rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML

Sesame veg	
Spinach	450 Grams
Vegetable oil	2 Tbsp
Edamame beans 9*	200 Grams
Tamari 9*	30 ML
Sesame oil 3*,9*	30 ML

Allergens: *7 Crustaceans, *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Cook rice

- Rinse the **jasmine rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pan with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pan from heat.
- Keep covered until serving.



2. Make glaze

- Meanwhile, finely chop the **red chilli**.
- Peel and grate the **ginger**.
- In a small bowl, mix together the **soy sauce**, **chilli jam**, 1 **red chilli** (spicy!), **ginger**, **garlic powder** and **rice vinegar**.
- Set the **ginger chilli glaze** aside.



3. Coat prawns

- In a second bowl, toss the **prawns** in the **corn starch**.



4. Fry prawns

- Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **prawns**.
- Fry for 2-3 min on each side.
- Add the **ginger chilli glaze**.
- Cook for 2 min or until the **glaze** begins to thicken.



5. Fry veg

- Meanwhile, roughly chop the **spinach**.
- Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **spinach**.
- Fry for 2 min or until the **spinach** starts to wilt.
- Add the **edamame** and **tamari**.
- Fry for 1 final min.
- Remove from the heat.
- Add the **sesame oil** and toss.

Tip! Don't overcrowd your pan! Otherwise you'll end up stewing, not frying your vegetables.



6. Serve

- Serve the **Ginger Chilli Prawns** with **Jasmine Rice** and **Sesame Spinach**.
- Top the **prawns** with the **sesame seeds**.

Pistachio Chicken

with Pan Fried Potatoes and Green Beans

-

445 calories | 56 protein | 38 carbs | 8 fat

Quick Prep | Family Friendly | Calorie Smart

prep: 5 min | cook: 30 min | R4010-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1863 / 445
Fats (g)	7.7
of which saturated (g)	1.3
Carbohydrates (g)	38
of which sugars (g)	5.1
Fibers (g)	9.1
Proteins (g)	56.3
Salt (g)	44.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp
Sliced pistachios 2*	40 Grams

Sides	
Fresh tarragon	15 Grams
Capers	40 Grams
Garlic paste	20 Grams
White vinegar	30 ML
Green beans	375 Grams
Potatoes	900 Grams
Onion powder	4 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Allergens: *2 Tree Nuts

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1. Boil potatoes

Boil a kettle of water. Slice the **potatoes** into bite-sized pieces. Add the boiled water to a pot with a generous pinch of **salt**. Bring the salted water to a boil and add the **potatoes**. Cook for 10-15 min or until the **potatoes** are tender.



2. Prep

Meanwhile, trim and slice the **green beans** in half. Finely chop the **tarragon** leaves. Slice the **chicken** into bite-sized strips.



3. Fry chicken

Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken** with a pinch of **salt** and fry for 5-7 min or until cooked through. Transfer the **chicken** onto a plate and reserve the pan.



4. Boil beans

Once the **potatoes** have boiled for 15 mins. Add the **green beans** to the pot and boil for 2-3 min further. Drain the **potatoes** and **green beans**.



5. Fry vegetables

Return the reserved pan to a medium-high heat with another drizzle of **oil**. Once hot, add the **garlic paste** and fry for 1 min. Add the **potatoes** and **green beans** and fry for 3-5 min or until the **potatoes** turn golden brown on all sides. Add the **pistachios**, **capers**, **chicken**, **onion powder**, **tarragon** and **white vinegar**. Fry for 2-3 min further.



6. Serve

Divide everything evenly among plates.

Black Pepper Chicken

Stir-Fry

When it comes to quick, mid-week, low-carb suppers, we can't think of a better fit than chicken stir-fry!

hello chef

395 calories | 53 protein | 36 carbs | 4 fat

Low Carb | Calorie Smart

cook: 30 min

R2638-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1693 / 395
Fats (g)	3.6
of which saturated (g)	0.7
Carbohydrates (g)	36
of which sugars (g)	14.3
Fibers (g)	6.3
Proteins (g)	52.8
Salt (g)	4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Pestle & Mortar

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stir-fry	
Chicken breast	800 Grams
Red onion	2 Piece
Red pepper	2 Piece
Large red chilli	2 Piece
Fresh baby corn	300 Grams
Corn starch	60 Grams
Vegetable oil	4 Tbsp
Salt	1 Tsp

Sauce	
Black peppercorns	10 Grams
Water	100 ML
Soy sauce 9*,10*,11*	60 ML
Honey	30 Grams
Oyster sauce 8*,10*	40 Grams
Rice vinegar	30 ML

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *8 Molluscs

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1. Prep vegetables

- Peel and roughly slice the **red onion**.
- De-seed and roughly chop the **pepper**.
- Finely slice the **red chilli**.
- Slice the **baby corn** in half lengthwise.



2. Make sauce

- Grind the **black peppercorns** in a pestle and mortar.
- Add 1 tsp crushed **peppercorns (spicy!)** to a mixing jug.
- Add the **measured water**, 2 Tbsp **corn starch**, **soy sauce**, **honey**, **oyster sauce** and **rice vinegar** to the mixing jug and mix until fully combined.
- Set the **stir-fry sauce** aside.

Tip! Alternatively, place the peppercorns in a small paper or plastic bag. Using a heavy object such as a rolling pin, meat mallet, or the bottom of a frying pan, gently bash them into a finer consistency.



3. Fry chicken

- Slice the **chicken breast** into bite-sized strips.
- Add the remaining **corn starch** to a plate.
- Turn the **chicken** strips in the **corn starch** until well coated.
- Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken breast** with a pinch of **salt**.
- Cook for 5-6 min until golden and cooked through.
- Transfer the **chicken** to a plate.
- Reserve the pan.



4. Fry vegetables

- Return the pan to a medium-high heat with another generous drizzle of **oil**.
- Once hot, add the **baby corn**.
- Fry for 3 min or until starting to char slightly.
- Add the **pepper** and **red onion**.
- Stir-fry for 3-4 min further or until tender.



5. Toss

- Add the **stir-fry sauce**.
- Cook for 1 min or until the **sauce** begins to thicken.
- Add the **chicken** to the pan.
- Cook for 1 min further.
- Top with the sliced **red chilli (spicy!)**.

Tip! Sensitive to spice? Go easy on the red chilli.



6. Serve

- Serve the **Black Pepper Chicken Stir-Fry**.
- Drizzle over any remaining sauce from the pan.

Event: Vegetarian Quick Pesto Pasta

–

Pesto and pasta are a match made in heaven. We've added chicken and peas to make this one even more delicious!

hello chef

850 calories | 27 protein | 102 carbs | 37 fat

prep: 5 min | cook: 20 min | R4635-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3540 / 850
Fats (g)	37.1
of which saturated (g)	9.4
Carbohydrates (g)	102
of which sugars (g)	6.7
Fibers (g)	8.8
Proteins (g)	27.1
Salt (g)	1.9

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pesto pasta	
Fusilli pasta 10*	500 Grams
Green peas	200 Grams
Water	200 ML
Vegetable oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp
Grated Parmesan 4*	60 Grams
Cherry tomatoes	300 Grams
Fresh basil	15 Grams
Green pesto 2*,4*	150 Grams
Cream cheese 4*	160 Grams
Olive oil	2 Tbsp

Allergens: *10 Wheat, *4 Milk, *2 Tree Nuts

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1. Boil pasta

Bring a large pot of salted water to the boil. Once boiling, add the **pasta** and cook for 8-10 min until 'al dente' or cooked to your liking. Add the **peas** for the final 2-3 min. Reserve 200 ml of the **pasta water** from the pot. Drain and return the **pasta** and **peas** to the pot.

2. N/A

-

3. N/A

-



4. Prep

Meanwhile, chop the **cherry tomatoes** in half. Finely chop the **basil** leaves.



5. Assemble

To the cooked **pasta** and **peas**, add the **pesto**, **cream cheese**, half of the **Parmesan** (reserve the rest for garnish), half of the **basil** (reserve the rest for garnish) and the reserved **pasta water**. Drizzle with **olive oil**. Season with **salt** and **pepper** to taste and toss.



6. Serve

Divide the **pesto pasta** among bowls. Top with the chicken and **cherry tomatoes**. Garnish with the remaining **basil** and remaining **grated Parmesan**.

Cheesy Beef and Eggplant 'Lasagna'

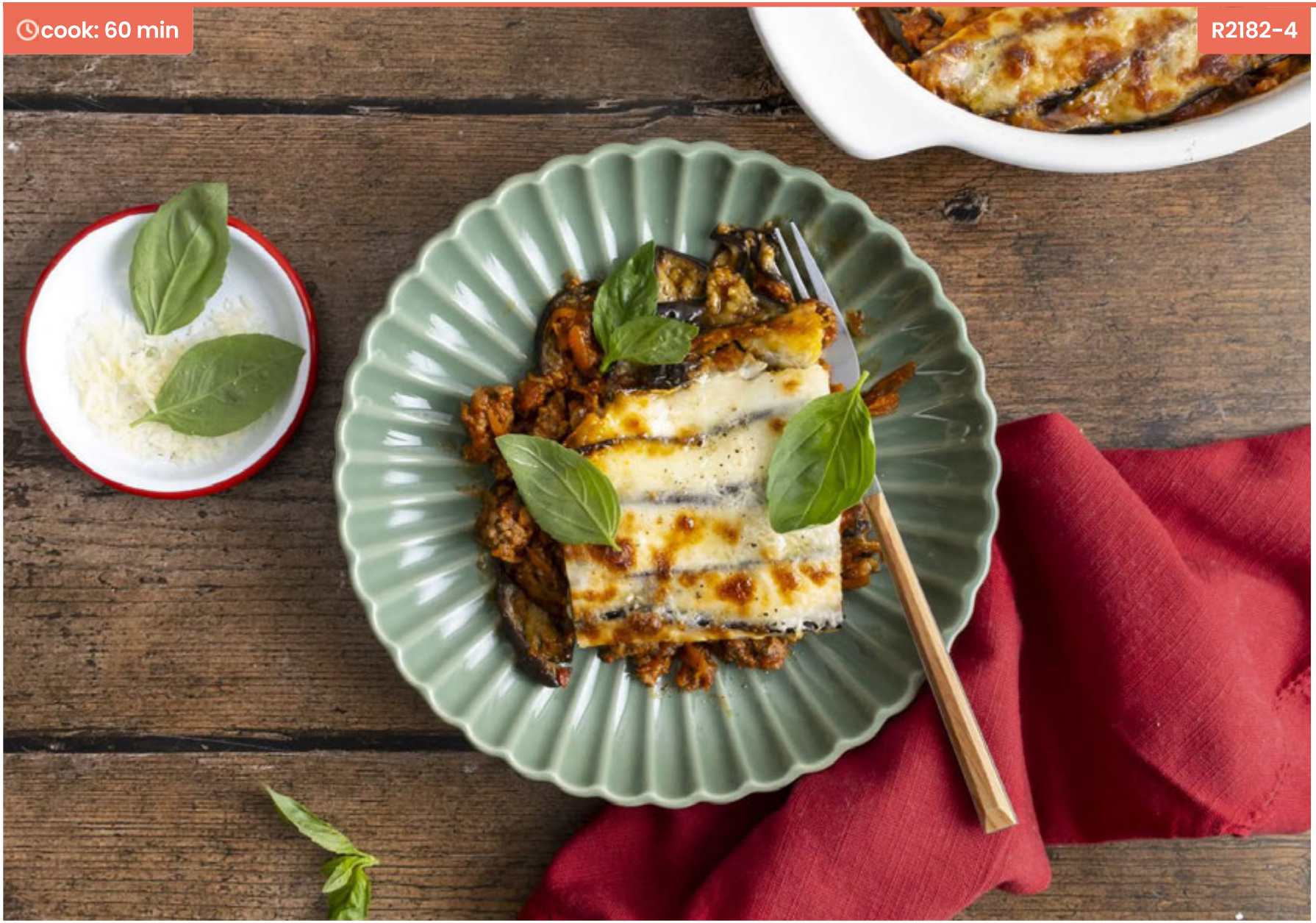
Lasagna flavours - without the pasta!

964 calories | 53 protein | 36 carbs | 68 fat

Low Carb | Family Friendly

cook: 60 min

R2182-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4039 / 964
Fats (g)	68.2
of which saturated (g)	29
Carbohydrates (g)	36
of which sugars (g)	18.1
Fibers (g)	11.4
Proteins (g)	52.9
Salt (g)	5.3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven | Box grater

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Eggplants	
Long Eggplant	500 Grams
Olive oil	4 Tbsp
Salt	2 Tsp

Beef sauce	
Beef mince	700 Grams
Red onion	2 Piece
Garlic cloves	6 Piece
Carrot	2 Piece
Olive oil	4 Tbsp
Tomato paste	70 Grams
Water	200 ML
Beef stock cube **4*,5*,9*,11*,15***	1 Piece
Peeled plum tomatoes	800 Grams
Dried basil	4 Grams
Dried oregano	4 Grams
Parmesan **4***	60 Grams
Grated mozzarella **4***	200 Grams

To serve	
Fresh basil	15 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *11 Gluten, *15 Celery

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1. Prep vegetables

- Preheat the oven to 200°C/180°C fan.
- Thinly slice the **eggplants**.
- Peel and finely chop the **onion** and **garlic**.
- Peel and grate the **carrot**.



2. Roast eggplants

- Arrange the **eggplant** slices on a lined baking tray.
- Drizzle with **oil** and sprinkle with a generous pinch of **salt**.
- Roast for 12-15 min.

Tip! Fry the eggplant slices in oil instead of roasting them in the oven. Use two pans at once to save time.



3. Make sauce

- Meanwhile, heat a pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **onion**, **garlic** and a pinch of **salt** for 5 min.
- Add the **beef** and **carrots** and fry for 5 min.
- Add the **tomato paste**, **measured water**, 1 **stock cube**, **tomatoes**, **basil**, **oregano**, **salt** and **pepper**.
- Fry for 2 min, breaking up the **tomatoes** with a spoon or spatula.
- Reduce the heat to low and simmer for 10-15 min.



4. Grate Parmesan

- Meanwhile, using a box grater, finely grate the **Parmesan**.



5. Bake

- Arrange a layer of the **beef mixture** in a baking dish.
- Top with a layer of the **eggplants**.
- Repeat this process until all of the **eggplant** and **sauce** are used up.
- Finally, top with the **grated mozzarella** and the **grated Parmesan**.
- Bake for 20-25 min until the cheese is browned and bubbling.



6. Serve

- Allow the bake to rest for 5-10 min before serving.
- Serve the **Cheesy Beef and Eggplant 'Lasagna'** garnished with **fresh basil** leaves.

One-pan Barbecue Chicken, Pinto Bean and Cheddar Hot-Pot

This dish takes inspiration from cowboy beans, a popular dish from the American Southwest.

hello chef

567 calories | 57 protein | 48 carbs | 18 fat

Low Carb | Calorie Smart | Speedy

cook: 20 min

R2752-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2371 / 567
Fats (g)	18.4
of which saturated (g)	8.3
Carbohydrates (g)	48
of which sugars (g)	19.6
Fibers (g)	6.4
Proteins (g)	57.4
Salt (g)	6.7

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What You'll Need

- Box grater

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Hot-pot	
Pulled chicken	600 Grams
Carrot	2 Piece
Cherry tomatoes	300 Grams
Spring onion	80 Grams
Pinto beans	480 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Garlic paste	20 Grams
Onion powder	4 Grams
Smoked paprika powder	4 Grams
Cayenne powder	4 Grams
Tomato paste	140 Grams
Chicken stock cube 4*,5*,9*,15*	1 Piece
Water	400 ML
Red vinegar	30 ML
Barbecue sauce 11*,13*	120 Grams
Grated cheddar 4*	120 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *11 Gluten, *13 Mustard

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1. Prep vegetables

- Peel and grate the **carrots**.
- Slice the **cherry tomatoes** in half.
- Trim and finely chop the **spring onion**.
- Drain and rinse the **pinto beans**.



2. Fry

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **carrots** and **tomatoes** with a pinch of **salt**.
- Fry for 3 min.
- Add the **garlic paste**, **onion powder**, **smoked paprika**, **cayenne powder** (spicy!), **tomato paste** and 1 **chicken stock cube**.
- Fry for 1 min further.

Tip! Sensitive to spice? Go easy on the cayenne powder.



3. Simmer

- Add the **measured water**, **red vinegar**, **barbecue sauce**, **pinto beans** and the **pulled chicken**.
- Bring to a simmer, reduce the heat to medium.
- Simmer, covered for 10 min.



4. Serve

- Serve the **One-pan Barbecue Chicken, Pinto Bean** and **Cheddar Hot-Pot**.
- Immediately top with the **grated cheddar** and **spring onion**.

Chicken Tinga Tacos

with Pico de Gallo and Guacamole

Tinga is a Mexican stew made from chicken, cooked in tomatoes!

hello chef

805 calories | 47 protein | 82 carbs | 35 fat

Tips for Kids | Speedy

cook: 20 min

R3208-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3371 / 805
Fats (g)	34.7
of which saturated (g)	7.1
Carbohydrates (g)	82
of which sugars (g)	17.1
Fibers (g)	14.7
Proteins (g)	47.1
Salt (g)	8.1

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken Tinga	
Pulled chicken	600 Grams
Garlic cloves	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Taco seasoning	20 Grams
Smoked paprika powder	4 Grams
Chipotle powder	4 Grams
Tomato passata	500 Grams
Honey	30 Grams
Chicken stock cube 4*,5*,9*,15*	1 Piece

Pico de Gallo	
Red onion	2 Piece
Tomatoes	2 Piece
Fresh coriander	15 Grams
Lime	2 Piece
Salt	1 Tsp

To serve	
Avocado	2 Piece
Salt	1 Tsp
6" tortilla wraps 10*,11*	12 Piece

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *10 Wheat, *11 Gluten

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1. Make pico de gallo

- Peel and finely dice the **onion**.
- Finely dice the **tomatoes**.
- Finely chop the **coriander** leaves.
- Combine half of the **onion** (reserve the rest), the **tomatoes** and **coriander** in a bowl with half of the **lime** juice and a generous pinch of **salt**.
- Set the **pico de gallo** aside.

Tip! If cooking for kids, keep a portion of the tomatoes aside before adding the onion, coriander and lime.



2. Start tinga

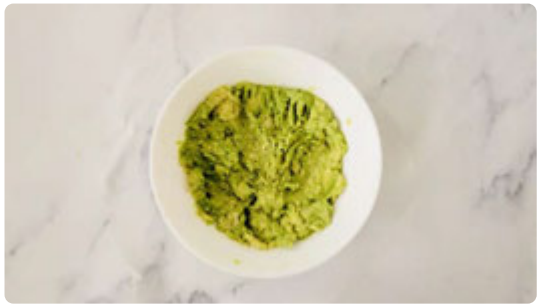
- Peel and mince the **garlic**.
- Heat a large pan over a medium heat with a drizzle of **oil**.
- Once hot, add the remaining **onions** with a pinch of **salt**.
- Cook for 5-6 min until softened.
- Add the **garlic**, **taco seasoning**, **smoked paprika powder** and the **chipotle powder** (spicy!).
- Cook for 1 min further.



3. Simmer

- Add the **pulled chicken**, **tomato passata**, **honey** and 1 **stock cube**.
- Simmer for 5 min.

Tip! If cooking for kids, reserve a portion of the plain chicken and cook it separately.



4. Make guacamole

- Meanwhile, slice the **avocado** in half and remove the stone.
- Scoop the **avocado** out of its skin using a spoon.
- Add it to a bowl.
- Add the remaining **lime** juice.
- Mash the **avocado** with a fork, leaving some bits chunky.
- Season with a pinch of **salt**.
- Set the **guacamole** aside.

Tip! Become an avocado ripening pro! If your avocado's still hard but you plan to use it the next day, put it in a brown paper bag with an apple or a banana.



5. Serve

- Warm the **tortillas** in a pre-heated oven or microwave.
- Assemble the **tacos** by topping the **tortillas** with the **chicken tinga**, **guacamole**, and finally the **pico de gallo**.
- Serve the **Chicken Tinga Tacos with Pico de Gallo and Guacamole**.

Tip! Cooking for kids? Serve the tortillas separately with the plain chicken, guacamole and pico de gallo on the side.

Tandoori Cod and Coriander Rice

with Kachumber and Mint Chutney

Fenugreek, also known as Kasuri Methi, is a green leafy plant that's widely used in Indian cuisine. It's what gives this spicy dish a deliciously distinct aroma and flavour.

hello chef

505 calories | 44 protein | 81 carbs | 2 fat

Calorie Smart

cook: 35 min

R4190-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2115 / 505
Fats (g)	1.7
of which saturated (g)	0.5
Carbohydrates (g)	81
of which sugars (g)	7.1
Fibers (g)	6
Proteins (g)	43.7
Salt (g)	1.9

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven | Blender

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Cod	
Cod fillet 6*	700 Grams
Curry powder	4 Grams
Tandoori masala	4 Grams
Fenugreek leaves	4 Grams
Garlic paste	20 Grams
Tomato paste	70 Grams
Vegetable oil	2 Tbsp
Rice	
Fresh coriander	30 Grams
Long grain rice	300 Grams
Vegetable oil	2 Tbsp
Cardamom pods	6 Piece
Water	600 ML
Salt	1 Tsp
Salad	
Lime	2 Piece
Red onion	2 Piece
Cucumber	2 Piece
Tomatoes	2 Piece
Salt	0.5 Tsp
Mint chutney	
Fresh mint	20 Grams
Small green chilli	2 Piece
Ginger paste	20 Grams
Cumin powder	4 Grams
Water	100 ML

Allergens: *6 Fish

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1. Marinate cod

- Preheat the oven to 200°C/180°C fan.
- Drain the **cod** over a sink and rinse under cold water. Pat dry with kitchen paper.
- Cut the **limes** into wedges.
- In a large bowl combine the **curry powder**, **tandoori masala** (spicy!), **fenugreek**, **tomato paste**, **garlic paste**, with a squeeze of **lime** juice (reserving some for the chutney and salad) and a drizzle of **oil**.
- Add the **cod** and fully coat in the **marinade**. Set aside.

Tip! Sensitive to spice? Use only a small amount of tandoori masala in the marinade.



4. Make mint chutney

- Pick the **mint leaves**.
- Deseed and roughly chop the **green chilli** (spicy!).
- To a blender, add the **mint**, **green chilli**, **ginger paste**, **cumin**, a squeeze of **lime**, and the **measured water**.
- Blend until smooth. If it's a little thick, add a small amount of water, one teaspoon at a time.
- Season with a pinch of **salt** to taste and set aside.



2. Bake cod

- Place the **cod** on a lined baking tray and bake in the oven for 15-17 min until fully cooked.



5. Make salad

- Peel and finely slice the **onion**.
- Finely chop the **cucumber** and **tomato**.
- To a bowl, add the **onion**, **cucumber**, **tomato** and remaining **coriander** with another squeeze of **lime** juice.
- Mix well and season with **salt** to taste.



3. Cook rice

- Pick and finely chop the **coriander**.
- Rinse the **rice**.
- Heat a pot with a lid over medium heat with a drizzle of **oil**.
- Add the **cardamom pods**, **rice**, half the **coriander** (reserving the rest for the salad).
- Mix well, add the **measured water**, **salt**, and bring to a boil.
- Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from the heat and keep covered until serving.



6. Serve

- Divide the **coriander rice** amongst plates.
- Top with the **cod** and serve the **salad** and **mint chutney** alongside.
- Garnish with extra **lime** wedges.

Heat & Eat Garlic Baguette

made with French butter and fresh garlic

Quick, easy and delicious - this is perfect to share amongst everyone at the table!

hello chef

196 calories | 3 protein | 18 carbs | 13 fat

Family Friendly | Speedy

cook: 15 min

R4636-4



Nutritional information

	per serving*
Energy (kJ/kcal)	821 / 196
Fats (g)	12.5
of which saturated (g)	5.4
Carbohydrates (g)	18
of which sugars (g)	0.7
Fibers (g)	1
Proteins (g)	3.3
Salt (g)	0.2

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What You'll Need

Oven

hello@hellochef.com

04-825-44-00

hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Garlic baguette

Garlic baguette	**4*,10*,11***	180 Grams

Allergens: *4 Milk, *10 Wheat, *11 Gluten

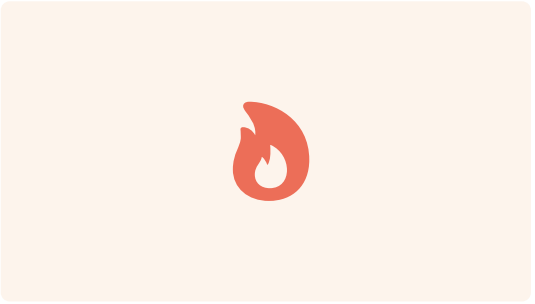
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1. Oven method

- Preheat the oven to 200°C/180°C fan.
- Remove the **garlic baguette** from the sleeve (do not remove the foil).
- Place the **garlic baguette** in the centre of the oven.
- Bake for 15 min or until the bread is warmed through, crispy on the outside and the butter has melted.

Tip! Do not microwave.



2. Barbecue method

- Remove the **garlic baguette** from the sleeve (do not remove the foil).
- Barbecue the **garlic baguette** for 5 min, turning occasionally until the bread is warmed through, crispy on the outside and the butter has melted.

Tip! Do not heat over a direct flame or in the microwave.

Speedy: Chinese Chicken Lettuce Wraps

with Water Chestnuts

Copycat PF Changs

499 calories | 52 protein | 23 carbs | 23 fat

Speedy | Calorie Smart

cook: 25 min

R4764-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2086 / 499
Fats (g)	23.2
of which saturated (g)	6.6
Carbohydrates (g)	23
of which sugars (g)	8.9
Fibers (g)	3
Proteins (g)	52.2
Salt (g)	3.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Lettuce wrap	
Chicken mince	800 Grams
Mushroom	250 Grams
Iceberg lettuce	1 Piece
Water chestnuts	300 Grams

Sauce	
Hoisin sauce 3*,9*,10*	40 Grams
Oyster sauce 8*,10*	40 Grams
Sambal oelek	20 Grams
Rice vinegar	30 ML
Ginger garlic paste	20 Grams
Spring onion	80 Grams
Corn starch	10 Grams
Water	50 ML

Allergens: *3 Sesame Seeds, *9 Soya, *10 Wheat, *8 Molluscs

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1. Prep

- Finely chop **mushrooms**.
- Finely chop **water chestnuts**.
- Chop **spring onions**. Separate white from green.



2. Make sauce

- Add **hoisin**, **ginger garlic paste**, **sambal**, **rice vinegar**, **oyster**, **corn starch**, **water**.
- Mix all the **sauce** ingredients together



3. Fry

- Fry **chicken** in pan with white part of **spring onions**.



4. Add sauce

- Add **sauce** to **chicken**.



5. Prep

- Separate **lettuce** leaves.



6. Serve

- Spoon the **chicken** over the **lettuce**. Garnish with **spring onions**.

American Chicken Pot Pie

with Cheddar Drop Biscuits

From the easy doughy biscuits to the creamy chicken filling, this is a humble and classic dinner the family will love, and is worth the wait!

hello chef

958 calories | 68 protein | 89 carbs | 37 fat

Family Friendly

cook: 60 min

R4220-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3993 / 958
Fats (g)	37.2
of which saturated (g)	22
Carbohydrates (g)	89
of which sugars (g)	15.6
Fibers (g)	6.6
Proteins (g)	68.4
Salt (g)	5.3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
White onion	1 Piece
Carrot	2 Piece
Celery	2 Piece
Fresh thyme	10 Grams
Garlic cloves	3 Piece
Vegetable oil	2 Tbsp
Salt	0.25 Tsp
Black pepper	0.5 Tsp
Dried rosemary	2 Grams
Plain flour 10*,11*	30 Grams
Chicken stock cube 4*,5*,9*,15*	2 Piece
Whole milk 4*	400 ML
Water	450 ML
Green peas	200 Grams

Drop Biscuits	
Butter 4*	100 Grams
Plain flour 10*,11*	280 Grams
Baking powder	10 Grams
Grated cheddar 4*	120 Grams
Water	200 ML

Allergens: *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Prep

- Place the block of **butter** in the freezer to solidify (you'll need cold **butter** in step 3 to make the biscuits).
- Preheat the oven to 220°C/200°C fan.
- Peel and finely chop the **onions**, **carrots** and **garlic**.
- Finely chop the **celery**.
- Strip the **thyme** leaves.
- Slice and finely chop the **chicken** into small bite-sized pieces, similar in size to the rest of the vegetables.

Tip! Frozen butter makes flakier and softer biscuit dough!



4. Scoop batter

- Pour the **chicken filling** into an ovenproof baking dish or casserole.
- Using a large oiled spoon, scoop 16 mounds of the **biscuit batter**, and drop on top of the **chicken filling**.
- Top each **biscuit** with the remaining **grated cheddar**.

Tip! For the 4 ppl box, make sure you use a larger casserole dish to make room for the biscuits. Alternatively, use 2 baking dishes.



2. Cook

- Heat a large pot over medium high heat with a drizzle of **oil**.
- Once hot, add the **onions**, **carrots**, **celery**, and **garlic** with a pinch of **rosemary**, **salt** and **pepper**.
- Fry for 4-6 min until softened.
- Add the **chicken** and half the **thyme** (reserving the rest for the biscuits).
- Cook the **chicken** for 2-3 min then add 30 g **flour** and **stock cube** and fry for 1-2 min until pasty.
- Add the **milk** and **measured water**, and bring to a boil.
- Cook for 2-3 min until the mixture has thickened, then stir in the **peas**. Set aside.



5. Bake pot pie

- Bake the **chicken pot pie** in the oven for 25-30 min until the **sauce** is bubbly, the **biscuits** are puffed up and golden, and the **cheese** has melted.



3. Make biscuit batter

- In a large bowl, mix together the large bag of **flour**, **baking powder**, remaining **fresh thyme**, and a pinch of **salt**.
- Remove the **butter** from the freezer and chop or grate into small pieces.
- Using a fork, or the tips of your fingers, rub the **butter** into the **flour** until it resembles a sandy texture.
- Mix in half of the **grated cheddar**.
- Gently pour in the **measured water**, and using a spatula, stir until just combined.

Tip! Do not over mix the batter. It is meant to be sticky and lumpy!



6. Serve

- Serve the **Chicken Pot Pie** with the golden **Cheddar Drop Biscuits**.

Moqueca: Brazilian Coconut Prawn Stew

with Garlic Jasmine Rice

Jumbo prawns gently poached in a creamy stew with coconut milk, red bell peppers, tomatoes, lime and cilantro. It's simple yet delicious!

hellochef

653 calories | 35 protein | 94 carbs | 21 fat

Global Eats

cook: 35 min

R4561-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2733 / 653
Fats (g)	20.8
of which saturated (g)	11.6
Carbohydrates (g)	94
of which sugars (g)	10
Fibers (g)	9.8
Proteins (g)	34.5
Salt (g)	3.3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Prawn stew

Jumbo prawns 7*	600 Grams
Red onion	2 Piece
Red pepper	2 Piece
Tomatoes	2 Piece
Small red chilli	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Tomato paste	70 Grams
Cumin powder	4 Grams
Paprika powder	4 Grams
Coconut milk	400 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Water	150 ML
Lime	2 Piece
Fresh coriander	15 Grams

Garlic Rice

Garlic cloves	4 Piece
Jasmine rice	300 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Water	600 ML

Allergens: *7 Crustaceans, *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Prep

- Peel and finely chop the **red onion**.
- Deseed and slice the **red pepper** into strips.
- Slice the **tomatoes** into wedges.
- Peel and finely slice the **garlic**.
- Thinly slice the **red chilli**.

Tip! Sensitive to spice? Deseed the red chilli and use only a small amount.



2. Cook garlic rice

- Rinse and drain the **rice**.
- Heat a pot with a lid over a medium heat with a drizzle of **oil**.
- Once hot, add the **garlic**. Cook for 1 min until fragrant and golden.
- Add the **rice**, a pinch of **salt** and the **measured water**. Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from the heat.
- Keep covered until serving.



3. Prep prawns

- Rinse and pat the **prawns** dry with kitchen paper.
- Using a box grater or zester, grate the **lime zest** over the **prawns**, taking care to avoid its bitter white pith.
- Squeeze half the **lime juice** over the **prawns** (reserving the rest for garnish).



4. Make stew

- Meanwhile, bring a pot over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onions**, **red peppers**, **red chilli** (spicy!), and a pinch of **salt**.
- Fry for 3-5 min until softened.
- Add the **tomatoes**, **tomato paste**, **cumin**, **paprika**.
- Cook for 2-3 min further.
- Add the **coconut milk**, **chicken stock cube**, and **measured water**.
- Reduce the heat to medium.
- Simmer for 5 min further until thickened.



5. Add prawns

- Meanwhile, pick and finely chop the **coriander**.
- Add the **prawns** to the **stew**.
- Gently simmer for 3-4 min until cooked through.
- Add in the **coriander** and another squeeze of **lime** juice.
- Stir, and turn off the heat.



6. Serve

- Serve the **Moqueca: Brazilian Coconut Prawn Stew** with **Garlic Jasmine Rice**.
- Garnish with any remaining **coriander** and **lime**.

Adobo Chicken with Garlic Jasmine Rice

and Carrot and Cucumber Salad

A mainstay in Filipino cuisine with complex flavours of vinegar, soy and garlic that excite the tastebuds!

hellochef

727 calories | 63 protein | 101 carbs | 13 fat

Family Friendly

cook: 45 min

R4287-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3043 / 727
Fats (g)	13
of which saturated (g)	3.4
Carbohydrates (g)	101
of which sugars (g)	14.9
Fibers (g)	6.1
Proteins (g)	62.6
Salt (g)	7.8

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Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

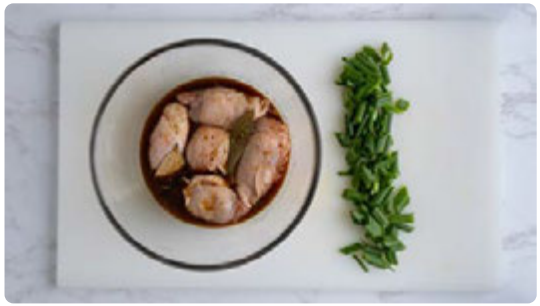
Chicken	
Skin-on, bone-in chicken thighs	1000 Grams
Spring onion	80 Grams
Garlic paste	20 Grams
Soy sauce 9*,10*,11*	120 ML
Rice vinegar	120 ML
Brown sugar	30 Grams
Black pepper	4 Tsp
Dried bay leaves	2 Piece
Vegetable oil	1 Tbsp
Water	100 ML

Rice	
Jasmine rice	300 Grams
Vegetable oil	1 Tbsp
Garlic paste	20 Grams
Chicken stock cube 4*,5*,9*,15*	1 Piece
Water	600 ML

Side salad	
Carrot	2 Piece
Cucumber	3 Piece
Fresh mint	10 Grams
Lime	2 Piece
Black sesame seeds 3*	5 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs, *15 Celery, *3 Sesame Seeds

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1. Marinate chicken

Roughly chop the **spring onion**. Add the **chicken** to a large bowl. Add one tub **garlic paste**, **soy sauce**, **vinegar**, **brown sugar**, **black pepper** and **bay leaves**. Set aside.



2. Cook rice

Rinse the **rice**. Heat a pot with a lid over medium heat. Add a drizzle of **vegetable oil** and fry the **garlic paste** until fragrant. Add the **rice**, 1 **stock cube** and **measured water** and bring to a boil. Once boiling, reduce the heat to low, cover, and cook for 12-14 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pot from the heat and keep covered until serving.



3. Prep salad

Meanwhile, peel and finely slice or grate the **carrot**. Finely slice or grate the **cucumber**. Strip the **mint leaves** from the stalk. Cut the **lime** in half. Add the **cucumber** and **carrot** to a bowl with a generous squeeze of **lime**, the **mint leaves** and the **black sesame seeds**. Toss to coat and set aside.



4. Fry chicken

Heat a large non-stick pan over a medium heat with a drizzle of **oil**. Once hot, add the **chicken**, skin side down (reserve the **marinade**) and fry for 2-3 min each side until browned. Transfer the **chicken** to a plate and reserve the pan.

Tip! Keep an eye on the chicken as the marinade contains sugar which can easily burn.



5. Simmer sauce

Return the pan to a medium heat. Once hot, add the reserved **marinade** and **measured water** to the pan and simmer for 1-2 min . Return the **chicken**, skin side up. Add the **spring onion** and cover with a lid. Simmer the **chicken** in the **marinade** for 20 min. Remove the lid and cook for another 5 min until the **chicken** is cooked and the **sauce** has thickened to your liking.



6. Serve

Divide the **rice** among plates and top with the **adobo chicken** side **salad**.

Chicken and Spinach Meatballs
with Creamy Spaghetti

This one's got comfort food written all over it!

hello chef

1011 calories | 75 protein | 98 carbs | 37 fat

Family Friendly

cook: 30 min

R3030-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4231 / 1011
Fats (g)	36.6
of which saturated (g)	9.4
Carbohydrates (g)	98
of which sugars (g)	6.8
Fibers (g)	6.5
Proteins (g)	74.8
Salt (g)	4.6

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meatballs	
Chicken mince	600 Grams
Spinach	200 Grams
Garlic powder	4 Grams
Soy sauce 9*,10*,11*	20 ML
Salt	1 Tsp
Black pepper	1 Tsp

Sauce	
Cherry tomatoes	300 Grams
Spaghetti 5*,10*,11*	500 Grams
Olive oil	2 Tbsp
Water	300 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Kalamata olives	80 Grams
Cream cheese 4*	40 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Fresh basil	30 Grams
Grated Parmesan 4*	60 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *5 Eggs, *4 Milk, *15 Celery

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1. Wilt spinach

- Boil a kettle.
- Place the **spinach** in a colander.
- Pour the freshly boiled water from the kettle over it.
- Once the **spinach** is cool enough to handle, give it a good squeeze.
- Chop it into small pieces.
- Halve the **cherry tomatoes**.



2. Make meatballs

- Add the **chicken mince**, **garlic powder**, **soy sauce**, **salt**, **pepper** and **spinach** to a large mixing bowl.
- With clean hands, knead until all the ingredients are fully combined.
- Divide the mixture into 20 pieces and shape each piece into a **meatball**.
- Refrigerate.



3. Boil spaghetti

- Bring a large pot of salted water to the boil.
- Once boiling, add the **spaghetti**.
- Cook for 8-10 min until 'al dente' or cooked to your liking.
- Reserve a cup of **pasta water**.
- Drain.



4. Fry meatballs and tomatoes

- Meanwhile, heat a pan over a medium-high heat with a generous drizzle of **olive oil**.
- Add the **meatballs** and **tomatoes**.
- Fry until the **meatballs** are browned and the **tomatoes** start to pop.



5. Simmer

- Once the **meatballs** are browned, add the measured **water** (use the reserved pasta cooking **water**!) to the pan with the **stock cube**, **olives**, half the Grana **padano** and the **cream cheese**.
- Simmer for 3 min or until the **meatballs** are cooked through, but not too dry.
- Season with **salt** and **pepper**.
- Rip the **fresh basil** leaves into the **sauce**.



6. Serve

- Toss the drained **spaghetti** in the **sauce**.
- Serve the **Chicken and Spinach Meatballs** with **Creamy Spaghetti**.
- Sprinkle with the remaining **Grana padano**.

Thai Fish Cakes

with Sweet Chilli Dipping Sauce and Salad

Thai fish cakes are nothing like British fish cakes. They're generally thinner, chewier and altogether more fragrant.

hello chef

523 calories | 53 protein | 45 carbs | 17 fat

Low Carb

cook: 30 min

R2635-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2187 / 523
Fats (g)	17.1
of which saturated (g)	3.7
Carbohydrates (g)	45
of which sugars (g)	20
Fibers (g)	11
Proteins (g)	52.8
Salt (g)	10

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What You'll Need

- Food processor

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fishcakes	
Cod fillet 6*	700 Grams
Fresh coriander	30 Grams
Red curry paste 7*	40 Grams
Soy sauce 9*,10*,11*	60 ML
Corn starch	60 Grams
Organic Eggs 5*	4 Pieces
Green peas	200 Grams
Vegetable oil	4 Tbsp

Slaw	
White cabbage	600 Grams
Carrot	2 Pieces
Cucumber	2 Pieces
Spring onion	100 Grams
Unsalted peanuts 1*	80 Grams
Salt	1 Tsp

Dipping sauce	
Lime	4 Pieces
Sweet chilli sauce	80 Grams
Fish sauce 6*,10*	20 ML

Allergens: *6 Fish, *7 Crustaceans, *9 Soya, *10 Wheat, *11 Gluten, *5 Eggs, *1 Peanuts

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1. Blitz fish

Chop the **cod** perch into small pieces. Chop the **coriander**, including the stalks, roughly. Place the **cod coriander**, **red curry paste** and **soy sauce** in a food processor. Blitz for 1-2 min or until fully smooth.



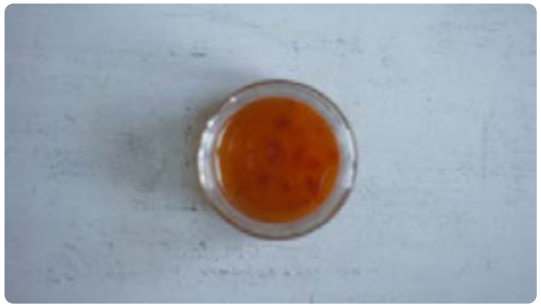
2. Make batter

Add the **corn starch** and **eggs** to a bowl and whisk until smooth. Add the **peas** and **cod** mix. Stir to combine. Set aside.



3. Prep salad

Shred the **white cabbage** very finely. Peel the **carrot**, then continue peeling until you are left with a pile of **carrot** ribbons. Slice the **cucumber** into discs, then slice each **cucumber** disc into matchsticks. Finely slice the **spring onion**. Add **cabbage**, **carrots**, **cucumber**, **peanuts** and **spring onion** to a serving bowl, set aside.



4. Prep dipping sauce

Juice half of the **limes** into a small bowl or jar. Add the **sweet chilli sauce** and **fish sauce** and whisk or shake until fully combined - this is your dipping **sauce**.



5. Fry fish cakes

Heat a non-stick pan over a medium-high heat with the **vegetable oil**. Once hot, add 1 heaped Tbsp of **fish** batter at a time and fry for 2 min on each side as though making pancakes. Flip once the edges have set. Once browned and cooked through, transfer the **fish** cakes to kitchen paper. Keep warm.



6. Serve

Dress the salad with the juice from the remaining **limes** and season with **salt**. Mix thoroughly. Serve the fishcakes over the salad with the dipping **sauce** to the side.

Lemony Orzo Carbonara

with Zucchini, Spinach and Crispy Bacon Bits

This simple dish is creamy and comforting and packed with green veg.

hello chef

858 calories | 49 protein | 79 carbs | 39 fat

Speedy | Family Friendly

cook: 25 min

R4536-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3584 / 858
Fats (g)	38.6
of which saturated (g)	18.2
Carbohydrates (g)	79
of which sugars (g)	5.5
Fibers (g)	6.4
Proteins (g)	49.1
Salt (g)	4.8

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What You'll Need

- Box grater

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef bacon	240 Grams
Small zucchini	4 Piece
Lemon	1 Piece
Fresh basil	30 Grams
Garlic cloves	3 Piece
Butter 4*	20 Grams
Orzo 9*,10*,11*	375 Grams
Water	1200 ML
Salt	0.5 Tsp
Black pepper	1 Tsp
Baby spinach	80 Grams
Parmesan 4*	120 Grams
Organic Eggs 5*	2 Piece

Allergens: *4 Milk, *9 Soya, *10 Wheat, *11 Gluten, *5 Eggs

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1. Prep

- Chop the **bacon** into small, bite-sized pieces.
- Trim the ends of the **zucchini** and grate.
- Zest the **lemon** and cut into wedges.
- Finely chop the **basil**, reserve some whole **leaves** for garnish.
- Peel and mince the **garlic**.



2. Fry bacon

- In a large pan over medium heat, fry the **bacon bits** for 4-5 min until really crispy.
- Remove from the pan and drain on a plate lined with paper towel.

Tip! Add the bacon to a cold pan and do not use oil - the fat from the bacon will melt as the pan heats up and provide enough oil for fyring.



3. Make orzo

- Return the pan to a medium heat.
- Add **butter**, **garlic** and **orzo** and fry for 1-2 min.
- Stir well to coat the **orzo** in the **garlic butter**.
- Add the **grated zucchini**, **lemon zest**, **measured water**, **salt** and **pepper**.
- Gently cook for 5-7 min until **orzo** is tender and most of the liquid is absorbed.
- Turn off the heat and stir through the **spinach** to wilt.



4. Prepare sauce

- Meanwhile, grate the **parmesan**.
- In a medium bowl, combine the **parmesan** (reserving some for garnishing) and **egg**.
- Mix well.



5. Finish orzo

- Add the **parmesan** and **egg** mixture to the pan with the **orzo**.
- Continue to stir until the **sauce** thickens slightly and the whole pan becomes nice and creamy.
- Add the crispy **bacon bits**.
- Add the chopped **basil** and a pinch of **black pepper**.
- Add a squeeze of **lemon juice** to taste.



6. Serve

- Serve the **Lemony Orzo Carbonara** topped with grated **Parmesan** and reserved **basil leaves**.

Salmon Katsu Curry

with Jasmine Rice

Katsu is a Japanese Curry. It's the perfect combination of crispy protein and smooth curry sauce.

hello chef

943 calories | 58 protein | 151 carbs | 18 fat

Tips for Kids

cook: 30 min

R3841-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3946 / 943
Fats (g)	18.1
of which saturated (g)	4.9
Carbohydrates (g)	151
of which sugars (g)	18.4
Fibers (g)	9.2
Proteins (g)	58.3
Salt (g)	4.1

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What You'll Need

- Oven
- Box grater
- Whisk
- Food processor

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04-825-44-00
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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salmon	
Skinless salmon fillet 6*	700 Grams
Organic Eggs 5*	2 Piece
Soy sauce 9*,10*,11*	20 ML
Corn starch	60 Grams
Cornflakes 11*	200 Grams

Sauce	
Spring onion	80 Grams
Carrot	2 Piece
Vegetable oil	2 Tbsp
Ginger garlic paste	20 Grams
Curry powder	10 Grams
Turmeric powder	4 Grams
Corn starch	20 Grams
Water	300 ML
Sweet chilli sauce	80 ML
Tamari 9*	30 ML

Sides	
Baby spinach	90 Grams
Black sesame seeds 3*	10 Grams
Olive oil	2 Tbsp

Rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML

Allergens: *6 Fish, *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Prep breading

- Preheat the oven to 200°C/ 180°C fan.
- Whisk the **eggs** in a shallow bowl with the **soy sauce**.
- Place the larger batch of **corn starch** in a shallow bowl.
- Crush the **cornflakes** in their bag (until they resemble bread crumbs).
- Place into another shallow bowl.
- Portion the **salmon** into 4 pieces.
- Pat dry.



2. Bread and bake

- Turn each piece of **salmon** in the **corn starch** until coated.
- Then, dip in the beaten **eggs**.
- Finally, coat in the **cornflakes**.
- Place the **salmon** on an oiled baking tray.
- Bake for 15 min until golden and crispy.



3. Boil rice

- Meanwhile, rinse the **rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from the heat.
- Keep covered until serving.



4. Prep

- Meanwhile, trim and finely slice the **spring onion**.
- Peel the **carrot**, then use the peeler to create several **carrot** ribbons.
- Grate the rest of the **carrot**.



5. Make sauce

- Heat a pan over a medium heat with a drizzle of **oil**.
- Add the **spring onion**, grated **carrot** and **ginger garlic paste**.
- Cook for 3 min.
- Add the **curry powder**, **turmeric** and smaller batch of **corn starch**.
- Cook for 1 min further.
- Gradually add the **water**, whisking.
- Add the **sweet chilli sauce** and **tamari**.
- Simmer for 3 min.



6. Serve

- Once ready, using a hand-held blender or food processor, blitz the katsu **sauce** until smooth.
- Toss the **baby spinach**, **carrot** ribbons and **sesame seeds** in a drizzle of **olive oil**.
- Serve the **Salmon** on **Katsu Curry** with **Jasmine Rice** and **salad** on the side.

Tip! If cooking for kids, slice the salmon into bite-sized pieces. Serve the rice, carrots and spinach separately, with the sesame seeds and katsu sauce to the side.

Greek Bean Casserole

with Zucchini Dumplings

-

hello chef

596 calories | 32 protein | 105 carbs | 6 fat

Calorie Smart | Family Friendly

cook: 30 min

R4630-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2495 / 596
Fats (g)	6.4
of which saturated (g)	3.3
Carbohydrates (g)	105
of which sugars (g)	14.9
Fibers (g)	18.2
Proteins (g)	31.8
Salt (g)	4.9

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven | Box grater

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Red onion	2 Piece
Garlic paste	20 Grams
Red pepper	2 Piece
Yellow pepper	2 Piece
Chopped tomatoes	800 Grams
Fresh dill	30 Grams
Cinnamon powder	2 Grams
Dried oregano	4 Grams
Plain flour 10*,11*	280 Grams
Small zucchini	4 Piece
Baking powder	8 Grams
Water	200 ML
Feta cheese 4*	100 Grams
Paprika powder	4 Grams
Vegetable stock cube 15*	1 Piece
Cumin powder	4 Grams
Tomato paste	60 Grams
Red kidney beans	480 Grams
Water	500 ML

Allergens: *10 Wheat, *11 Gluten, *4 Milk, *15 Celery

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1. Prep

- Chop **onion**.
- Deseed and chop the **red** and **yellow peppers**.
- Trim the **zucchini** and cut into half moons.



2. Make stew

- Heat a large pan over medium heat with a drizzle of oil.
- Fry the **onion** for 2-3 min until softened.
- Add the **garlic paste**, **chopped peppers** and **zucchini** and fry for 5 min.
- Add the **cumin**, **paprika**, **oregano**.
- Add the **tomato paste**, **chopped tomatoes**, **stock cube** and measured **water**.
- Simmer for 10-15 min until the **zucchini** starts to soften.



3. Add beans



4. Make dumplings

- Meanwhile, in a large bowl mix the **flour**, **baking powder**, half the **chopped dill** and half the **feta**, crumbled. Add a pinch of salt and black **pepper**. Divide into 12 dumplings.



5. Bake

- Pour the stew into a casserole dish.
- Top with the dumplings.
- Cover with foil and bake for 15 min until the dumplings have risen and are cooked through.



6. Serve

- Serve the Summer **Vegetable** and **Kidney** Bean Stew with **Feta** and Herb Dumpling.
- Sprinkle with **dill** and reserved **feta**.

Sweet and Spicy Cod with Blistered Tomatoes
and Fine Bulgur with Peas

A light fish dinner with a sweet and spicy flavour combination.

hellochef

519 calories | 43 protein | 71 carbs | 10 fat

Speedy | Calorie Smart

cook: 25 min

R4401-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2165 / 519
Fats (g)	10.1
of which saturated (g)	6.2
Carbohydrates (g)	71
of which sugars (g)	14.4
Fibers (g)	16
Proteins (g)	43.2
Salt (g)	1.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Cod	
Cod fillet 6*	700 Grams
Garlic cloves	4 Piece
Lemon	2 Piece
Fresh parsley	30 Grams
Honey	60 Grams
Paprika powder	4 Grams
Chilli flakes	2 Grams
Water	60 ML
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Butter 4*	40 Grams
Vegetable oil	1 Tbsp
Cherry tomatoes	300 Grams

Bulgur	
Fine bulgur wheat 10*,11*	240 Grams
Water	450 ML
Green peas	200 Grams
Olive oil	2 Tbsp
Salt	0.5 Tsp
Black pepper	0.5 Tsp

Allergens: *6 Fish, *4 Milk, *10 Wheat, *11 Gluten

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1. Prep

- Boil the measured **water**.
- Peel and finely chop the **garlic**.
- Zest the **lemon** and cut into wedges.
- Pick the **parsley leaves** and roughly chop.



2. Prep

- Add the **fine bulgur wheat** and **green peas** to a large bowl.
- Pour over the boiled **measured water**.
- Cover with a plate or cling film.
- Allow to sit for 10-15 min or until the **water** has been fully absorbed.
- Once the **water** has been absorbed, fluff up the **bulgur** with a fork.
- Add **lemon zest**, **olive oil**, **salt** and **pepper**.



3. Make sauce

- Meanwhile, in a small bowl, combine the **honey**, **garlic**, **paprika**, **juice** of half the **lemons**, a pinch of **chilli flakes (spicy!)** and 3-4 Tbsp **water**.
- Reserve for step 5.

Tip! Sensitive to spice? Go easy on the chilli flakes.



4. Fry fish

- Drain, pat dry and cut the **cod** into smaller portions.
- Season with **salt** and **pepper**.
- Heat a pan over medium-high heat with a drizzle of **oil**.
- Fry the **tomatoes** for 2-3 min until they start to blister and char.
- Add the **cod portions**.
- Fry for 2 min on each side until golden and cooked through.

Tip! You can tell when white fish is cooked by checking if the flesh flakes easily.



5. Add sauce

- Add the **butter** to melt.
- Pour the reserved **sauce** over the **cod**. Cook for 30 sec to coat.
- Add a sprinkling of chopped **parsley**.



6. Serve

- Serve the **Sweet and Spicy Cod** and **Blistered Tomatoes** over **Fine Bulgur** with **Peas**.
- Garnish with **parsley**, any pan juices and a squeeze of **lemon juice**.

Meatball Marinara

with Spaghetti and Zoodles

A classic (with added greens)!

hellochef

1333 calories | 57 protein | 122 carbs | 69 fat

Family Friendly

cook: 45 min

R2273-4



Nutritional information

	per serving*
Energy (kJ/kcal)	5547 / 1333
Fats (g)	69.1
of which saturated (g)	26.9
Carbohydrates (g)	122
of which sugars (g)	16.8
Fibers (g)	14.2
Proteins (g)	57.3
Salt (g)	1.7

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meatballs	
Beef mince	700 Grams
Brown onion	2 Piece
Garlic cloves	6 Piece
Olive oil	4 Tbsp
Parmesan **4***	60 Grams
Panko bread crumbs **10*,11*,12***	20 Grams
Sour cream **4***	120 Grams
Organic Eggs **5***	2 Piece
Salt	2 Tsp
Black pepper	1 Tsp

Tomato sauce	
Chopped tomatoes	800 Grams
Brown sugar	10 Grams
Dried oregano	2 Grams
Salt	1 Tsp
Black pepper	1 Tsp

To serve	
Spaghetti **10***	500 Grams
Small zucchini	4 Piece
Fresh basil	15 Grams

Allergens: *4 Milk, *10 Wheat, *11 Gluten, *12 Lupin, *5 Eggs

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1. Prep ingredients

Preheat the oven to 200°C/180°C fan. Peel and chop the **onion** and **garlic**. Heat a pan over a medium heat with a drizzle of **olive oil**. Fry the **onion** for 5 min until translucent. Add the **garlic** and fry for 2 min further. Transfer half of the **onion** and **garlic** to a large bowl, leave the rest in the pan.



2. Make meatballs

Grate the **Parmesan**. Add the grated **Parmesan** (reserve a handful for garnish), the **beef mince**, **panko bread crumbs**, **sour cream**, **eggs**, **salt** and **pepper** to the bowl with half of the fried **onion** and **garlic**. With clean hands, knead the mixture for 3-5 min until tender and sticky. Divide into 12 pieces and shape each piece into a large meatball.



3. Make tomato sauce

Add the **chopped tomatoes** to the pan with the remaining fried **onion** and **garlic**. Bring to a simmer. Add the **sugar**, **oregano**, **salt** and **pepper**. Simmer for 5 min.



4. Bake

Drizzle a baking dish with **olive oil**. Place the meatballs into the dish. Pour the tomato sauce over the meatballs. Bake in the oven for 20 min.



5. Boil spaghetti and zoodles

Meanwhile, bring a pot of salted water to the boil. Once boiling, add the **spaghetti** and cook for 8-10 min to 'al dente' or until cooked to your liking. While the **spaghetti** is boiling, slice the **zucchini** very thinly lengthwise. Then cut the slices into long ribbons. Add the **zucchini** ribbons to the boiling pasta for the last 30 sec, then drain.



6. Serve

Serve the baked meatballs and tomato sauce over the **spaghetti** and zoodles. Garnish with the **fresh basil** and the reserved grated **Parmesan**. Drizzle with good quality **olive oil** and finish with a grind of **black pepper**.

Fish Fingers, Chips and Crudités

Skip the freezer section and make better fish fingers at home!

797 calories | 57 protein | 85 carbs | 29 fat

Family Friendly

cook: 60 min

R3167-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3340 / 797
Fats (g)	29.1
of which saturated (g)	8.2
Carbohydrates (g)	85
of which sugars (g)	14.4
Fibers (g)	13.1
Proteins (g)	56.6
Salt (g)	3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fish fingers	
Cod fillet 6*	700 Grams
Parmesan 4*	60 Grams
Plain flour 10*,11*	50 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Organic Eggs 5*	2 Piece
Soy sauce 9*,10*,11*	20 ML
Panko bread crumbs 10*,11*,12*	120 Grams
Paprika powder	4 Grams
Vegetable oil	4 Tbsp

Chips	
Potatoes	1200 Grams
Vegetable oil	4 Tbsp
Salt	1 Tsp

Sides	
Carrot	2 Piece
Cucumber	4 Piece
Garlic cloves	1 Piece
Mayonnaise 5*,9*,13*	100 Grams
Lemon	1 Piece
Salt	1 Tsp
Ketchup	80 Grams

Allergens: *6 Fish, *4 Milk, *10 Wheat, *11 Gluten, *5 Eggs, *9 Soya, *12 Lupin, *13 Mustard

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1. Bake chips

Preheat the oven to 200°C/180°C fan. Slice the **potatoes** (skins on) into **chips**. Add the **chips** to a baking tray with a generous drizzle of **vegetable oil** and a generous pinch of **salt**. Toss until coated. Roast in the oven for 35 min or until browned.



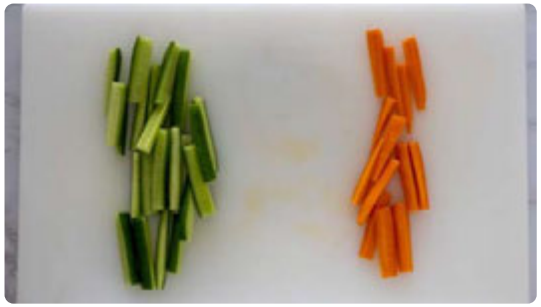
2. Prep

Meanwhile, slice the **cod** into goujons. Grate the **Parmesan**. Add the **flour** to a shallow bowl and season with **salt** and **pepper**. Crack the **eggs** into a shallow bowl with the **soy sauce** and whisk. Add the **panko bread crumbs** to a third bowl and combine with the **Parmesan** and **paprika**.



3. Bake fish

Roll the **cod goujons** in the seasoned **flour**, then dip them in the **eggs** and finally coat them with the **panko**. Place them on a second lined baking tray and drizzle with **vegetable oil**. Bake for 25 min until golden and crispy.



4. Sides

Meanwhile, peel the **carrots**. Chop the **carrots** and **cucumber** into batons. Set aside.



5. Dip

Meanwhile, peel and mince the **garlic**. In a bowl, combine the **mayonnaise** with 1 tsp of the **garlic**, a squeeze of **lemon** juice and season with a pinch of **salt** and **pepper**.



6. Serve

Divide the **fish fingers**, **chips** and **crudités** among plates. Serve with the **garlic mayo**, **ketchup** and a squeeze of the remaining **lemon** if desired.

Avocado and Sweet Potato Salad

with Boiled Eggs and Candied Pecans

Try this delicious salad with boiled eggs, sweet, roasted pecans, a sour cream dressing and roasted sweet potatoes!

helló chef

932 calories | 22 protein | 95 carbs | 60 fat

Low Carb

cook: 30 min

R3586-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3892 / 932
Fats (g)	59.5
of which saturated (g)	10.6
Carbohydrates (g)	95
of which sugars (g)	36.4
Fibers (g)	27
Proteins (g)	22.3
Salt (g)	1.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salad	
Romaine lettuce	600 Grams
Organic Eggs 5*	4 Piece
Avocado	2 Piece
Pomegranate	1 Piece
Sweet potatoes	800 Grams
Cherry tomatoes	300 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp

Candied pecans	
Pecan nuts 2*	80 Grams
Agave syrup	20 ML
Cayenne powder	2 Grams
Cinnamon powder	2 Grams

Dressing	
Sour cream 4*	120 Grams
Mayonnaise 5*,9*,13*	60 Grams
Fresh chives	15 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Lemon	1 Piece

Vinaigrette	
White balsamic vinegar 14*	30 ML
Olive oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *5 Eggs, *2 Tree Nuts, *4 Milk, *9 Soya, *13 Mustard, *14 Sulphur Dioxide

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1. Bake

Preheat the oven to 200°C/180°C fan. Peel and chop the **sweet potatoes** into cubes. Add them to one side of a lined baking tray. Drizzle with **oil** and season with a pinch of **salt**. Toss. Bake for 25 min. Meanwhile, in small bowl, toss the **pecan nuts** with the **agave syrup**, **cinnamon** and a pinch of **cayenne (spicy!)** and **salt**. After 25 min, add them to the other side of the baking tray and bake for 5 min further.



2. Boil eggs

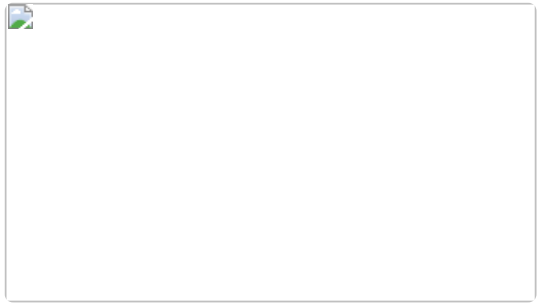
Meanwhile, cook the **eggs** in boiling water for 6 min or until cooked to your liking. Drain and run under cold water. Once cooled, peel and chop in half.

Tip! Boiling for 6 minutes results in soft boiled eggs, if you'd like hard boiled eggs, cook for 10 min.



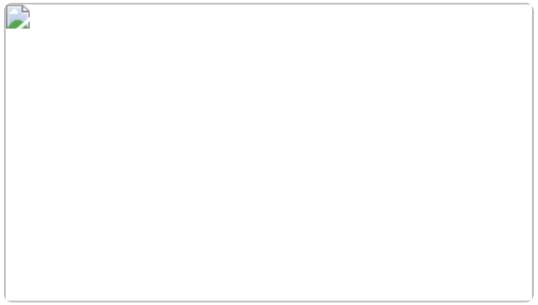
3. Prep dressing

Meanwhile, finely chop the **chives**. In a bowl, combine the **sour cream**, **mayonnaise** and **chives** with a pinch of **salt**. Loosen with a squeeze of **lemon** juice. This is your **dressing**.



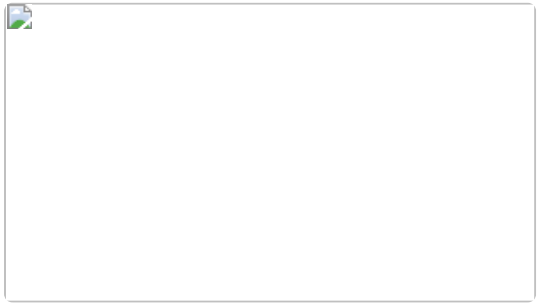
4. Prep salad

Halve the **cherry tomatoes**. Finely chop the **romaine lettuce**. Cut the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon, then slice it. Halve the **pomegranate**, hold each half over a large bowl, seeds facing down. Hit the skin with a wooden spoon, squeezing to release the seeds. Discard the shell and membrane.



5. Assemble salad

In a large bowl, combine the **white balsamic vinegar** and **olive oil** with a generous pinch of **salt** and **pepper**. This is your **vinaigrette**. Add the **lettuce**, **tomatoes** and **pomegranate** seeds to the **vinaigrette** and toss.



6. Serve

Divide the **salad** among plates, top with the **candied pecans**, halved **eggs**, roasted **sweet potatoes** cubes and sliced **avocado**. Drizzle with the **sour cream dressing**.

Salmon Teriyaki

with Snow Pea Jasmine Rice

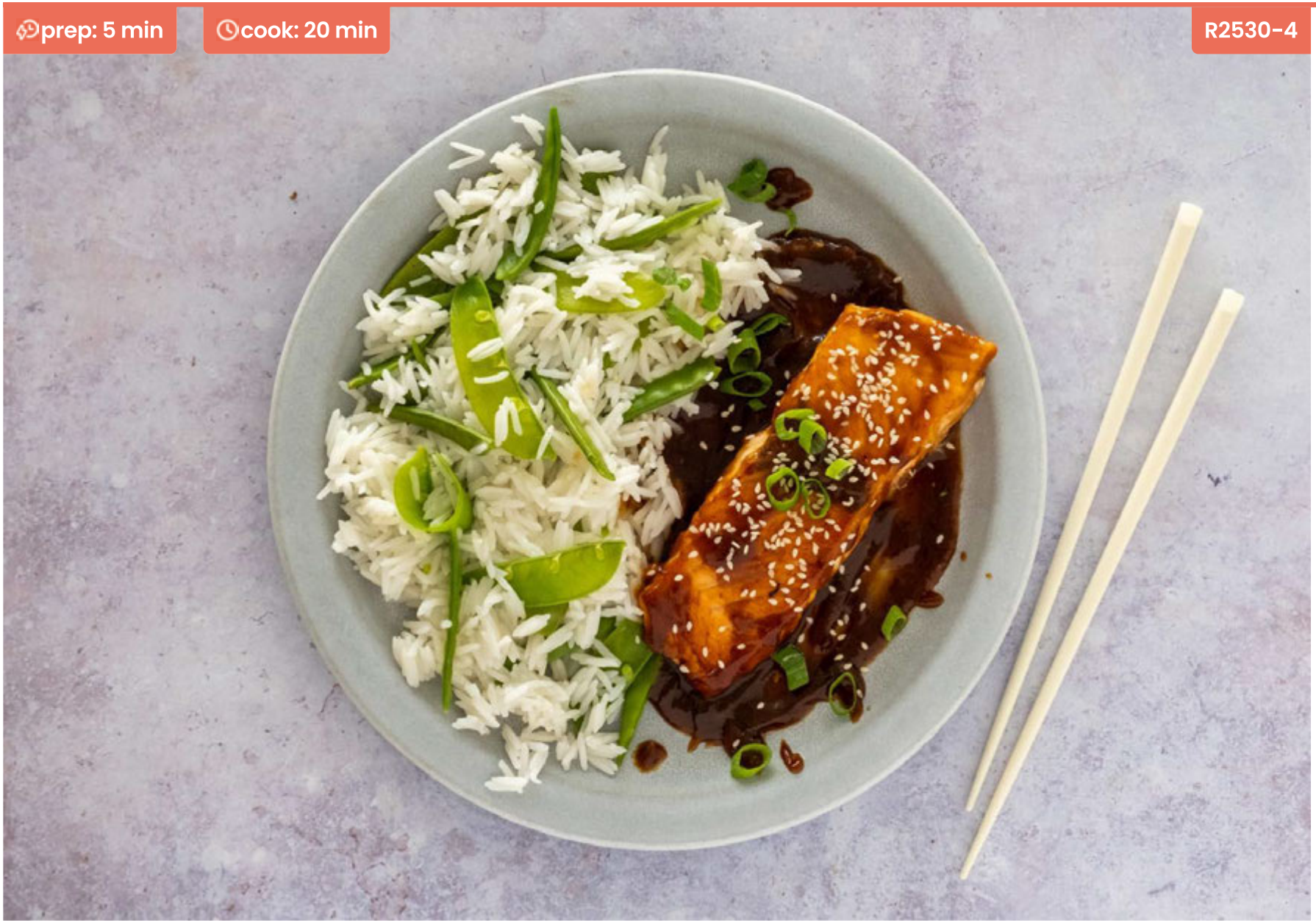
Sticky, sweet, flaky salmon - what's not to like?!

hellofresh

750 calories | 49 protein | 100 carbs | 22 fat

Family Friendly | Quick Prep

prep: 5 min | cook: 20 min | R2530-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3120 / 750
Fats (g)	21.7
of which saturated (g)	5.2
Carbohydrates (g)	100
of which sugars (g)	22.4
Fibers (g)	4.5
Proteins (g)	48.8
Salt (g)	3.8

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Teriyaki salmon	
Skinless salmon fillet 6*	700 Grams
Spring onion	80 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Ginger garlic paste	30 Grams
Teriyaki sauce 8*,9*,10*	80 ML
Honey	30 Grams
Hoisin sauce 3*,9*,10*	90 Grams
Soy sauce 9*,10*,11*	20 ML
White vinegar	30 ML
Sesame oil 3*,9*	30 ML
Sesame seeds 3*	20 Grams

Rice	
Snow peas	200 Grams
Jasmine rice	300 Grams
Water	600 ML
Salt	1 Tsp

Allergens: *6 Fish, *8 Molluscs, *9 Soya, *10 Wheat, *3 Sesame Seeds, *11 Gluten

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1. Boil rice

Rinse the **rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked.



2. Prep vegetables

Meanwhile, trim and halve the **snow peas**. Trim and finely slice the **spring onions**. Once the **rice** is cooked, remove it from the heat. Add the **snow peas** and cover with a lid until serving.



3. Fry salmon

Meanwhile, portion the **salmon**. Heat a large pan over a medium heat with a drizzle of **oil**. Once hot, add the **salmon** with a pinch of **salt** and fry for 3-4 min on each side or until cooked through. Once the **salmon** is cooked, transfer it to a plate. Wipe and reserve the pan.

Tip! Cook your salmon for a couple of min less for a medium finish. Keeping it slightly pink inside will ensure it doesn't dry out.



4. Make sauce

Meanwhile, in a small bowl, combine the **ginger garlic paste**, **teriyaki sauce**, **honey**, **hoisin sauce**, **soy sauce**, **white vinegar** and **sesame oil** - this is your **teriyaki sauce**.



5. Glaze salmon

Return the reserved pan to a medium heat. Once hot, add the **sauce** and simmer for 1-2 min. Remove the pan from the heat and return the cooked **salmon fillets** to it. Turn the **salmon** in the **sauce** until coated.

Tip! Add a splash of water if the sauce thickens too much.



6. Serve

Divide the **snow pea** and **jasmine rice** among bowls. Top with the **teriyaki salmon** and garnish with the **spring onions** and **sesame seeds**.

Potato Topped Cheesy Chicken and Vegetable Pie

What could be more comforting than a chicken pie topped with cheesy mash?

hellochef

875 calories | 73 protein | 82 carbs | 30 fat

Family Friendly | Weekly classic

cook: 60 min

R3369-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3653 / 875
Fats (g)	29.8
of which saturated (g)	17.7
Carbohydrates (g)	82
of which sugars (g)	24.4
Fibers (g)	14.9
Proteins (g)	72.5
Salt (g)	4.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Oven
- Potato masher

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Filling	
Chicken breast	600 Grams
Brown onion	2 Piece
Carrot	2 Piece
Fresh parsley	15 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Plain flour 10*,11*	50 Grams
Water	300 ML
Chicken stock cube 4*,5*,9*,15*	2 Piece
Cooking cream 4*	200 ML
Onion marmalade	56 Grams
Green peas	200 Grams
Lemon	1 Piece
Black pepper	1 Tsp

Mash	
Potatoes	1200 Grams
Salt	1 Tsp
Parmesan 4*	60 Grams
Grated cheddar 4*	120 Grams

Allergens: *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Boil potatoes

- Preheat the oven to 200°C/180°C fan.
- Peel and chop the **potatoes** into bite-size pieces.
- Add them to a pan of boiling water with a generous pinch of **salt**.
- Cook the **potatoes** over a medium heat for 20 min or until soft.



2. Prep

- Meanwhile, peel and finely slice the **onions**.
- Peel and dice the **carrot**.
- Pick and chop the **parsley**.



3. Simmer

- Heat a pan over medium-low heat with a drizzle of **oil**.
- Fry the **chicken**, **carrot** and **onion** with a pinch of **salt** for 7 min until the **onions** and **carrots** are soft and the **chicken** is browned.
- Add the **flour** and **stock cube** and stir until a paste forms.
- Slowly add the **water** and simmer, covered, for 8 min.
- Meanwhile, grate the **Parmesan**.



4. Season

- After 8 min, remove the **chicken** from the pan and shred it using two forks.
- Return the pulled **chicken** to the pan and stir in the **cream** (save a splash for the mash), **onion marmalade**, **parsley** and **peas**.
- Mix well.
- Season with a squeeze of **lemon juice** and a pinch of **salt** and **pepper**.
- Set aside.



5. Mash potatoes

- Once soft, drain the **potatoes** and return them to the pan with a splash of the reserved **cream**.
- Mash until smooth.
- Add half of the **cheddar** and **Parmesan**.
- Season generously with **salt**.



6. Bake

- Transfer the **chicken** sauce to an oven proof dish.
- Carefully top with the **mashed potato** and sprinkle with the remaining **cheese**.
- Run a fork over the mash to create a ripple effect.
- Bake for 15 min until golden brown on top.

Tip! For an extra golden crust, place the pie under the grill or broiler for the final 5 min.

Crispy Thai Seabream

with Tamarind Sauce and Jasmine Rice

Sweet and sour with a hint of spice!

helló chef

624 calories | 50 protein | 107 carbs | 5 fat

Tips for Kids

cook: 30 min

R3848-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2611 / 624
Fats (g)	5.3
of which saturated (g)	1
Carbohydrates (g)	107
of which sugars (g)	13.7
Fibers (g)	7.1
Proteins (g)	50.1
Salt (g)	2.2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Seabream	
Seabream 6*	660 Grams
Small red chilli	2 Piece
Red onion	2 Piece
Garlic cloves	4 Piece
Tomatoes	4 Piece
Lemongrass	2 Piece
Fresh coriander	15 Grams
Vegetable oil	2 Tbsp
Fish sauce 6*,10*	20 ML
Tamarind paste	30 Grams
Honey	30 Grams
Corn starch	60 Grams
Salt	1 Tsp

Jasmine rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML
Sugar snap peas	200 Grams

Allergens: *6 Fish, *10 Wheat

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1. Boil rice

Rinse the **rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 8 min.



2. Prep

Meanwhile, finely chop the **red chilli**. Peel and slice the **red onion**. Peel and mince the **garlic**. Roughly chop the **tomatoes**. Slice the **lemongrass** in half and bash it with the back of a knife. Trim and chop the **sugar snap peas** into bite-sized pieces. Finely chop the **coriander** leaves.

Tip! If cooking for kids, set aside a portion of the chopped coriander to use as 'sprinkles'.



3. Make tamarind sauce

Heat a large pan over a medium heat with a drizzle of **oil**. Once hot, add the **garlic**, **red chilli (spicy!)**, **onion** and **lemongrass**. Fry for 3 min. Add the **tomatoes**, **fish sauce**, **tamarind**, **honey** and **coriander**. Simmer, covered, for 10 min or until the **tomatoes** have softened.

Tip! If cooking for kids, leave out the red chilli.



4. Add sugar snap peas

Meanwhile, after 8 min, add the **sugar snap peas** to the **rice** and stir through. Cook for 5 min further until the **sugar snap peas** are tender and **rice** is cooked through. Once cooked, remove the pot from the heat and keep covered until serving.

Tip! If cooking for kids, fry a portion of the sugar snap peas separately for 5 min or until cooked through.



5. Fry seabream

Meanwhile, pat the **seabream** fillets dry with kitchen paper. Add the **corn starch** to a plate and season with **salt**. Coat both sides of the **seabream** in the **corn starch**. Heat a separate large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **seabream**, skin-side down and fry for 4 min or until crispy. Once crispy, flip and fry for 1-2 min further.

Tip! Alternatively, use the oven to bake the fish for 10-12 min at 180C, or until cooked through and flakey.



6. Serve

Divide the **jasmine rice** and **tamarind sauce** among plates. Top with the **seabream**.

Tip! If cooking for kids, serve the cooked rice, sugar snap peas and seabream separately. Serve the sauce and coriander as 'sprinkles' to the side.

Chilli Beef Mince Stir-fry

with Tenderstem Broccoli and Fried Eggs

Enjoy this better-than-takeout Asian stir-fry!

hello chef

613 calories | 52 protein | 24 carbs | 34 fat

Low Carb

cook: 35 min

R3605-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2565 / 613
Fats (g)	33.8
of which saturated (g)	10.9
Carbohydrates (g)	24
of which sugars (g)	14
Fibers (g)	5.9
Proteins (g)	52
Salt (g)	4.3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Crispy beef	
Lean beef mince	700 Grams
Vegetable oil	2 Tbsp
Ginger garlic paste	20 Grams
Soy sauce 9*,10*,11*	20 ML
Sweet soy sauce 9*,10*,11*,14*	30 ML
Gochujang 9*	40 Grams
Chilli flakes	4 Grams

Broccolini stir-fry	
Tenderstem broccoli	300 Grams
Spring onion	80 Grams
Chinese cabbage	600 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Oyster sauce 8*,10*	40 Grams
Bean sprouts	100 Grams
Sesame oil 3*,9*	30 ML

To serve	
Vegetable oil	2 Tbsp
Organic Eggs 5*	4 Piece
Sesame seeds 3*	20 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *8 Molluscs, *3 Sesame Seeds, *5 Eggs

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1. Prep vegetables

- Trim the **tenderstem broccoli** and chop it into bite-sized pieces.
- Trim and finely slice the **spring onions**.
- Finely shred the **Chinese cabbage**.



2. Boil tenderstem broccoli

- Add a generous amount of water to a non-stick pan with a lid and bring to a boil.
- Once boiling, add the **tenderstem broccoli** with a pinch of **salt**.
- Boil, covered, for 3 min.
- Drain well.
- Transfer the **tenderstem broccoli** to a plate.
- Reserve and wipe the pan.

Tip! Using a frying pan to steam your broccoli helps reduce washing up! Alternatively though, you can use a regular saucepan for this step.



3. Fry beef

- Return the pan to a medium-high heat with a drizzle of **vegetable oil**.
- Once hot, add the **beef mince**.
- Fry for 6 min, stirring regularly until brown and crispy.
- Add the **ginger garlic paste**, **soy sauce**, **sweet soy sauce**, **gochujang paste** (spicy!) and a pinch of **chilli flakes** (spicy!).
- Cook for 30 sec.
- Add the **beef** to the **broccoli** plate and keep warm.
- Reserve the pan.



4. Stir-fry

- Return the pan to a medium-high heat with a drizzle of **vegetable oil**.
- Add the **cabbage** with a pinch of **salt**.
- Fry for 3 min.
- Add the drained **tenderstem broccoli**, **beef** and **spring onion** to the pan.
- Cook for 1 min further.
- Add the **oyster sauce**.
- Simmer for 2 min.
- Remove the pan from the heat, add the **bean sprouts** and **sesame oil** and give everything a good mix up.
- Set aside to keep warm.



5. Fry eggs

- Heat a second non-stick pan with a drizzle of **vegetable oil** over a medium heat.
- Once hot, crack the **eggs** into the pan.
- Fry for 2-4 min or until done to your liking.

Tip! For a well-done egg yolk, cover the pan with a lid.



6. Serve

- Serve the **Chilli Beef Mince Stir-fry** with **Tenderstem Broccoli** and **Fried Eggs**.
- Garnish with the **sesame seeds**.

Breaded Chicken Goujons

with Potato Wedges and Coleslaw

Sure to keep the kids, and adults happy!

hello chef

929 calories | 64 protein | 101 carbs | 31 fat

Family Friendly

cook: 45 min

R4585-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3890 / 929
Fats (g)	30.8
of which saturated (g)	6.5
Carbohydrates (g)	101
of which sugars (g)	31.7
Fibers (g)	13.6
Proteins (g)	64.4
Salt (g)	2.9

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What You'll Need

Oven | Box grater

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Plain flour **10*,11***	40 Grams
Organic Eggs **5***	2 Piece
Panko bread crumbs **10*,11*,12***	120 Grams
Vegetable seasoning **2*,10*,11*,13***	16 Grams
Black pepper	0.25 Tsp
Paprika powder	4 Grams

Chips	
Potatoes	1200 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Black pepper	0.5 Tsp
Smoked paprika powder	4 Grams

Coleslaw	
Carrot	2 Piece
Red cabbage	200 Grams
White cabbage	200 Grams
Mayonnaise **5*,9*,13***	100 Grams
Apple cider vinegar	30 ML
Dijon mustard **13***	12 Grams

Sauce	
Barbecue sauce **11*,13***	240 Grams

Allergens: *10 Wheat, *11 Gluten, *5 Eggs, *12 Lupin, *2 Tree Nuts, *13 Mustard, *9 Soya

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1. Bake wedges

- Preheat the oven to 200°C/180°C fan.
- Cut the **potatoes** (skin on) into wedges.
- Place onto a baking tray, drizzle with **oil**, and sprinkle with **salt**, **pepper**, and **smoked paprika**.
- Bake for 30-35 min until golden and crispy.



2. Prep breading

- Meanwhile, whisk the **eggs** in a shallow bowl with a pinch of **salt** and **black pepper**.
- Add the **flour** and **paprika** to a second shallow bowl and mix.
- Add the **panko bread crumbs** and **vegetable seasoning** to a third shallow bowl and set aside.



3. Bread chicken

- Cut the **chicken** into strips.
- One by one, coat the **chicken breasts** in the seasoned **flour** before dipping them in the beaten **egg** and finally coating them in the **panko bread crumbs**.



4. Bake chicken

- Bake for 15-18 min, turning halfway until golden and crispy.

Tip! Alternatively air fry the breaded chicken for 15 min at 180°C



5. Make slaw

- Peel and grate the **carrot**.
- Finely shred the **cabbages**.
- In a bowl, combine the **slaw veggies** with the **mayonnaise**, **vinegar**, **mustard** and a pinch of **salt** and **pepper**.



6. Serve

- Serve the **Breaded Chicken Goujons with Potato Wedges and Coleslaw** with **barbecue sauce** on the side.

Hoisin Chicken Spring Rolls with Green Beans, Baby Corn and Sweet Chilli Dipping Sauce

-

-

hello chef

856 calories 58 protein 89 carbs 31 fat

Family Friendly

cook: 30 min

R4767-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3608 / 856
Fats (g)	31.2
of which saturated (g)	8.4
Carbohydrates (g)	89
of which sugars (g)	29
Fibers (g)	6.2
Proteins (g)	57.9
Salt (g)	6.4

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Filling	
Chicken mince	800 Grams
Soy sauce 9*,10*,11*	30 ML
Hoisin sauce 3*,9*,10*	80 Grams
Ginger garlic paste	20 Grams
Carrot	2 Piece
Corn starch	20 Grams
6" tortilla wraps 10*,11*	12 Piece

Sides	
Green beans	300 Grams
Fresh baby corn	200 Grams

Dipping sauce	
Sweet chilli sauce	120 ML

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. –

Kale and Squash Quinoa Bowl

with Pomegranate Seeds

This fusion salad bowl is nutty, zingy and brilliantly nutritious.

hello chef

644 calories | 17 protein | 97 carbs | 27 fat

cook: 45 min

R2704-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2692 / 644
Fats (g)	26.5
of which saturated (g)	3.2
Carbohydrates (g)	97
of which sugars (g)	28.4
Fibers (g)	16.6
Proteins (g)	17.3
Salt (g)	3.1

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What You'll Need

Oven

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salad	
Miso paste 9*	40 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Chilli flakes	2 Grams
Butternut squash	1200 Grams
Cherry tomatoes	300 Grams
Hazelnuts 2*	80 Grams
Kale	200 Grams
Pomegranate	2 Piece

Dressing	
Fresh chives	15 Grams
Lime	2 Piece
Sesame oil 3*,9*	30 ML
Olive oil	2 Tbsp
Brown sugar	10 Grams
Soy sauce 9*,10*,11*	40 ML
Salt	1 Tsp
Black pepper	1 Tsp

Quinoa	
Mixed quinoa	200 Grams
Water	400 ML
Salt	1 Tsp

Allergens: *9 Soya, *2 Tree Nuts, *3 Sesame Seeds, *10 Wheat, *11 Gluten

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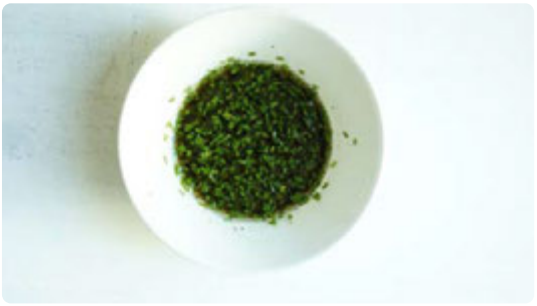
1. Boil quinoa

Preheat the oven to 200°C/180°C fan. Place the **quinoa** in a bowl, cover with warm water and rinse well. Drain in a fine sieve. Add the **measured water** to a saucepan and bring it to a boil over a high heat. Once boiling, add the **quinoa** and **salt**. Reduce the heat to medium-low, cover with a lid and simmer for 15 min or until the liquid is fully absorbed and the **quinoa** is tender.



2. Roast squash

In a bowl, combine the **miso paste**, **vegetable oil**, **salt** and **chilli flakes (spicy!)**. Peel the **butternut squash**, slice it in half and, using a spoon, remove the seeds. Chop the **squash** into bite-size pieces. Place the **squash** on a large baking tray, drizzle with the **miso-chilli oil** and toss until coated. Roast for 30 min or until golden and crisp.



3. Prep dressing

Meanwhile, finely chop the **chives**. Juice the **limes** into a bowl or jar. Add the **chives**, **sesame oil**, **olive oil**, **brown sugar**, **soy sauce**, **salt** and **pepper** and whisk or shake until fully combined - this is your **dressing**.

Tip! Firmly roll the lime on the work surface before slicing it. This will help release more of its juices.



4. Prep salad

Halve the **cherry tomatoes**. Roughly chop the **hazelnuts**. Strip the **kale** from its stem and chop it roughly. Halve the **pomegranate**, hold each half over a large bowl, seeds facing down. Hit the skin with a wooden spoon, squeezing to release the seeds. Discard the shell and membrane.



5. Serve

Place the drained **quinoa**, roasted **squash**, **hazelnuts**, **kale** and **pomegranate seeds** in a bowl with the **dressing**. Give everything a good mix up. Divide among plates and top with the halved **cherry tomatoes**.

Lamb Kebabs, Gunpowder Potatoes
and Green Beans

Although potatoes and chillies are two of India's most-used ingredients, they were only introduced to the country in the early 17th century by the Portuguese!

hello chef

803 calories | 57 protein | 81 carbs | 36 fat

Global Eats

cook: 40 min

R2992-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3356 / 803
Fats (g)	35.6
of which saturated (g)	14.8
Carbohydrates (g)	81
of which sugars (g)	12.4
Fibers (g)	13.5
Proteins (g)	56.9
Salt (g)	1.4

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What You'll Need

Oven | Blender

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Kebabs	
Lamb mince	700 Grams
Shallots	2 Piece
Fresh coriander	15 Grams
Large green chilli	2 Piece
Ginger garlic paste	20 Grams
Soy sauce 9*,10*,11*	20 ML
Garam masala	5 Grams
Olive oil	2 Tbsp

Sides	
New potatoes	1000 Grams
Spring onion	80 Grams
Olive oil	4 Tbsp
Coriander seeds	4 Grams
Cumin seeds	4 Grams
Chilli flakes	4 Grams
Salt	2 Tsp
Lime	2 Piece
Green beans	500 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten

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1. Boil potatoes

- Preheat the oven to 220°C/200°C fan.
- Thoroughly wash the **potatoes**.
- Chop them into bite-size pieces.
- Cook them in a pot of salted boiling water for 12-15 min or until tender.
- Once cooked, drain and leave them to steam dry in a colander.



2. Prep

- Meanwhile, peel and roughly chop the **shallots**.
- Roughly chop the **coriander** stalks (reserve the leaves!) and **green chilli**.
- Place the **coriander** stalks, **green chilli (spicy!)** and **shallots** in a small blender and blend until smooth.

Tip! Not got a blender to hand? Chop the coriander, chilli and shallot as finely as possible.



3. Make kebabs

- Place the blended **paste**, **ginger garlic paste**, **lamb mince**, **soy sauce** and **garam masala** in a bowl.
- Knead for 2-3 min until thoroughly combined.
- With oiled hands, shape the **lamb** mix into **kebabs**.
- Refrigerate.



4. Make oil

- Finely chop the **spring onion**.
- Heat a pan over a medium heat with a generous drizzle of **olive oil**.
- Once hot, add the **spring onion**, **coriander seeds**, **cumin seeds** and **chilli flakes (spicy!)**.
- Fry for 1-2 min.
- Remove from the heat and set aside.

Tip! Sensitive to spice? Go easy on the chilli flakes.



5. Bake potaoes

- Place the drained **potatoes** on a baking tray and crush them with a fork.
- Season with **salt**.
- Bake in the oven for 15 min.
- After 15 min, pour the **oil** over the **potatoes**, sprinkle them with the **spring onion mixture**.
- Bake for 5-10 min further, until crisp.
- Once crisp, remove the tray from the oven.
- Squeeze the **lime** juice over and tumble with the **fresh coriander** leaves.



6. Fry kebabs & boil beans

- Meanwhiile, return the pan to a medium-high heat (no need to wash it) with another drizzle of **olive oil**.
- Fry the **kebabs** for 5-7 min until cooked through.
- Meanwhile, trim the **green beans**.
- Cook them in a pot of salted boiling water for 3-4 min or until tender.
- Drain once cooked.
- Serve the **Lamb Kebabs** over the **Gunpowder Potatoes**and **Green Beans**.

Korean Beef Bowl

with Veggie Stir-fry and Jasmine Rice

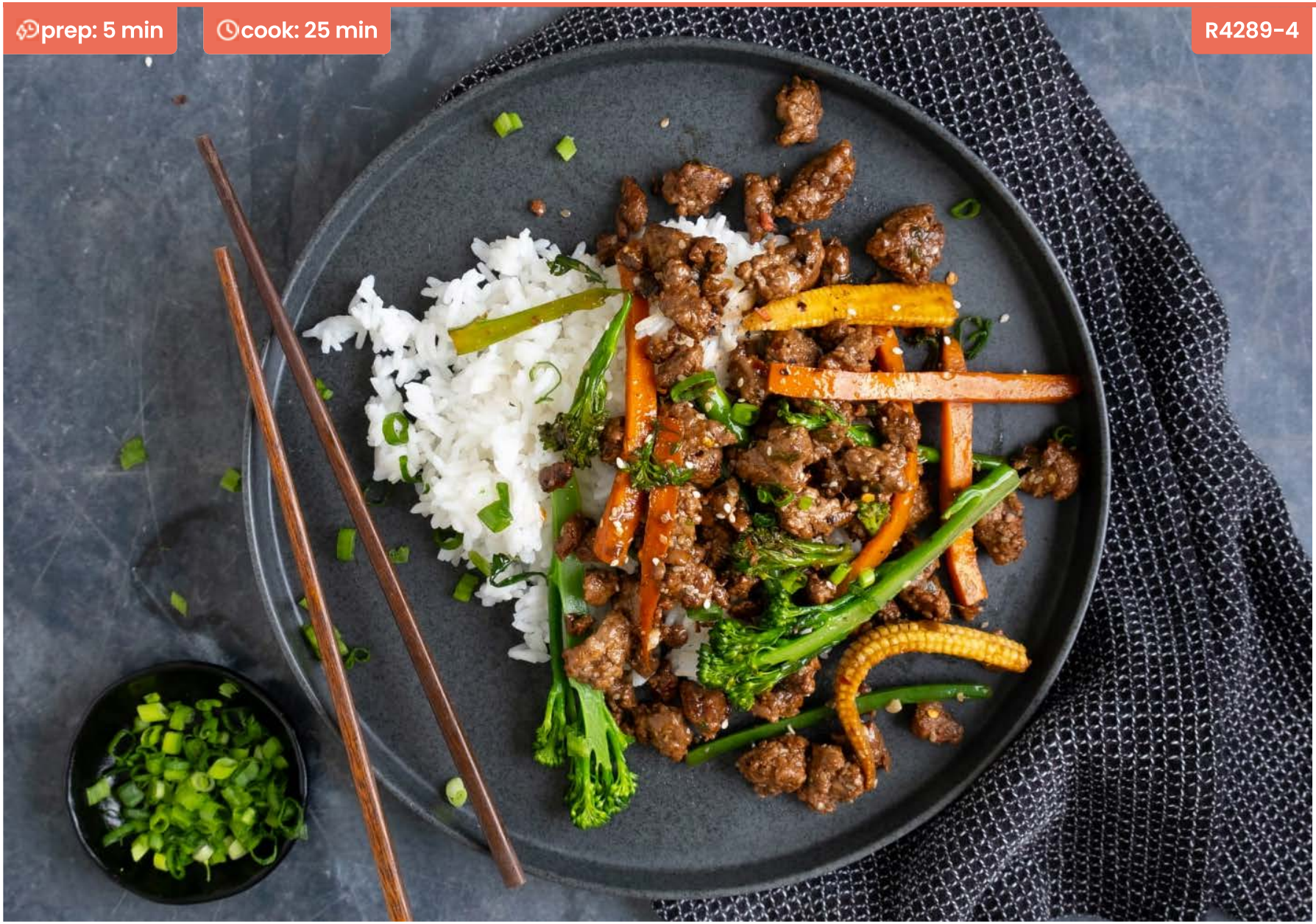
Ready in just 25 minutes. If you have more time, add a fried egg on top - Korean style!

hello chef

752 calories | 48 protein | 88 carbs | 27 fat

Quick Prep

prep: 5 min | cook: 25 min | R4289-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3205 / 752
Fats (g)	27.1
of which saturated (g)	8.6
Carbohydrates (g)	88
of which sugars (g)	9.6
Fibers (g)	5
Proteins (g)	47.9
Salt (g)	4.3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef stir-fry	
Lean beef mince	700 Grams
Spring onion	80 Grams
Baby corn & mixed veg	400 Grams
Vegetable oil	1 Tbsp
Salt	1 Tsp
Sesame oil 3*,9*	30 ML
Ginger garlic paste	20 Grams
Gochujang 9*	20 Grams
Soy sauce 9*,10*,11*	80 ML
Brown sugar	30 Grams
Sesame seeds 3*	10 Grams
Chilli flakes	4 Grams

Jasmine rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML

Allergens: *3 Sesame Seeds, *9 Soya, *10 Wheat, *11 Gluten

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1. Boil rice

Rinse the **rice**. Add the **rice**, pinch of **salt** and **measured water** to a pot with a lid and bring to a boil. Once boiling, reduce the heat to low, cover, and cook for 12-14 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pot from the heat and keep covered until serving.



2. Prep

Meanwhile, trim and finely slice the **spring onion**. Halve the **broccoli**, **carrots** and **baby corn**.



3. Fry vegetables

Heat a large non-stick pan over a high heat with a drizzle of **oil**. Add the **mixed veg** with a pinch of **salt** and fry for 2 min. Add a splash of **water** to the pan and cover immediately with a lid. Fry for 2 min further. Transfer to a plate and set aside. Reserve the pan.



4. Fry beef

To the reserved pan, drizzle the **sesame oil**. Once the pan is hot, add the **beef mince** and fry for 5 min until browned. Add the **ginger garlic paste**, **gochujang paste (spicy!)**, **soy sauce**, **brown sugar**, **sesame seeds**, pinch of **chilli flakes (spicy!)** and a splash of **water**. Fry for 2-3 min further until well combined and desired sauciness is achieved.

Tip! Sensitive to spice? Go easy on the gochujang paste and chilli flakes.



5. Add vegetables

Add the **mixed veg** and half of the **spring onion** (reserve the rest for garnish) to the pan giving everything a good toss for the final minute.



6. Serve

Portion the cooked **rice** and top with the **beef mince** and **vegetable stir-fry**. Garnish with the remaining **spring onion**.

Eggplant and Chickpea Fatteh in Tomato Sauce

with Yogurt and Zaatar Flatbread

A Levantine vegetarian dish that's perfect for sharing family style. "Fatteh" in Arabic means to crumble, and this layered dish is satisfying and moreish!

hello chef

816 calories | 31 protein | 134 carbs | 23 fat



Nutritional information

	per serving*
Energy (kJ/kcal)	2390 / 816
Fats (g)	23.4
of which saturated (g)	2.6
Carbohydrates (g)	134
of which sugars (g)	35
Fibers (g)	25.2
Proteins (g)	30.6
Salt (g)	1.5

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Eggplant	
Red onion	2 Piece
Garlic cloves	2 Piece
Eggplant	2 Piece
Olive oil	1 Tbsp
Salt	1 Tsp
Coriander cumin powder	8 Grams
Allspice powder	4 Grams
Cinnamon powder	4 Grams
Smoked paprika powder	2 Grams
Dried thyme	2 Grams
Tomato paste	70 Grams
Pomegranate molasses	40 Grams
Water	150 ML

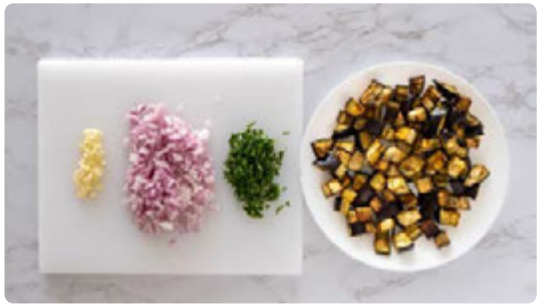
Yogurt tahini sauce	
Lemon	2 Piece
Natural yogurt 4*	340 Grams
Tahini 3*	40 Grams
Salt	1 Tsp
Water	100 ML

Zaatar bread	
Arabic flatbread packet 10*,11*	2 Piece
Olive oil	3 Tbsp
Zaatar	10 Grams

Chickpea Stock	
Chickpeas	480 Grams
Cumin powder	4 Grams
Water	200 ML
Vegetable stock cube 15*	1 Piece

To serve	
Fresh parsley	15 Grams
White almonds 2*	80 Grams
Pomegranate	1 Piece

Allergens: *4 Milk, *3 Sesame Seeds, *10 Wheat, *11 Gluten, *15 Celery, *2 Tree Nuts



1. Roast eggplant

- Preheat the oven to 220°C/200°C fan.
- Peel and finely chop the **onion** and **garlic**.
- Pick and finely chop the **parsley**.
- Slice the **eggplant** into half lengthwise, then chop into small bite-sized pieces.
- Add the **eggplant** to a lined baking tray, drizzle with **olive oil** and season with **salt**.
- Bake for 15-20 min until the **eggplant** is crispy and cooked through.
- Reserve the baking tray for the **flatbreads** later in step 4.



2. Simmer chickpeas

- Meanwhile, heat a pot with a lid over medium-high heat with a small drizzle of **oil**.
- Add the **almonds** and fry for 1-2 min until golden.
- Drain onto a paper towel.
- To the same pot, add the **chickpeas** (with their liquid), the **cumin powder**, the additional **measured water**, and 1 **stock cube**.
- Bring it to a boil, then cover and gently simmer for 5-8 min until thickened and warmed through.
- Keep the **chickpeas** submerged in their stock for serving.



3. Make sauce

- Heat a pan over medium-high heat with a drizzle of **olive oil**.
- Fry the **onion** with a pinch of **salt** for 2-3 min until softened.
- Add the **garlic**, **coriander cumin powder**, **allspice**, **cinnamon**, **paprika**, **dried thyme**, and fry for 1 min.
- Add the **tomato paste**, **pomegranate molasses**, and **measured water**.
- Bring to a simmer, then stir in the **roasted eggplant** and cook for 4-6 min until tender and saucy.
- Turn off the heat, cover with a lid and keep warm until serving.



4. Bake flatbreads

- Turn the oven temperature down to 200°C/180°C fan.
- Stack and slice the **Arabic flatbreads** into small squares or bite-sized pieces.
- Add to the reserved lined baking tray.
- Drizzle with **olive oil**, sprinkle with the **zaatar** and mix well.
- Bake for 7-8 min until golden and crispy.
- Remove and set aside to cool.

Tip! Keep an eye out on the bread so it doesn't burn!



5. Prep

- Meanwhile, slice the **pomegranate** in half.
- Hold each half over a large bowl, seeds facing down.
- Hit the skin with the back of a wooden spoon, squeezing to release the seeds.
- Discard the shell and membrane, and set the seeds aside.
- Into a small bowl, juice the **lemon**, add the **yogurt**, **tahini**, a pinch of **salt**, and mix until smooth.
- Slowly whisk in the **measured water** to thin out the sauce into a pourable consistency to your liking.



6. Serve

- Divide the **Arabic zaatar flatbreads** onto plates, and spoon over the **chickpeas** and their **stock**.
- Add a layer of **yogurt tahini sauce**, and top with a layer of **eggplant**.
- Serve the **Eggplant and Chickpea Fatteh** garnished with the toasted **almonds**, **pomegranate seeds**, and **fresh parsley**.

Tip! Alternatively, layer the fatteh on a large platter, and share the dish family style!

Hot and Cheesy Black Bean Nacho Dip

with Avocado

Busy and tired? What a great excuse for having crisps for dinner!

hellochef

942 calories | 38 protein | 94 carbs | 54 fat

Low Carb | Speedy

cook: 20 min

R3062-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3950 / 942
Fats (g)	54.2
of which saturated (g)	17.5
Carbohydrates (g)	94
of which sugars (g)	16.5
Fibers (g)	22.9
Proteins (g)	38.3
Salt (g)	2.9

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Cheesy beans	
Black beans	480 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Tomato paste	70 Grams
Smoked paprika powder	4 Grams
Fajita seasoning	10 Grams
Chipotle powder	4 Grams
Peeled plum tomatoes	800 Grams
Water	100 ML
Vegetable stock cube [15*]	1 Piece
Black pepper	1 Tsp
Grated mozzarella [4*]	120 Grams
Grated orange cheddar [4*]	120 Grams

To serve	
Avocado	2 Piece
Lime	4 Piece
Fresh coriander	15 Grams
Nachos	200 Grams

Allergens: *15 Celery, *4 Milk

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1. Prep

Drain and rinse the **black beans**. Peel and finely chop the **onion** and **garlic**.



2. Fry

Heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **onion** with a pinch of **salt** and fry for 5 min until softened. Add the **garlic**, **tomato paste**, **smoked paprika**, **fajita seasoning**, and **chipotle** (spicy!) and cook for 1 min further.

Tip! Sensitive to spice? Go easy on the chipotle powder.



3. Simmer

Add the drained **black beans**, **peeled plum tomatoes** (breaking them up), the **measured water**, crumbled 1 **stock cube** and **black pepper**. Bring to a simmer and stew over a low heat for 10 min, stirring occasionally. Add a splash of water, if needed.



4. Prep toppings

Meanwhile, halve the **avocado** and remove its stone. Scoop the **avocado** out of its skin, using a spoon, then slice it. Slice the **lime** into wedges. Finely chop the **coriander** leaves.



5. Add cheese

Sprinkle the **bean stew** with the **grated mozzarella** and **cheddar**. Remove the pan from the heat and cover with a lid for 1-2 min until the **cheese** melts.



6. Serve

Divide the cheesy **beans** among plates and serve the **avocado**, **coriander**, **nachos** and the **lime** wedges alongside.

Peach Clafoutis

hello chef

265 calories | 6 protein | 37 carbs | 9 fat

Family Friendly

cook: 30 min

R4516-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1106 / 265
Fats (g)	8.6
of which saturated (g)	5
Carbohydrates (g)	37
of which sugars (g)	26.8
Fibers (g)	0.9
Proteins (g)	6.2
Salt (g)	0.2

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What You'll Need

Oven | Whisk

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Organic Eggs 5*	3 Piece
White sugar	160 Grams
Salt	0.25 Tsp
Butter 4*	30 Grams
Vanilla essence	5 ML
Plain flour 10*,11*	100 Grams
Whole milk 4*	300 ML
Peach	2 Piece
Sour cream 4*	90 Grams
Icing sugar	10 Grams
Fresh mint	10 Grams

Allergens: *5 Eggs, *4 Milk, *10 Wheat, *11 Gluten

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1.

Preheat oven to 180C/160C fan.



2.

Tip! 85g flour



5.

Bake 40-45 min until set in the middle.



6.

Dust with **icing sugar** and serve with a dollop of **sour cream**.

Tip! mint to garnish for pic

Easy Tray Bake; Curried Chicken

With Roasted Cauliflower And Potatoes

This baked curry is not only hassle free but tasty!

hello chef

622 calories | 57 protein | 38 carbs | 27 fat

Family Friendly

cook: 50 min

R3822-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2604 / 622
Fats (g)	26.9
of which saturated (g)	22.5
Carbohydrates (g)	38
of which sugars (g)	7.4
Fibers (g)	11.9
Proteins (g)	57.1
Salt (g)	3.8

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What You'll Need

Oven

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken bake	
Chicken breast	600 Grams
Potatoes	600 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Red onion	2 Piece
Cauliflower	600 Grams
Water	200 ML
Chicken stock cube *4*,5*,9*,15*	1 Piece
Coconut cream	400 Grams
Curry powder	10 Grams
Chilli powder	4 Grams
Coriander cumin powder	8 Grams
Turmeric powder	4 Grams
Ginger garlic paste	30 Grams
Fresh coriander	15 Grams
Baby spinach	90 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Bake potatoes

- Preheat the oven to 200°C/180°C fan.
- Chop the **potatoes** into bite-sized pieces.
- Add them to a baking dish with a drizzle of **oil** and a generous pinch of **salt**.
- Toss and bake for 15 min.



2. Prep

- Meanwhile, peel and finely slice the **red onion**.
- Separate the **cauliflower** into florets.
- Chop them into smaller bite-sized pieces.
- Chop the **chicken** into bite-sized pieces.



3. Prep

- Boil the **measured water** and dissolve the 1 **chicken stock cube** in it.
- Add the **coconut cream**, **curry powder**, **coriander cumin powder**, **turmeric**, a pinch of **chilli powder (spicy!)** and the **ginger garlic paste**.
- Mix well.
- Set the **curry stock** aside.
- Finely chop the **coriander** leaves.

Tip! Sensitive to spice? Go easy on the chilli powder.



4. Bake

- After 15 min, add the **cauliflower** and **onion** to the baking dish.
- Bake for 15 min further or until the **potatoes** are tender.



5. Bake

- Add the **curry stock** and **chicken** to the baking tray.
- Bake for 10 min further.
- Add the **baby spinach** and mix through.
- Bake for a final 5 min or until the **spinach** wilts and the **chicken** is cooked through.



6. Serve

- Serve the **Easy Tray Bake; Curried Chicken with Roasted Cauliflower and Potatoes**.
- Garnish with the **coriander**.

Parmesan Chicken and Coleslaw

with Sweet Potato Wedges

You can't beat crispy chicken!

hello chef

885 calories | 56 protein | 98 carbs | 32 fat

Low Carb

cook: 45 min

R2287-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3703 / 885
Fats (g)	31.5
of which saturated (g)	5.7
Carbohydrates (g)	98
of which sugars (g)	23.3
Fibers (g)	17.5
Proteins (g)	56.1
Salt (g)	1.8

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What You'll Need

- Oven
- Box grater
- Rolling pin

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Grated Parmesan 4*	60 Grams
Lemon	2 Piece
Organic Eggs 5*	2 Piece
Panko bread crumbs 10*,11*,12*	120 Grams
Salt	2 Tsp
Black pepper	1 Tsp
Vegetable oil	4 Tbsp

Sweet potato wedges	
Sweet potatoes	1200 Grams
Vegetable oil	4 Tbsp
Salt	1 Tsp

Coleslaw	
Carrot	2 Piece
White cabbage	600 Grams
Mayonnaise 5*,9*,13*	100 Grams
Dijon mustard 13*	12 Grams
Salt	1 Tsp
Black pepper	0.5 Tsp
Fresh chives	30 Grams

Allergens: *4 Milk, *5 Eggs, *10 Wheat, *11 Gluten, *12 Lupin, *9 Soya, *13 Mustard

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1. Roast sweet potatoes

- Preheat the oven to 220°C/200°C fan.
- Slice the **sweet potatoes** (skins on) into wedges.
- Add the wedges to a large baking tray with a drizzle of **vegetable oil** and a generous pinch of **salt**.
- Toss the wedges in the **oil** until they are fully coated.
- Roast in the oven for 30 min or until golden and crisp.



2. Prep coating

- Meanwhile, zest the **lemon** with a fine blade.
- Wrap the **chicken breasts** in cling film.
- Using a rolling pin, gently bash the **chicken** until halved in thickness.
- Crack the **eggs** into a bowl and whisk.
- Combine the **bread crumbs**, **grated Parmesan**, **lemon** zest, **salt** and **pepper** in a second bowl.



3. Coat chicken

- Pat the **chicken breasts** dry and dip them in the **egg**, then coat them in the **bread crumbs**.
- Refrigerate until step 5.



4. Make coleslaw

- Peel and grate the **carrots**.
- Slice or shred the **white cabbage** as finely as possible.
- In a bowl, combine the **carrot**, **cabbage**, **mayonnaise**, **mustard** and 2 Tbsp of freshly squeezed **lemon** juice with a pinch of **salt** and **pepper**.



5. Fry chicken

- Heat a pan over a medium heat with a generous drizzle of **vegetable oil**.
- Add the coated **chicken** and reduce the heat to low.
- Fry for 3 min on either side or until golden and crispy.

Tip! Once you've added the coated chicken to the pan, reduce the heat to low. Don't move the chicken around until you're ready to flip it. If it starts to brown too quickly, remove the pan from the heat for a while.



6. Serve

- Chop the **chives** finely.
- Serve the **chicken** alongside the **sweet potato** wedges and **coleslaw**.
- Garnish with the **chives**.

Quick Spicy Sausage Pasta

This delicious dinner is ready in just 20 minutes!

hellochef

1328 calories | 68 protein | 118 carbs | 63 fat

Tips for Kids | Speedy

cook: 20 min

R3525-4



Nutritional information

	per serving*
Energy (kJ/kcal)	5548 / 1328
Fats (g)	63
of which saturated (g)	9.5
Carbohydrates (g)	118
of which sugars (g)	18.1
Fibers (g)	13.6
Proteins (g)	67.7
Salt (g)	8.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Sausage sauce	
Italian sausage 10*	800 Grams
Red onion	2 Piece
Fresh rosemary	10 Grams
Olive oil	2 Tbsp
Chilli flakes	4 Grams
Salt	1 Tsp
Tomato paste	70 Grams
Chopped tomatoes	800 Grams
Chicken stock cube 4*,5*,9*,15*	1 Piece
Honey	30 Grams
Cooking cream 4*	200 ML
Grated Parmesan 4*	60 Grams
Black pepper	1 Tsp

To serve	
Penne 5*,10*,11*	500 Grams
Rocket	40 Grams

Allergens: *10 Wheat, *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *11 Gluten

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1. Prep

- Bring a large pot of salted water to the boil.
- Meanwhile, peel and finely chop the **red onion**.
- Slice the **sausages** lengthwise and peel away the casing.
- Discard the casing.
- Chop the **sausage meat** into bite-sized pieces.
- Pick and finely chop the **rosemary** leaves.

Tip! To speed things up, boil the water for the pasta in a kettle before adding it to the pot.



2. Boil pasta

- Once the water is boiling, add the **penne pasta** to the pot.
- Cook for 8-10 min until 'al dente' or cooked to your liking.
- Drain.



3. Fry

- Meanwhile, heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion**, **sausage meat**, chopped **rosemary** and **chilli flakes (spicy!)** with a pinch of **salt**.
- Fry for 5 min.

Tip! If cooking for kids, fry a plain portion of the sausage and set aside.



4. Simmer

- Add the **tomato paste**, **chopped tomatoes**, 1 **chicken stock cube**, and **honey** to the pan.
- Cook for 3 min further.
- Remove from the heat.
- Add the **cream**, **grated Parmesan** (reserve some for garnish) and cooked **pasta**.
- Season with **pepper** to taste.

Tip! If cooking for kids, set aside a plain portion of cooked pasta and grated Parmesan to use as 'sprinkles'.



5. Serve

- Serve the **Quick Spicy Sausage Pasta**.
- Garnish with the **rocket** and remaining **grated Parmesan**.

Tip! If cooking for kids, serve the cooked sausage, cooked pasta and rocket separately. Serve the grated Parmesan as 'sprinkles' to the side.

Chicken in Creamy Peppercorn Sauce

with Cauliflower Mash and Green Beans

Freshly ground peppercorns add an edge to this creamy peppercorn sauce.

hello chef

625 calories | 56 protein | 31 carbs | 31 fat

Low Carb

cook: 30 min

R3981-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2596 / 625
Fats (g)	31.2
of which saturated (g)	21.2
Carbohydrates (g)	31
of which sugars (g)	14.7
Fibers (g)	8.5
Proteins (g)	55.6
Salt (g)	3.5

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What You'll Need

- Pestle & Mortar
- Food processor

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp

Cauliflower mash	
Cauliflower	800 Grams
Butter 4*	20 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Peppercorn sauce	
Shallots	2 Piece
Garlic cloves	2 Piece
Black peppercorns	5 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Dried thyme	4 Grams
Chicken stock cube 4*,5*,9*,15*	1 Piece
Worcestershire sauce 6*,11*	30 ML
Water	200 ML
Cooking cream 4*	400 ML

Green beans	
Green beans	375 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *6 Fish, *11 Gluten

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1. Prep mash

- Bring a large pot of salted water to a boil.
- Roughly chop the **cauliflower** into small florets.
- Add the **cauliflower** to the pot.
- Cook over a medium-high heat for 10-12 min until soft.
- Drain.
- Add to a food processor with the **butter** and 2 Tbsp of **cream**.
- Blitz for 1-2 min until smooth.
- Season well with **salt** and **pepper** to taste.



2. Fry chicken

- Meanwhile, heat a large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken breasts** with a pinch of **salt**.
- Fry for 5-7 min on either side until golden and cooked through.
- Transfer the **chicken** onto a plate.
- Reserve the pan.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready.



3. Prep

- Meanwhile, peel and finely slice the **shallots**.
- Peel and mince the **garlic**.
- Trim the **green beans**.
- Using a pestle and mortar, crush the **peppercorns**.

Tip! Don't have a pestle and mortar? Use a pepper grinder on its coarse setting.



4. Make sauce

- Return the reserved pan to a medium-high heat with another drizzle of **oil**.
- Once hot, add the **shallots** with a pinch of **salt**.
- Fry for 2 min.
- Add 2 tsp of crushed **peppercorns**, **garlic**, **dried thyme**, 1 **chicken stock cube**, the **Worcestershire sauce**, **measured water** and the remaining **cream**.
- Bring to a boil.
- Simmer for 3 min on a medium-low heat or until the **sauce** thickens.



5. Boil beans

- Meanwhile, bring a separate pot of salted water to the boil.
- Once boiling, add the **green beans**.
- Cook for 3 min or until tender.
- Drain once cooked.



6. Serve

- Return the cooked **chicken** to the **peppercorn sauce**.
- Serve the **Chicken in Creamy Peppercorn Sauce** with **Cauliflower Mash** and **Green Beans** alongside.
- Top with and extra **sauce**.

Persian Saffron Chicken and Rice Bake

with Barberries and Pistachio

Tahcheen Morg

712 calories | 61 protein | 86 carbs | 11 fat

Family Friendly

cook: 45 min

R4162-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2979 / 712
Fats (g)	10.8
of which saturated (g)	4.2
Carbohydrates (g)	86
of which sugars (g)	16.4
Fibers (g)	4
Proteins (g)	61
Salt (g)	3.4

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Saffron Chicken

Chicken breast	800 Grams
Turmeric powder	4 Grams
Red onion	2 Piece
Cardamom powder	4 Grams
Cinnamon powder	2 Grams
Cumin powder	4 Grams
Chicken stock cube 4*,5*,9*,15*	2 Piece

Rice

Long grain rice	300 Grams
Saffron Splash	60 ML
Organic Eggs 5*	2 Piece
Natural yogurt 4*	170 Grams
Turmeric powder	4 Grams

Toppings

White sugar	20 Grams
Saffron Splash	60 ML
Almond slivers 2*	40 Grams
Barberries	40 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *2 Tree Nuts

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1. chicken

–

Tip! –



2. Prep

–

Tip! –



3. Make Rice

–

Tip! –



4. Prep

–

Tip! –



5. Prep

–

Tip! –



6. Serve

–

Tip! –

Miso eggplant and Cauli Rice

with Tenderstem Broccoli and Garlicky Yogurt

Nasu Dengaku

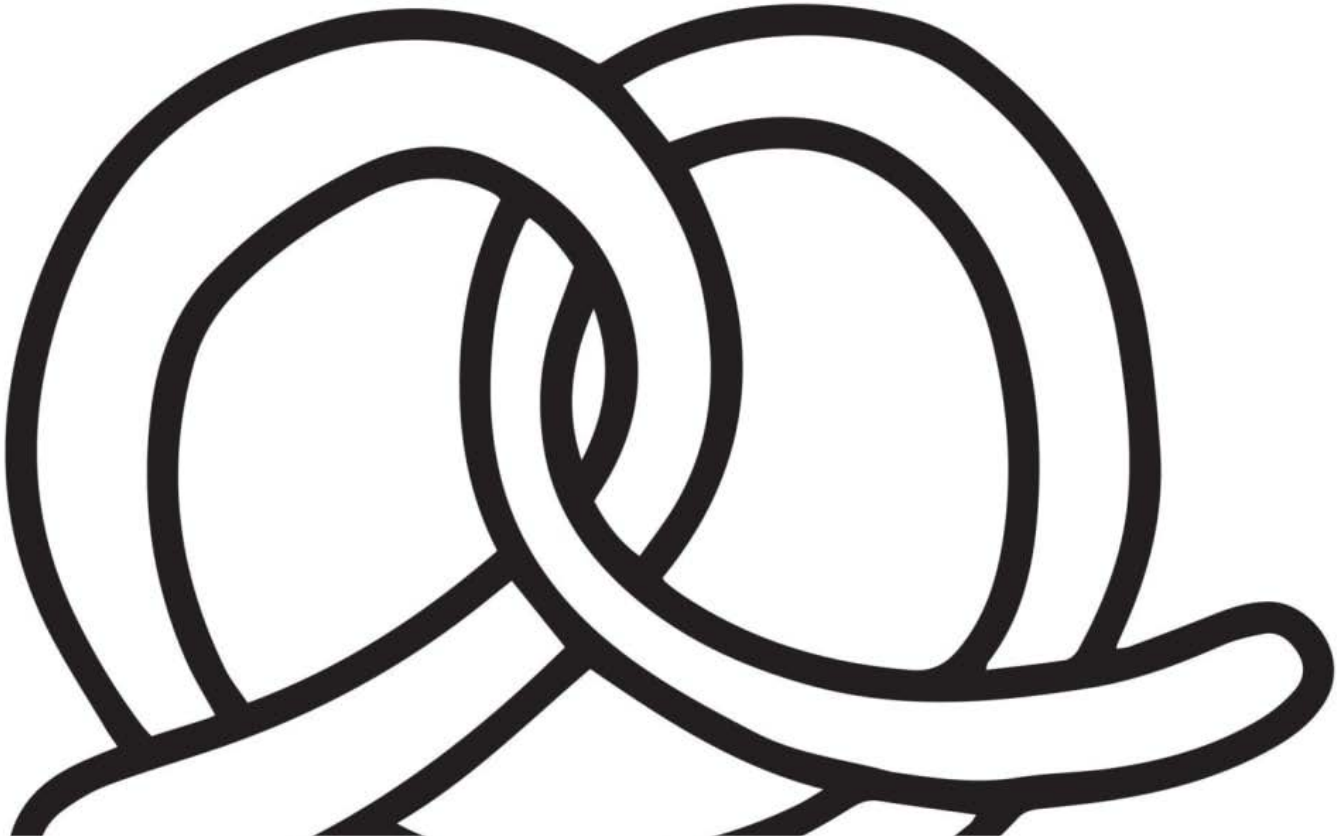
hellofresh

435 calories | 23 protein | 57 carbs | 17 fat

Speedy | Calorie Smart

cook: 25 min

R4535-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1818 / 435
Fats (g)	16.9
of which saturated (g)	4
Carbohydrates (g)	57
of which sugars (g)	27.7
Fibers (g)	17.9
Proteins (g)	22.6
Salt (g)	2.2

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What You'll Need

- Box grater
- Food processor

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Long Eggplant	750 Grams
Miso paste 9*	60 Grams
Sesame oil 3*,9*	30 ML
Soy sauce 9*,10*,11*	30 ML
Rice vinegar	30 ML
Agave syrup	20 Grams
Water	60 ML
Spring onion	80 Grams
Tenderstem broccoli	300 Grams
Cauliflower	800 Grams
Water	600 ML
Garlic cloves	2 Piece
Natural yogurt 4*	340 Grams
Coriander cumin powder	4 Grams
Dried mint	4 Grams
Edamame beans 9*	200 Grams
Crispy onions	40 Grams
Carrot	2 Piece

Allergens: *9 Soya, *3 Sesame Seeds, *10 Wheat, *11 Gluten, *4 Milk

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1.

spring onion in cauli **rice**

Arabic Spaghetti with Minced Beef and Garlicky Yogurt Sauce

–

helló chef

908 calories | 60 protein | 96 carbs | 35 fat

Global Eats

cook: 40 min

R4597-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3439 / 908
Fats (g)	34.6
of which saturated (g)	9.1
Carbohydrates (g)	96
of which sugars (g)	13.1
Fibers (g)	10.9
Proteins (g)	59.7
Salt (g)	4.2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef	
Lean beef mince	700 Grams
Red onion	2 Piece
Garlic cloves	2 Piece
Pine nuts 2*	30 Grams
Olive oil	1 Tbsp
Salt	1 Tsp
Arabic mix masala	8 Grams
Allspice powder	4 Grams
Coriander cumin powder	8 Grams
Tomato paste	70 Grams
Beef stock cube 4*,5*,9*,11*,15*	2 Piece
Black pepper	1 Tsp
Water	500 ML
Sumac	4 Grams
Fresh mint	10 Grams

Pasta	
Spaghetti 10*	375 Grams
Salt	1 Tsp

Yogurt	
Lemon	2 Piece
Fresh parsley	15 Grams
Tahini 3*	60 Grams
Water	60 ML
Natural yogurt 4*	170 Grams

Allergens: *2 Tree Nuts, *4 Milk, *5 Eggs, *9 Soya, *11 Gluten, *15 Celery, *10 Wheat, *3 Sesame Seeds

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1. Prep

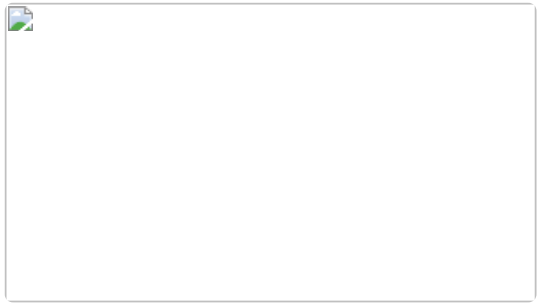
Preheat the oven to 220°C/200°C fan. Peel and finely chop the **onion** and **garlic**. Deseed and finely chop the **pepper**. Heat a large pan over a medium heat. Add the almond slivers to the dry pan and toast until slightly browned. Once browned, remove from the heat and set aside. Reserve the pan.



2. Prep

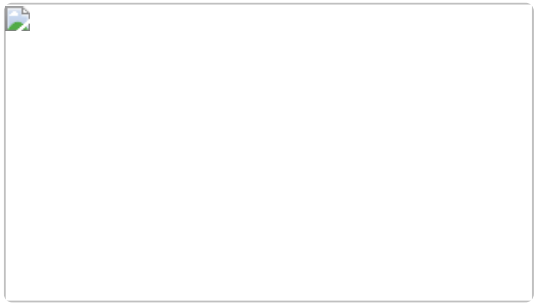


3. Prep



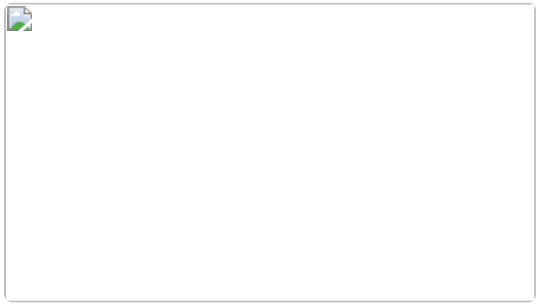
4. Fry beef

Return the reserved pan to a medium-high heat with another drizzle of **oil**. Once hot, add the **onion** and fry for 5 min until softened. Add the **garlic** and **red pepper**, fry for 5 min further. Add the **beef** and fry for 3-5 min, until fully browned. add the **arabic masala**, **allspice**, **coriander cumin**, **tomato paste**, **stock cube**, pinch of **black pepper** and **measured water**. Mix thoroughly. Reduce the heat to medium and simmer for 5 min further.



5. Make yogurt sauce

Meanwhile, slice the **lemon** into wedges. Pick and finely chop the **parsley**. In a small bowl, combine the **tahini** and a squeeze of **lemon** juice to taste. Add the **measured water** bit by bit, mixing throughout until the **dressing** has loosened (not too watery). Once the desired consistency has been achieved, add the **parsley** (leaving some for garnish). Mix well and set aside.



6. Serve

Spicy Mexican Bean Soup

with Chicken Mince and Nachos

Warming and indulgent!

hellochef

1031 calories | 77 protein | 84 carbs | 45 fat

Low Carb | Global Eats

cook: 35 min

R2785-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4315 / 1031
Fats (g)	44.7
of which saturated (g)	14.2
Carbohydrates (g)	84
of which sugars (g)	18.9
Fibers (g)	16.8
Proteins (g)	76.7
Salt (g)	6.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Soup	
Chicken mince	800 Grams
Tomatoes	2 Piece
Red onion	2 Piece
Garlic cloves	6 Piece
Jalapeno slices	60 Grams
Red kidney beans	480 Grams
Sweet corn kernels	244 Grams
Vegetable oil	4 Tbsp
Tomato paste	100 Grams
Taco seasoning	20 Grams
Chipotle powder	4 Grams
Brown sugar	20 Grams
Water	1000 ML
Chicken stock cube 4*,5*,9*,15*	2 Piece
Black pepper	1 Tsp
Lime	3 Piece

To serve	
Nachos	160 Grams
Grated cheddar 4*	120 Grams
Fresh coriander	15 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Prep vegetables

- Chop the **tomato**.
- Peel and finely chop the **onion** and **garlic**.
- Chop the **jalapeno slices**.
- Rinse and drain the **red kidney beans** and **sweet corn** in a colander.



2. Start soup

- Heat a large soup pot over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **onion**, **garlic**, **chicken mince** with a pinch of salt for 5 min.
- Add the **tomatoes**, **tomato paste**, **taco seasoning (spicy!)**, **chipotle (spicy!)** and **jalapeno (spicy!)** to taste.
- Cook for 2 min further.

Tip! Sensitive to spice? Go easy on the jalapenos.



3. Simmer

- Add the **brown sugar**, **measured water**, **stock cube**, **kidney beans**, **corn** and **black pepper**.
- Cover with a lid and simmer for 10-15 min.
- Slice the **limes** into wedges.
- Add a squeeze **lime juice** to taste, reserving any wedges for serving.
- Check the seasoning of the soup and add a pinch of salt if needed.



4. Serve

- Serve the **Mexican Bean Soup with Chicken Mince** and **Nachos** on the side.
- Sprinkle with the **grated cheese** and let it melt.
- Garnish with **fresh coriander leaves** and **lime wedges**.

Tip! Use the broiler/ grill to finish off the soups. The cheese will not only melt, but will also turn golden brown and start bubbling!

Chickpea Rogan Josh
with Basmati Rice

In this recipe you'll make a Rogan Josh curry paste from scratch. It will be worth it!

786 calories | 27 protein | 140 carbs | 9 fat

cook: 30 min

R2648-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3287 / 786
Fats (g)	9.1
of which saturated (g)	5.9
Carbohydrates (g)	140
of which sugars (g)	16.2
Fibers (g)	12.5
Proteins (g)	26.6
Salt (g)	4.1

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What You'll Need

- Food processor

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Rice	
Basmati rice	300 Grams
Water	600 ML
Salt	1 Tsp

Paste	
Shallots	4 Piece
Fresh coriander	15 Grams
Small green chilli	2 Piece
Cardamom pods	8 Piece
Ginger garlic paste	40 Grams
Tomato paste	70 Grams
Coriander powder	4 Grams
Cumin powder	4 Grams
Garam masala	10 Grams
Chipotle powder	2 Grams
Smoked paprika powder	4 Grams
Turmeric powder	4 Grams
Vegetable oil	4 Tbsp

To finish	
Chickpeas	480 Grams
Water	500 ML
Vegetable stock cube 15*	1 Piece
Maple syrup	40 ML
Cashew cream cheeze 2*	220 Grams

Allergens: *15 Celery, *2 Tree Nuts

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1. Boil rice

- Add the **basmati rice**, **measured water** and a pinch of **salt** to a pan with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low, cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Remove the pan from the heat and keep covered until serving.
- Before serving, fluff with a fork.



2. Prep ingredients

- Meanwhile, peel and roughly chop the **shallots**.
- Separate the **coriander** leaves from their stems.
- Roughly chop the **green chilli**.
- Split the **cardamom pods** open with the back of a knife, discard the **pods** and keep the seeds.
- Rinse and drain the **chickpeas** in a colander.



3. Make paste

- Add the **coriander** stems (reserve the leaves for garnish), **shallots**, **green chilli (spicy!)**, **ginger garlic paste**, **tomato paste**, **coriander powder**, **cumin**, **garam masala**, **chipotle (spicy!)**, **paprika**, **turmeric**, **cardamom** seeds and **vegetable oil** to a food processor.
- Blitz until smooth.

Tip! Prefer it less spicy? Go easy on the green chilli and chipotle powder.



4. Start curry

- Heat a large pan over a medium heat and add the **paste**.
- Fry for 3-4 min.
- Add the **measured water** and **vegetable stock cube**.
- Add the drained **chickpeas**.
- Reduce the heat to low.
- Simmer for 10 min or until thickened.

Tip! Don't rush the frying of the curry paste. Caramelising the paste builds depth of flavour.



5. Finish curry

- Once thickened, remove the pan from the heat.
- Add the **maple syrup** and **cashew cream cheeze**.
- Stir well.



6. Serve

- Serve the **Chickpea Rogan Josh** with **Basmati Rice**.
- Garnish with the **coriander** leaves.

Mongolian Beef with Stir-Fried Vegetables

and Garlic Jasmine Rice

Mongolian Beef, originating in Taiwanese restaurants, is a savory dish featuring tender beef stir-fried with garlic, ginger, and green onions in a rich, sweet, and savory sauce, served over r

hellochef

792 calories | 58 protein | 109 carbs | 19 fat

Speedy | Global Eats

cook: 25 min

R4369-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3295 / 792
Fats (g)	18.8
of which saturated (g)	5.1
Carbohydrates (g)	109
of which sugars (g)	23.1
Fibers (g)	7.1
Proteins (g)	57.6
Salt (g)	3.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef	
Steak strips	700 Grams
Vegetable oil	1 Tbsp
Soy sauce 9*,10*,11*	40 ML
Brown sugar	40 Grams
Black pepper	0.5 Tsp
Ginger garlic paste	20 Grams
Baking soda	10 Grams
Corn starch	20 Grams
Teriyaki sauce 8*,9*,10*	80 ML
Rice vinegar	30 ML

Rice	
Vegetable oil	1 Tbsp
Garlic paste	20 Grams
Jasmine rice	300 Grams
Water	700 ML
Salt	0.5 Tsp
Black sesame seeds 3*	5 Grams

Veggies	
Red pepper	1 Piece
Spring onion	80 Grams
Broccoli	400 Grams
Small red chilli	2 Piece
Sesame oil 3*,9*	30 ML

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *8 Molluscs, *3 Sesame Seeds

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1. Marinate beef

- In a bowl, mix together **vegetable oil**, **soy sauce**, **brown sugar**, **black pepper**, **ginger garlic paste**, **baking soda**, and **corn starch**.
- Add the **steak strips** and mix well.
- Set aside to marinate.

Tip! Baking soda is key to tender beef as it helps break down tough protein fibers, while allowing the sauces to marinate. A little goes a long way.



2. Cook Rice

- Rinse and drain the **rice**.
- Heat a pot with a lid over a medium high heat with a drizzle of **oil**.
- Add the **garlic paste**, the drained **rice**, a pinch of **salt** and cook for 1 min.
- Add the **measured water** and bring to a boil over a high heat.
- Once boiling, reduce the heat to low, cover, and cook for 12-14 min or until the water is absorbed and the **rice** is cooked.



3. Prep

- Meanwhile, deseed and slice the **red pepper** into strips.
- Trim and chop the **spring onions** into small chunks.
- Trim the **broccoli** and cut into small florets.
- Finely chop the **red chilli (spicy!)**.

Tip! Sensitive to spice? Deseed the red chilli or use only a small amount.



4. Fry vegetables

- Heat a large pan over medium-high heat.
- Add the **sesame oil**, **red chilli (spicy!)**, the **broccoli** and **red pepper** and stir-fry for 3-4 min until charred.
- Cover for 1-2 min to steam cook to your liking.
- Set aside on a plate.

Tip! If cooking for kids, leave out the red chilli.



5. Fry steak

- Add another drizzle of **vegetable oil** to the pan.
- Add the marinated **steak** and fry for 3-4 min on high heat until browned and caramelised.
- Add the **spring onions**, and fry for 1 min further.
- Stir in the **teriyaki sauce** and **rice vinegar**, and cook until thickened.

Tip! Make sure your pan is really hot to sear the steak, and not steam / stew it.



6. Serve

- Serve the **Mongolian Beef** and **Vegetables** with **Garlic Jasmine Rice**.
- Garnish with **black sesame seeds** and **red** chillis.

Hot Honey Chicken with Sweet Potato Fries

and Quick Pickled Dill Cucumber

This oven baked chicken is a slightly healthier (and much easier) take on the famous Nashville hot chicken; breaded in cornflakes and finished with a sweet spicy glaze.

hello chef

715 calories | 58 protein | 100 carbs | 10 fat

Low Carb

cook: 40 min

R3587-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2990 / 715
Fats (g)	9.6
of which saturated (g)	5
Carbohydrates (g)	100
of which sugars (g)	26.4
Fibers (g)	9.1
Proteins (g)	57.6
Salt (g)	2.1

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What You'll Need

Oven

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fries	
Sweet potatoes	800 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Chicken	
Chicken breast	800 Grams
Natural yogurt 4*	170 Grams
Dried thyme	4 Grams
Garlic onion powder	8 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Cornflakes 11*	200 Grams
Vegetable oil	2 Tbsp

Hot honey	
Butter 4*	20 Grams
Smoked paprika powder	4 Grams
Honey	30 Grams
Sriracha sauce	28 Grams
Salt	1 Tsp

Pickled cucumber	
Cucumber	4 Piece
Fresh dill	15 Grams
White vinegar	30 ML
Salt	1 Tsp

Allergens: *4 Milk, *11 Gluten

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1. Roast fries

- Preheat the oven to 200°C/180°C fan.
- Slice the **sweet potatoes** (skins on) into **fries**.
- Add the **fries** to a large baking tray with a drizzle of **vegetable oil** and sprinkle with **salt**.
- Toss the **fries** in the **oil** until they are fully coated.
- Roast for 30 min or until golden and crisp.



2. Prep chicken

- Meanwhile, add 4 Tbsp of the **yogurt** to a large bowl.
- Save the remaining **yogurt** for serving.
- Add the **thyme**, **garlic onion powder**, **salt** and **pepper** to the bowl.
- Mix.
- Slice the **chicken** into goujons.
- Add them to the bowl.
- Stir to coat.

Tip! Marinate the chicken up to 24 hours in advance.



3. Bake chicken

- With a rolling pin or your hands, crush the **cornflakes** into crumbs in their package.
- Place them into a large bowl with a generous pinch of **salt** and **pepper**.
- Turn the **chicken goujons**, one by one, in the **cornflakes** until coated.
- Add the breaded **chicken** to a lined baking tray.
- Drizzle with **vegetable oil**.
- Bake for 15 min or until crispy and golden.

Tip! Take your time to ensure the chicken is coated completely in the cornflakes.



4. Pickle cucumber

- Meanwhile, thinly slice the **cucumbers** into rounds.
- Finely chop the **dill**.
- To a bowl, add the **cucumber**, **dill**, **vinegar** and **salt**.
- Set the **Quick Pickled Dill Cucumber** aside.

Tip! For punchier pickles, pickle the cucumbers up to 24 hours in advance.



5. Make glaze

- Heat a pot over a medium heat with the **butter**.
- Once melted, add the **smoked paprika**, **honey**, **sriracha (spicy!)** and a pinch of **salt**.
- Cook for 1-2 min.



6. Serve

- Serve the **Hot Honey Chicken** with **Sweet Potato Fries** and **Quick Pickled Dill Cucumber**.
- Drizzle the **hot honey glaze** over the **chicken**.
- Serve any remaining **yogurt** to the side.

Nutty Kale and Parmesan Salad

with Lentils and Fried Eggs

Healthy and tasty!

hellochef

504 calories | 28 protein | 45 carbs | 29 fat

Low Carb

cook: 30 min

R2721-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2109 / 504
Fats (g)	28.9
of which saturated (g)	7.2
Carbohydrates (g)	45
of which sugars (g)	18.8
Fibers (g)	14.1
Proteins (g)	27.8
Salt (g)	2.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Lentils	
Green lentils	200 Grams
Vegetable stock cube [15*]	2 Pieces

Salad	
Kale	450 Grams
Pecan nuts [2*]	80 Grams
Dried cranberries	60 Grams
Parmesan [4*]	90 Grams

Dressing	
Shallots	2 Pieces
Lemon	2 Pieces
Honey	40 Grams
Olive oil	4 Tbsp
Salt	1 Tsp
Black pepper	0.5 Tsp

Fried eggs	
Organic Eggs [5*]	4 Pieces
Olive oil	2 Tbsp
Salt	1 Tsp

Allergens: *15 Celery, *2 Tree Nuts, *4 Milk, *5 Eggs

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1. Boil lentils

Bring a pot of water to a boil. Once boiling, add the **green lentils** and **stock cube** and cook for 20-25 min or until tender. Drain once tender. Spread the **lentils** out over a plate to cool.



2. Make dressing

Meanwhile, peel the **shallots** and slice them into thin rings. In a bowl, combine the **shallots** with 4 Tbsp of **lemon** juice, the **honey**, **olive oil**, **salt** and **pepper**. Set aside for 20 min.



3. Prep salad

Rinse the **kale** leaves and tear them directly into a bowl. Discard the hard stem. Toast the **pecan nuts** and the seed mix in a hot, dry pan for 2-3 min until lightly browned. Roughly chop the toasted **pecan nuts**. Roughly chop the **cranberries**. Grate the **Parmesan**.



4. Fry eggs

Heat a pan with a drizzle of **oil** over a medium heat. Once hot, crack the **eggs** into the pan and fry for 2-4 min or until done to your liking. For a set egg yolk, cover the pan with a lid. Season with **salt**.



5. Toss

Massage the **kale** for 30 seconds. Add the cooked and drained **green lentils**, the toasted **pecan nuts** and seed mix, chopped **cranberries** and grated **Parmesan**. Just before serving, add the **shallots** along with their marinade and toss well.



6. Serve

Divide the salad among plates and top with the fried **eggs**.

Nasi Goreng

with Fried Egg and Traditional Salad

Nasi Goreng is a traditional Indonesian fried rice dish, topped with a fried egg.

hello chef

715 calories | 66 protein | 97 carbs | 11 fat

Global Eats

cook: 30 min

R3154-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2991 / 715
Fats (g)	11
of which saturated (g)	3.2
Carbohydrates (g)	97
of which sugars (g)	13.3
Fibers (g)	5.7
Proteins (g)	65.7
Salt (g)	5.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Nasi goreng	
Chicken breast	600 Grams
Basmati rice	300 Grams
Salt	1 Tsp
Water	600 ML
Brown onion	2 Piece
Garlic cloves	4 Piece
Vegetable oil	2 Tbsp
Sambal oelek	20 Grams
Green peas	200 Grams
Soy sauce 9*,10*,11*	20 ML
Dark soy sauce 9*,10*,11*	40 ML
Oyster sauce 8*,10*	40 Grams

To serve	
Tomatoes	2 Piece
Cucumber	2 Piece
Organic Eggs 5*	4 Piece
Crispy onions	40 Grams
Chilli flakes	2 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *8 Molluscs, *5 Eggs

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1. Boil rice

- Rinse the **basmati rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pan with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, spread the **rice** over a baking tray.
- Allow it to cool and dry out.

Tip! This recipe works best with cold rice that's been cooked the day before! Simply cook the rice, store in the fridge and then add it to the stir fry the next day.



2. Prep

- Meanwhile, peel and finely chop the **onion**.
- Peel and mince the **garlic**.
- Slice the **tomato** into wedges.
- Slice the **cucumber**.
- Chop the **chicken** into bite-sized pieces.



3. Fry base

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Add the **onion** with a pinch of **salt**.
- Cook for 5 min until softened.
- Add the **garlic** and **sambal oelek** (spicy!).
- Fry for 1 min further.
- Add the **chicken** pieces.
- Fry for 5-7 min until golden.



4. Finish rice

- Add the cooled **rice**, **green peas**, both **soy sauces**, and **oyster sauce**.
- Fry for 3 min, making sure the **rice** is well coated.



5. Fry eggs

- Heat a second non-stick pan with a drizzle of **oil** over a medium heat.
- Once hot, crack the **eggs** into the pan.
- Fry for 2-4 min or until done to your liking.
- For a set **egg yolk**, cover the pan with a lid.



6. Serve

- Serve the **Nasi Goreng** with **Fried Egg** on top and **Traditional Salad** on the side.
- Garnish with the **crispy onions** and a pinch of **chilli flakes** (spicy!).

Creamy Chestnut Mushroom Risotto

with Vegan Cream Cheeze

Nutritional yeast is our secret ingredient for that umami cheesy flavour!

hellochef

534 calories | 19 protein | 104 carbs | 5 fat

Calorie Smart

cook: 35 min

R1994-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2233 / 534
Fats (g)	4.6
of which saturated (g)	3.1
Carbohydrates (g)	104
of which sugars (g)	8.6
Fibers (g)	7.5
Proteins (g)	19.1
Salt (g)	1.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Risotto	
Shallots	4 Piece
Garlic cloves	4 Piece
Chestnut mushrooms	500 Grams
Celery	2 Piece
Fresh parsley	15 Grams
Water	1600 ML
Vegetable stock cube 15*	2 Piece
Olive oil	4 Tbsp
Arborio rice	320 Grams
Nutritional yeast	8 Grams
Apple cider vinegar	30 ML
Cashew cream cheeze 2*	110 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *15 Celery, *2 Tree Nuts

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1. Prep vegetables

Peel and chop the **shallots** and **garlic**. Clean and slice the **mushrooms**. Peel and finely slice the **celery**. Rinse and roughly chop the **parsley**. Boil the **measured water** and dissolve the 2 **vegetable stock cube** in it.

Tip! Not a fan of celery? Simply leave it out.



2. Fry

Heat a drizzle of **oil** in a pan over a medium heat. Fry the **shallots**, **mushrooms**, **celery** and **garlic** for 5 min.



3. Simmer

Once softened, add the **Arborio rice** and cook for 1 min further, stirring to coat the grains in the **oil**. Add 1/4 of the **stock** and stir continuously until it has absorbed. Continue to add the **stock**, a little at a time for 20 min or until all the **stock** is absorbed and the **rice** is cooked "al dente" – this is your **risotto**.



4. Serve

Finally, add the **nutritional yeast**, **apple cider vinegar**, chopped **fresh parsley** and **cream cheeze**. Season the **risotto** with **salt** and **pepper** to taste.

Tip! Nutritional yeast adds a cheesy flavour to the risotto.

Cuban-Style Picadillo: Beef Stew and Cauliflower Rice

with Cucumber and Cherry Tomato Salad

A classic Latin comfort dish, made with ground beef simmered in a rich tomato sauce with a flavourful combination of warm spices, green olives, and raisins.

hellochef

610 calories | 47 protein | 59 carbs | 24 fat

Low Carb | Global Eats

cook: 40 min

R3950-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2554 / 610
Fats (g)	23.7
of which saturated (g)	8.1
Carbohydrates (g)	59
of which sugars (g)	26.5
Fibers (g)	15
Proteins (g)	47
Salt (g)	4.1

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What You'll Need

- Food processor

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef	
Lean beef mince	700 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Green pepper	2 Piece
Potatoes	300 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp
Cumin powder	4 Grams
Dried oregano	4 Grams
Chilli flakes	4 Grams
Green olives	100 Grams
Golden raisins 14*	60 Grams
Tomato passata	500 Grams
Water	300 ML
Dried bay leaves	2 Piece

Salad	
Lime	2 Piece
Cucumber	2 Piece
Cherry tomatoes	300 Grams
Fresh coriander	15 Grams
Salt	1 Tsp

Cauliflower rice	
Cauliflower	800 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Allergens: *14 Sulphur Dioxide

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1. Prep

Peel and finely chop the **red onion**. Peel and mince the **garlic**. Deseed and finely chop the **green pepper**. Peel and chop the **potatoes** into small bite-sized pieces.



2. Fry

Heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **onion** and **garlic** and fry for 2 min or until softened. Add the **beef mince** with a pinch of **salt** and **pepper** and fry for 5-7 min until browned. Add the **green pepper**, **cumin**, **oregano** and a pinch of **chilli flakes** (spicy!). Fry for 2-3 min further.



3. Simmer

Meanwhile, chop the **green olives** in half. Add the **green olives** to the **beef mince** with the **potatoes**, **golden raisins**, **tomato passata**, **measured water**, and **bay leaves**. Add **salt** and **pepper**. Simmer, covered, for 12-15 min until the **sauce** has thickened and the **potatoes** are cooked through.



4. Fry cauli rice

Meanwhile, using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains. Heat a separate large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **cauliflower** with a pinch of **salt** and fry for 5-7 min.



5. Make salad

Meanwhile, slice the **lime** into wedges. Chop the **cucumber** into half moons. Chop the **cherry tomatoes** in quarters. Pick and finely chop the **coriander leaves**. In a bowl, combine the **cucumber**, **cherry tomatoes**, **coriander** and a squeeze of **lime** juice. Season with a pinch of **salt** and mix well.



6. Serve

Divide the **cauliflower rice** and **beef stew** between plates. Serve the **cucumber** and **cherry tomato salad** alongside. Garnish with the remaining **lime wedges**.

Sweet Potato and Black Bean Quesadillas

with Guacamole and Vegan Mozzarella

Guacamole is perfect for dipping these quesadillas in!

hello chef

1014 calories | 30 protein | 153 carbs | 37 fat

cook: 30 min

R3052-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4241 / 1014
Fats (g)	37.1
of which saturated (g)	8.4
Carbohydrates (g)	153
of which sugars (g)	18.7
Fibers (g)	26.6
Proteins (g)	30
Salt (g)	4.7

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What You'll Need

- Potato masher

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Quesadilla	
Sweet potatoes	800 Grams
Red onion	2 Piece
Garlic cloves	2 Piece
Black beans	480 Grams
Black pepper	2 Tsp
Salt	2 Tsp
Olive oil	2 Tbsp
Vegetable oil	2 Tbsp
Tomato paste	140 Grams
Taco seasoning	20 Grams
Chipotle powder	4 Grams
8" tortilla wraps [10*,11*]	8 Piece
Vegan mozzarella	150 Grams

Guacamole	
Fresh coriander	15 Grams
Avocado	2 Piece
Lime	4 Piece
Salt	1 Tsp

Allergens: *10 Wheat, *11 Gluten

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1. Prep

Peel and chop the **sweet potatoes** into bite-sized pieces. Peel and finely slice the **red onion** and **garlic cloves**. Drain and rinse the **black beans**. Chop the **coriander** leaves.



2. Make mash

Add the **sweet potatoes** to a pan of boiling water with a generous pinch of **salt**. Cook over a medium heat for 12-14 min or until soft. Drain the **sweet potatoes** and return them to the pan with a generous drizzle of **olive oil**. Mash until smooth and season to taste.



3. Make chilli

Meanwhile, heat a pan over a medium heat with a drizzle of **oil**. Add the **onion** and fry with a pinch of **salt** for 5 min. Add the **garlic**, **taco seasoning** (spicy!) a pinch of **chipotle** (spicy!) and stir for 1 min. Add the **tomato paste** and drained **beans** and cook for a final 2 min. Season and set aside.



4. Make guacamole

Slice the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon. Add it to a bowl. Add the **lime** juice. Mash with a fork until smooth. Alternatively, use a food processor or blender to get it really smooth. Season with plenty of **salt** and garnish with **coriander**.



5. Assemble quesadillas

Spread the **sweet potato** mash over one half of the **tortilla**. Top with the **black bean chilli** and a generous handful of **vegan mozzarella**. Fold the **tortilla** over into a half moon shape - this is your **quesadilla**. Repeat.



6. Fry quesadillas

Heat a pan over a medium heat with a drizzle of **oil**. Once hot, add the **quesadillas** and cook for 3-4 min, pressing down with a spatula. Flip and cook for a further 3-4 min or until each side is lightly browned and crisp. Repeat this process with the remaining **quesadillas**. Serve the **avo lime crema** on the side.

Tip! When flipping, place your spatula at the open side of the tortilla, so the closed, folded, side remains on the pan when flipping.

Ginger Chilli Chicken with Jasmine Rice
and Sesame Spinach

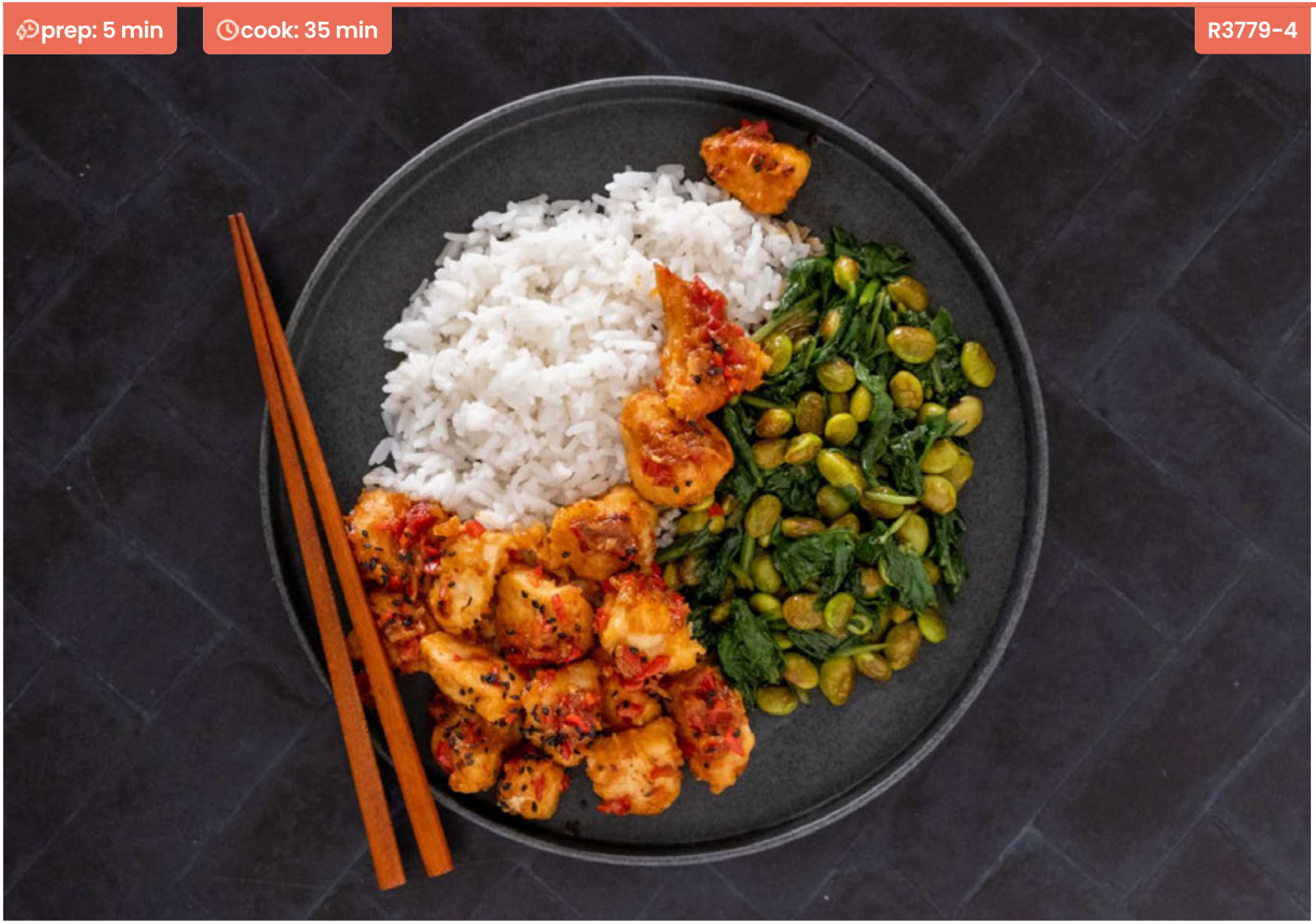
This fakeway is bound to impress.

hellochef

784 calories | 66 protein | 104 carbs | 16 fat

Quick Prep

prep: 5 min | cook: 35 min | R3779-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3279 / 784
Fats (g)	16.3
of which saturated (g)	2.3
Carbohydrates (g)	104
of which sugars (g)	9.9
Fibers (g)	8.2
Proteins (g)	66.1
Salt (g)	3.4

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Large red chilli	1 Piece
Ginger	60 Grams
Soy sauce 9*,10*,11*	40 ML
Chilli jam	56 Grams
Garlic powder	8 Grams
Rice vinegar	30 ML
Corn starch	60 Grams
Salt	1 Tsp
Vegetable oil	4 Tbsp
Black sesame seeds 3*	20 Grams

Rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML

Sesame vegetables	
Spinach	450 Grams
Vegetable oil	2 Tbsp
Edamame beans 9*	200 Grams
Tamari 9*	30 ML
Sesame oil 3*,9*	30 ML

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Cook rice

- Rinse the **jasmine rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from heat.
- Keep covered until serving.



2. Make ginger chilli glaze

- Meanwhile, finely chop the **red chilli**.
- Peel and grate the **ginger**.
- In a small bowl, combine the **soy sauce**, **chilli jam** 1 **red chilli** (spicy!), **ginger**, **garlic powder** and **rice vinegar**.
- Set the **ginger chilli glaze** aside.

Tip! Sensitive to spice? Go easy on the red chilli.



3. Prep chicken

- Chop the **chicken** into bite-sized pieces.
- Add the **chicken** to a large bowl with the **corn starch** and a pinch of **salt**.
- Toss until coated.



4. Fry chicken

- Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken**.
- Fry for 3-5 min on each side.
- Add the **glaze**.
- Cook for 2 min further or until the **glaze** begins to thicken.
- Remove from the heat once the **glaze** has thickened.



5. Fry vegetables

- Trim and discard the **spinach** stalks.
- Roughly chop the **leaves**.
- Heat a second large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **spinach**.
- Fry for 2 min or until the **spinach** starts to wilt.
- Add the **edamame** and **tamari**.
- Fry for 1 final min.
- Remove from the heat.
- Add the **sesame oil** and toss.

Tip! Don't overcrowd your pan! Otherwise you'll end up stewing, not frying your vegetables.



6. Serve

- Serve the **Ginger Chilli Chicken** with **Jasmine Rice** and **Sesame Spinach**.
- Top the **chicken** with the **black sesame seeds**.

Minted Lamb and Feta Burgers

with Sweet Potato Fries, Salad and Tzatziki

These burgers are inspired by Greek 'bifteki'!

hello chef

877 calories | 61 protein | 66 carbs | 46 fat

Tips for Kids

cook: 35 min

R3066-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3670 / 877
Fats (g)	45.8
of which saturated (g)	21.8
Carbohydrates (g)	66
of which sugars (g)	23.5
Fibers (g)	9.9
Proteins (g)	61.2
Salt (g)	5.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Lamb burgers	
Lamb mince	700 Grams
Red onion	2 Piece
Fresh mint	10 Grams
Feta cheese 4*	200 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Sweet potato fries	
Sweet potatoes	800 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Smoked paprika powder	4 Grams
Black pepper	1 Tsp

Side salad	
Shallots	2 Piece
Balsamic vinegar 14*	30 ML
Olive oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp
Baby spinach	125 Grams

Tzatziki	
Garlic cloves	1 Piece
Cucumber	2 Piece
Natural yogurt 4*	340 Grams
Salt	1 Tsp

Allergens: *4 Milk, *14 Sulphur Dioxide

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1. Bake fries

Preheat the oven to 200°C/180°C fan. Slice the **sweet potatoes** (skins on) into **fries**. Add the **fries** to a large baking tray with a generous drizzle of **oil**, pinch of **salt** and the **smoked paprika**. Toss and bake for 30 min or until golden and crisp.

Tip! If cooking for kids, keep a portion of the fries plain before baking.



2. Prep

Meanwhile, finely chop the **red onion**. Finely chop the **mint** leaves. Chop the **feta** into small cubes. Finely slice the **shallots**. Peel and mince 1 **garlic cloves**.

Tip! If cooking for kids, set aside a portion of feta and mint to use as sprinkles.



3. Make burgers

Combine the **lamb mince**, **onion** and **mint** in a large bowl and season generously with **salt** and **pepper**. Fold the **feta cheese** into the mixture, then shape into 8 **burger patties**. Refrigerate.

Tip! If cooking for kids, keep a portion of the burgers plain.



4. Make sides

In a large bowl, whisk together the **balsamic vinegar** and **olive oil**. Season with **salt** and **pepper** - this is your **dressing**. Add the **spinach** and **shallots** to the **dressing**. Grate the **cucumber**, then squeeze out any excess water. Add the **grated cucumber** to a small bowl with the **yogurt**, **garlic** and a pinch of **salt**. Mix well and set aside.

Tip! If cooking for kids, set aside a portion of plain yogurt and sliced cucumber before grating it.



5. Fry burgers

Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **burger patties** and fry for 5 min on each side or until browned and cooked through.



6. Serve

Toss the **spinach** and **shallots** in the **dressing**. Serve the **burgers** alongside the **sweet potato fries**, **salad** and **tzatziki**.

Tip! If cooking for kids, serve the sweet potato fries, feta, cucumber and cooked burger separately. Serve the plain yogurt and mint as 'sprinkles' to the side.

Minced Beef and Chickpea Fatteh

with Garlic Tahini Yogurt and Zaatar Flatbread

A Levantine dish that's perfect for sharing family style. "Fatteh" in Arabic means to crumble, and this layered dish is full of warm spices, crunchy textures, and creamy yoghurt.

hellochef

969 calories | 59 protein | 96 carbs | 40 fat

Tips for Kids

cook: 35 min

R4028-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3033 / 969
Fats (g)	40.1
of which saturated (g)	10.4
Carbohydrates (g)	96
of which sugars (g)	13.7
Fibers (g)	14.4
Proteins (g)	59.2
Salt (g)	4.1

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef	
Lean beef mince	700 Grams
Olive oil	1 Tbsp
Red onion	2 Piece
Allspice powder	4 Grams
Cinnamon powder	4 Grams
Coriander cumin powder	8 Grams
Paprika powder	4 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Fresh parsley	15 Grams

Yogurt Tahini Sauce	
Natural yogurt 4*	340 Grams
Tahini 3*	40 Grams
Garlic cloves	2 Piece
Lemon	2 Piece
Salt	1 Tsp
Water	100 ML

Arabic Zaatar Bread	
Arabic flatbread packet 10*,11*	2 Piece
Olive oil	2 Tbsp
Zaatar	15 Grams

Chickpea stock	
Chickpeas	480 Grams
Water	200 ML
Chicken stock cube 4*,5*,9*,15*	2 Piece
Cumin powder	4 Grams

To Serve	
White almonds 2*	80 Grams

Allergens: *4 Milk, *3 Sesame Seeds, *10 Wheat, *11 Gluten, *5 Eggs, *9 Soya, *15 Celery, *2 Tree Nuts

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1. Bake flatbreads

- Preheat the oven to 200°C/180°C fan.
- Stack and slice the **Arabic flatbreads** into triangles or bite-sized pieces.
- Add to a lined baking tray.
- Drizzle with **olive oil**, sprinkle with the **zaatar** and mix well.
- Bake for 10-12 min until golden and crispy.
- Remove and set aside to cool.

Tip! If cooking for kids, bake a plain portion of the Arabic flatbreads, and reserve some zaatar as "sprinkles" to the side.



2. Prep vegetables

- Finely chop the **parsley** (stems included).
- Peel and finely chop the **onion**.
- Peel and finely chop the **garlic**.



3. Simmer chickpeas

- Heat a pot over a medium-high heat with a small drizzle of **oil**.
- Add the **almonds**. Fry for 1-2 min until golden brown.
- Drain onto a paper towel and set aside.
- To the same pot, add the **chickpeas** (with their liquid), the **cumin powder**, the additional **measured water**, and **chicken stock cube**.
- Bring it to a boil then reduce the heat to low and cover with a lid. Gently simmer for 5-8 min until thickened and warmed through.
- Keep the **chickpeas** submerged in their stock for serving.



4. Fry beef

- Heat a pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion** with a pinch of **salt**.
- Fry for 2-3 min until softened.
- Add the **beef mince**.
- Fry for 4-6 min or until browned.
- Add the **coriander cumin powder**, **allspice**, **cinnamon**, **paprika**, and a pinch **pepper**.
- Fry for 1-2 min further. Stir in the **parsley**.
- Turn off the heat, cover with a lid.
- Keep warm until serving.

Tip! If cooking for kids, reserve a plain portion of the cooked beef to the side.



5. Make yogurt sauce

- Meanwhile, juice the **lemon** into a bowl.
- Add the **yogurt**, **tahini**, **garlic**, a pinch of **salt**, and mix until smooth.
- Slowly whisk in the **measured water** to thin out the sauce into a pourable consistency to your liking.

Tip! If cooking for kids, reserve a plain portion of yogurt to the side.



6. Serve

- Divide the **Arabic zaatar flatbreads** onto plates, and spoon over the **chickpeas** and their **stock**.
- Add a layer of **yogurt tahini sauce**, and top with a layer of **beef mince**.
- Serve the **Minced Beef and Chickpea Fatteh** with **Garlic Tahini Yogurt** and **Zaatar Flatbread**.
- Garnish with the toasted **almonds**.

Tip! If cooking for kids, divide the plain beef, chickpeas, yogurt, and bread separately. Serve the zaatar and almonds as "sprinkles" to the side.

Salmon Teriyaki Bowl with Pickled Cucumber and Quinoa

Try this flavour bomb of a low calorie bowl! A wonderful everyday meal with lots of vegetables. Enjoy!

hello chef

581 calories | 39 protein | 65 carbs | 20 fat

Low Carb | Calorie Smart

cook: 35 min

R3480-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2412 / 581
Fats (g)	20.4
of which saturated (g)	4.5
Carbohydrates (g)	65
of which sugars (g)	19.3
Fibers (g)	7.8
Proteins (g)	39.1
Salt (g)	5.5

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What You'll Need

- Box grater

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salmon and quinoa	
Salmon goujons 6*	400 Grams
Mixed quinoa	200 Grams
Water	400 ML
Salt	2 Tsp
Teriyaki sauce 8*,9*,10*	80 ML
Ginger garlic paste	20 Grams
Soy sauce 9*,10*,11*	20 ML
Oyster sauce 8*,10*	40 Grams
Vegetable oil	2 Tbsp
Organic Eggs 5*	2 Piece

Toppings	
Carrot	2 Piece
Spring onion	80 Grams
Edamame beans 9*	200 Grams
Sesame seeds 3*	20 Grams
Crispy onions	40 Grams
Sushi ginger	80 Grams

Pickled cucumber	
Cucumber	2 Piece
Lime	2 Piece
Brown sugar	10 Grams

Allergens: *6 Fish, *8 Molluscs, *9 Soya, *10 Wheat, *11 Gluten, *5 Eggs, *3 Sesame Seeds

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1. Pickle cucumber

- Chop the **cucumbers** into small cubes.
- Juice the **lime** into a bowl.
- Add the **brown sugar** and **cucumbers**.
- Set aside.

Tip! Pickle the cucumbers for up to 24 hours in advance.



2. Cook quinoa

- Add the **quinoa** to a bowl, cover with warm water and rinse.
- Drain in a fine sieve.
- Add the **measured water** to a pot and bring it to a boil.
- Add the **quinoa** and a pinch of **salt**.
- Cover with a lid, reduce the heat to low.
- Simmer for 15 min or until the liquid is absorbed and the **quinoa** is tender.



3. Prep

- Grate the **carrots**.
- Trim and finely slice the **spring onions**.



4. Fry salmon

- Meanwhile, combine the **teriyaki sauce**, **ginger garlic paste**, **soy sauce** and **oyster sauce** in a bowl.
- Heat a pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **salmon goujons**.
- Fry for 1 min on each side.



5. Add

- Add the **eggs**.
- Scramble and cook for 1 min.
- Add the **sauce** and flake the **salmon** with a spatula to absorb all the **sauce**.
- Cook for 1 min further.



6. Serve

- Combine the cooked **quinoa** with the excess **cucumber** juice.
- Serve the **Salmon Teriyaki Bowl** with **Pickled Cucumber** and **Quinoa**.
- Garnish with the **spring onions**, **sesame seeds** and **crispy onions**.
- Serve the **sushi ginger** to the side.

Creamy Chipotle Chicken

and Fajita Vegetables Tortilla Wraps

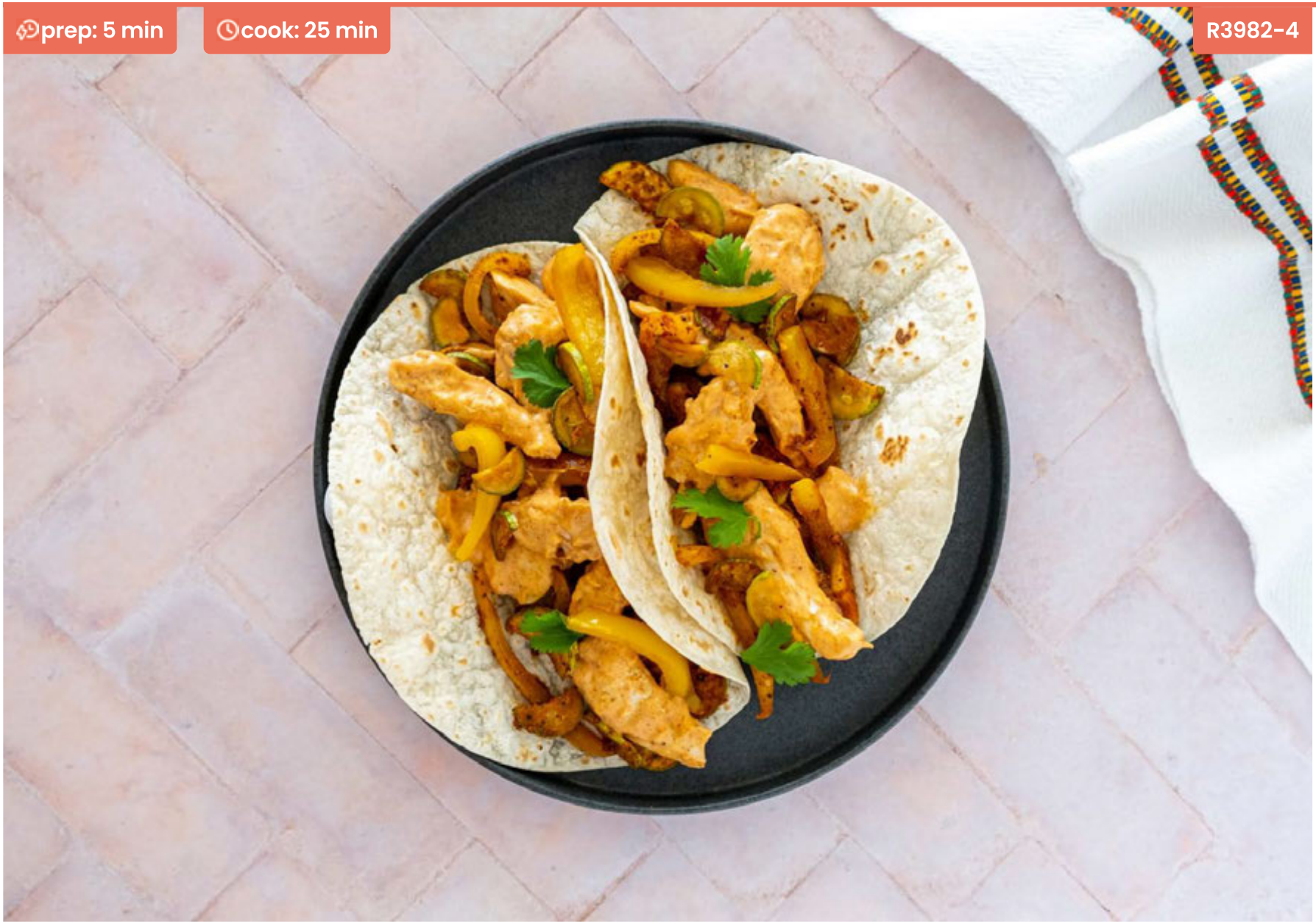
Strapped for time? These Mexican inspired wraps require only 3 ingredients to slice and come together in under 25 mins!

hello chef

842 calories | 59 protein | 69 carbs | 28 fat

Quick Prep | Family Friendly | Speedy

prep: 5 min | cook: 25 min | R3982-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3521 / 842
Fats (g)	28.1
of which saturated (g)	9.1
Carbohydrates (g)	69
of which sugars (g)	7.8
Fibers (g)	4.2
Proteins (g)	59.3
Salt (g)	1.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chipotle chicken	
Chicken breast	600 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Mayonnaise 5*,9*,13*	100 Grams
Sour cream 4*	120 Grams
Smoked paprika powder	4 Grams
Chipotle powder	4 Grams
Honey	30 Grams

Vegetables	
Yellow pepper	2 Piece
Small zucchini	4 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Fajita seasoning	10 Grams

To serve	
8" tortilla wraps 10*,11*	8 Piece
Fresh coriander	15 Grams

Allergens: *5 Eggs, *9 Soya, *13 Mustard, *4 Milk, *10 Wheat, *11 Gluten

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Egg, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur dioxide and Celery.**



1. Prep

- Deseed and roughly slice the **pepper**.
- Chop the **zucchini** into half moons.
- Slice the **chicken** into bite-sized strips.



2. Fry

- Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken** with a pinch of **salt**.
- Fry for 5-7 min or until cooked through.
- Transfer the **chicken** onto a plate and reserve the pan.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready.



3. Make sauce

- Meanwhile, mix together the **mayonnaise**, **sour cream**, **smoked paprika**, **chipotle powder** (spicy!), **honey** and **salt** in a large bowl.

Tip! Sensitive to spice? Go easy on the chipotle powder.



4. Fry vegetables

- Return the pan to a medium-high heat with another drizzle of **oil**.
- Once hot, add the **pepper** and **zucchini** with a pinch of **salt**.
- Fry for 3-4 min.
- Add the **Fajita seasoning**.
- Cook for 1 min further.

Tip! To prevent the fajita vegetables from sticking to the pan, add a splash of water and mix through.



5. Warm tortillas

- Meanwhile, heat the **tortilla wraps** in the microwave for 30-60 secs until warm.
- Add the cooked **chicken** to the creamy **chipotle sauce**.
- Toss to coat.



6. Serve

- Pick the **coriander** leaves.
- Load the **tortilla wraps** with the **fajita vegetables** followed by the **chicken**.
- Finally, top the **wraps** with the **coriander**.
- Serve the **Creamy Chipotle Chicken** and **Fajita Vegetables Tortilla Wraps**.

Cheesy Beef and Eggplant 'Lasagna'

Lasagna flavours - without the pasta!

766 calories | 70 protein | 36 carbs | 39 fat

Global Eats

cook: 60 min

R4819-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3206 / 766
Fats (g)	38.7
of which saturated (g)	14.2
Carbohydrates (g)	36
of which sugars (g)	17.4
Fibers (g)	13.7
Proteins (g)	70.4
Salt (g)	5

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What You'll Need

Oven

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

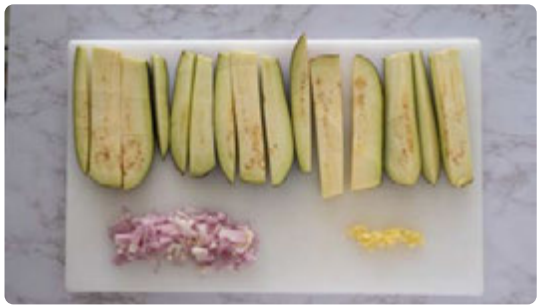
Eggplants	
Long Eggplant	1000 Grams
Olive oil	4 Tbsp
Salt	2 Tsp

Beef sauce	
Lean beef mince	700 Grams
Red onion	2 Piece
Garlic cloves	8 Piece
Olive oil	4 Tbsp
Tomato paste	70 Grams
Water	100 ML
Beef stock cube **4*,5*,9*,11*,15***	1 Piece
Peeled plum tomatoes	800 Grams
Dried oregano	4 Grams
Salt	2 Tsp
Black pepper	1 Tsp
Grated Parmesan **4***	120 Grams
Grated mozzarella **4***	200 Grams

To serve	
Fresh basil	15 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *11 Gluten, *15 Celery

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1. Prep vegetables

- Preheat the oven to 200°C/180°C fan.
- Chop the **eggplants** into 1 cm thick slices.
- Peel and finely chop the **onion** and **garlic**.



2. Roast eggplants

- Arrange the **eggplant** slices on a lined baking tray.
- Drizzle with **oil** and sprinkle with a generous pinch of **salt**.
- Roast for 25 min.
- You may need to do this in batches or use 2-3 trays.

Tip! Fry the eggplant slices in oil instead of roasting them in the oven. Use two pans at once to save time.



3. Make sauce

- Meanwhile, heat a pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion** with a pinch of **salt**.
- Fry for 5 min.
- Add the **beef**.
- Fry for 5 min further.
- Add the **garlic** and **tomato paste**.
- Fry for 2 min further.
- Add the **measured water**, 1 **stock cube**, chopped **tomatoes**, **basil**, **salt** and **pepper**.
- Once boiling, reduce the heat to low.
- Simmer for 10 min.



4. Bake

- Arrange a layer of the **beef mixture** in a baking dish.
- Top with a layer of the **eggplants**.
- Repeat this process until all of the **eggplant** and **sauce** are used up.
- Finally, top with the **grated mozzarella** and the **grated Parmesan**.
- Bake for 20-25 min.



5. Serve

- Allow the baked **lasagna** to rest for 5-10 min before serving.
- Serve the **Cheesy Beef and Eggplant 'Lasagna'**.
- Garnish with the **fresh basil** leaves.

Kimchi Salmon Traybake with Cauli rice

–

545 calories 44 protein 31 carbs 29 fat

Calorie Smart

cook: 30 min

R4677-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2279 / 545
Fats (g)	28.9
of which saturated (g)	5.7
Carbohydrates (g)	31
of which sugars (g)	16.4
Fibers (g)	8.8
Proteins (g)	43.5
Salt (g)	3.8

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Bake	
Skin-on salmon fillet 6*	700 Grams
Kimchi 6*,7*	300 Grams
Dark soy sauce 9*,10*,11*	40 ML
Sweet soy sauce 9*,10*,11*,14*	40 ML
Tenderstem broccoli	300 Grams
Spring onion	120 Grams

Rice	
Cauliflower	800 Grams
Salt	1 Tsp
Water	700 ML

To serve	
Sesame seeds 3*	10 Grams
Black sesame seeds 3*	5 Grams

Allergens: *6 Fish, *7 Crustaceans, *9 Soya, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *3 Sesame Seeds

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1. Make marinade

Place half of the **kimchi** and **soy sauces** in a blender. Blend to create the marinade.



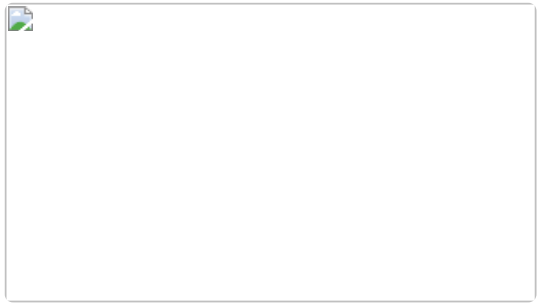
2. Prep

Trim **broccoli**. Cut the **spring onions** into thirds.

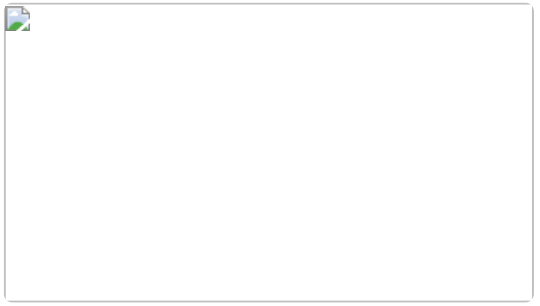


3. Assemble tray

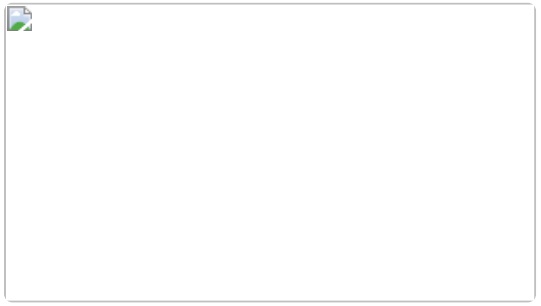
Place the **salmon**, skin side down into an oven-proof baking dish. Cover with the marinade. Nestle in the **broccoli** and **spring onions**. Drizzle with oil and sprinkle with the **sesame seeds**.



4. Bake



5. Make cauli rice



6. Serve

Spicy Thai Chicken Meatballs in Creamy Red Curry Sauce

with Cauliflower Rice

This twist on a traditional Thai curry uses chicken mince to make delicious meatballs!

hellochef

730 calories | 58 protein | 38 carbs | 41 fat

Low Carb

cook: 40 min

R3244-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3053 / 730
Fats (g)	40.7
of which saturated (g)	16.9
Carbohydrates (g)	38
of which sugars (g)	14.7
Fibers (g)	13
Proteins (g)	57.5
Salt (g)	5.3

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What You'll Need

- Food processor

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meatballs	
Chicken mince	800 Grams
Garlic cloves	2 Piece
Spring onion	80 Grams
Chilli flakes	2 Grams
Soy sauce 9*,10*,11*	20 ML

Curry sauce	
Snow peas	200 Grams
Red pepper	2 Piece
Shallots	2 Piece
Lemongrass	1 Piece
Fresh coriander	15 Grams
Vegetable oil	2 Tbsp
Ginger garlic paste	20 Grams
Red curry paste 7*	40 Grams
Tamarind paste	30 Grams
Fish sauce 6*,10*	20 ML
Coconut milk	400 ML
Water	200 ML
Coconut sugar	10 Grams
Lime leaves	6 Piece

Cauliflower Rice	
Vegetable oil	2 Tbsp
Cauliflower	800 Grams
Salt	1 Tsp

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *7 Crustaceans, *6 Fish

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1. Make meatballs

- Peel and mince the **garlic**.
- Trim and finely chop the **spring onion**.
- Add the **mince**, **garlic**, half of the **spring onion** (reserve the rest!), a pinch of **chilli flakes** (spicy!) and **soy sauce** to a large mixing bowl.
- With clean hands, knead until all the ingredients are fully combined.
- Shape the mixture into 24 **meatballs**.
- Refrigerate.

Tip! Use wet hands when shaping the meatballs to stop them sticking.



2. Prep

- Trim the **snow peas** and slice them diagonally.
- Deseed and slice the **pepper**.
- Peel and finely chop the **shallots**.
- Finely slice 10cm of the **lemongrass**.
- Keep the rest whole.
- Finely chop the **coriander leaves**.



3. Fry meatballs

- Heat a non-stick pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **meatballs**.
- Fry for 5-7 min or until starting to brown all over.
- Set aside on a plate.
- Reserve the pan.



4. Start curry

- Bring the pan to a medium heat with a second drizzle of **oil**.
- Once hot, add the **shallots**.
- Cook for 3 min.
- Add the **ginger garlic paste**, sliced **lemongrass** and **red curry paste** (spicy!).
- Cook for 2 min.
- Add the **pepper**.
- Cook for 2 min further.



5. Cauliflower rice

- Meanwhile, using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains.
- Heat a saucepan over a medium heat with a drizzle of **oil**.
- Once hot, add the **cauliflower** and remaining **spring onion** with a pinch of **salt**.
- Stir-fry for 5 min.



6. Finish

- Add the **tamarind paste**, **fish sauce**, **coconut milk**, **measured water**, **coconut sugar**, **lime leaves** and the big piece of **lemongrass**.
- Simmer (don't boil) over a low heat for 5 min.
- Add the **meatballs** and **snow peas**.
- Cover and simmer for a further 5 min or until cooked through.
- Serve the **Spicy Thai Chicken Meatballs in Creamy Red Curry Sauce** with **Cauliflower Rice**.
- Garnish with **coriander**.

Pistachio-Crusted Pollock

with Parmesan Risotto

-

726 calories | 52 protein | 94 carbs | 20 fat

Family Friendly

cook: 45 min

R4727-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3035 / 726
Fats (g)	20.3
of which saturated (g)	9.7
Carbohydrates (g)	94
of which sugars (g)	6.8
Fibers (g)	5.4
Proteins (g)	52.2
Salt (g)	45.4

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What You'll Need

- Box grater

Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Seabream

Alaskan pollock loin 6*	700 Grams
Fresh parsley	15 Grams
Peeled pistachios 2*	40 Grams
Panko bread crumbs 10*,11*,12*	40 Grams
Salt	2 Tsp
Vegetable oil	2 Tbsp
Butter 4*	40 Grams

Risotto

Water	1400 ML
Vegetable stock cube 15*	2 Piece
Red onion	1 Piece
Garlic cloves	2 Piece
Parmesan 4*	60 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Arborio rice	320 Grams
Black pepper	1 Tsp
Cherry tomatoes	300 Grams

Allergens: *6 Fish, *2 Tree Nuts, *10 Wheat, *11 Gluten, *12 Lupin, *4 Milk, *15 Celery

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1. Prep

Boil the **measured water**. Add the **stock cube** and boiled water to a jug and set aside. This is your **stock**. Peel and finely dice the **onion**. Peel and mince the **garlic**. Wash the lemon thoroughly. Grate its zest with a fine blade - take care to avoid the bitter pith. Grate the **Parmesan**.



2. Start risotto

Heat a non-stick pan over a medium heat with a drizzle of **olive oil**. Once hot, add the **onion** with a pinch of **salt** and cook for 5-6 min or until softened. Once softened, add the **garlic** and **arborio rice** and cook for 1 min further, stirring to coat the grains in the **oil**.



3. Stir

Add 1/3 of the **stock** and stir continuously until it has absorbed. Continue to add the **stock**, a little at a time for 20 min or until all the **stock** is absorbed and the **rice** is cooked 'al dente'. If you run out of **stock**, add more water (see pro tip!).

> **Tip!** The amount of stock you will require, depends on the size of your pan and the heat over which you simmer the risotto. Make sure to adjust the amount accordingly.



4. Fry seabream

After 10 min, pat the seabream fillets dry with kitchen paper and season the skin with **salt**. Heat a large non-stick pan with a drizzle of **vegetable oil** over a medium-high heat. Once hot, add the seabream, skin-side down and fry for 4 min or until crispy.



5. Add butter

Once crispy, flip the seabream and add the **butter** to the pan with a pinch of **salt**. Cook for 2 min further until the seabream is cooked through and the **butter** is beginning to brown. Remove the pan from the heat.



6. Finish risotto

Once the **risotto** is cooked, add the grated **Parmesan** and 2 tsp of the lemon zest. Season with **pepper** and a squeeze of lemon juice (and **salt**, if needed). Divide amongst plates and top with seabream. Pour any remaining **butter** over the **risotto** and garnish with the rocket.

General Tso Chicken Stir-fry

with Cauliflower Rice

This sweet and spicy stir-fry is a staple in many Chinese restaurants in North America.

hello chef

464 calories | 57 protein | 49 carbs | 6 fat

Low Carb | Calorie Smart

cook: 30 min

R3829-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1938 / 464
Fats (g)	5.5
of which saturated (g)	2.4
Carbohydrates (g)	49
of which sugars (g)	23.1
Fibers (g)	10.3
Proteins (g)	56.9
Salt (g)	7

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What You'll Need

- Box grater

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04-825-44-00
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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Corn starch	30 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp

Cauliflower Rice	
Cauliflower	800 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Stir-fry	
Broccoli	600 Grams
Red onion	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Sauce	
Water	200 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Ginger garlic paste	40 Grams
Hoisin sauce 3*,9*,10*	90 Grams
Soy sauce 9*,10*,11*	40 ML
Honey	30 Grams
Rice vinegar	30 ML
Chilli flakes	4 Grams

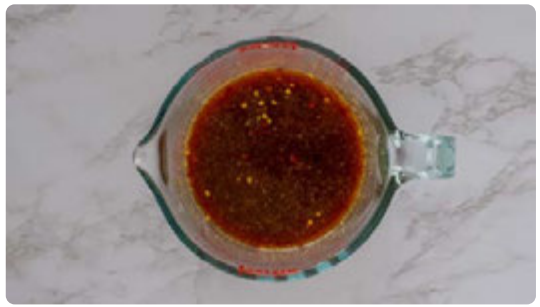
Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *3 Sesame Seeds, *10 Wheat, *11 Gluten

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1. Prep veg

- Separate the **broccoli** into small florets.
- Chop then into bite-sized pieces.
- Peel and finely slice the **red onion**.
- Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains.



2. Make sauce

- Boil the **measured water** and dissolve the 1 **chicken stock cube** in it.
- Add the **ginger garlic paste**, **hoisin sauce**, **soy sauce**, **honey**, **rice vinegar** and **chilli flakes** (spicy!) to the **chicken stock**.
- Mix well.
- Set aside.

Tip! Sensitive to spice? Go easy on the chilli flakes.



3. Fry chicken

- Chop the **chicken** into bite-sized strips.
- Add the **corn starch** with a pinch of **salt** to a plate.
- Turn the **chicken strips** in the **corn starch** until well coated.
- Heat a large pan over a medium-high heat with a generous drizzle of **oil**.
- Once hot, add the coated **chicken**.
- Fry for 5 min or until browned and cooked through.
- Transfer the **chicken** to a plate.
- Wipe and reserve the pan.



4. Stir-fry

- Return the reserved pan to a medium-high heat with a second drizzle of **oil**.
- Add the **broccoli** and **red onion**.
- Stir-fry with a pinch of **salt** for 2 min.
- Add the **sauce** and **chicken**.
- Fry for 3-4 min further or until the **sauce** thickens and generously coats the **vegetables** and **chicken**.
- Remove from the heat.
- Season with **pepper** to taste.



5. Fry cauli rice

- Meanwhile, heat a second large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **cauliflower** with a pinch of **salt**.
- Fry for 5-7 min.



6. Serve

- Serve the **General Tso Chicken Stir-fry** alongside the **cauliflower rice**.
- Drizzle any leftover **sauce** from the pan over the **chicken**.

Hearty Fish Pie

with Hidden Vegetables

A seafood version of the classic Shepherd's Pie!

hellochef

802 calories | 52 protein | 66 carbs | 38 fat

Family Friendly

cook: 50 min

R2254-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3338 / 802
Fats (g)	38.2
of which saturated (g)	25.8
Carbohydrates (g)	66
of which sugars (g)	18.7
Fibers (g)	11.4
Proteins (g)	52.4
Salt (g)	1.5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fish sauce	
Cod fillet 6*	700 Grams
Brown onion	1 Pieces
Garlic cloves	2 Pieces
Carrot	2 Pieces
Small zucchini	4 Pieces
Water	400 ML
Fish stock cube	1 Pieces
Olive oil	4 Tbsp
Plain flour 10*,11*	20 Grams
Cooking cream 4*	200 ML
Worcestershire sauce 6*,11*	30 Grams
Green peas	200 Grams
Salt	2 Tsp
Black pepper	1 Tsp

Potato mash	
Potatoes	1200 Grams
Butter 4*	50 Grams
Whole milk 4*	200 ML
Organic Eggs 5*	2 Pieces
Salt	2 Tsp

Allergens: *6 Fish, *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs

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1. Prep ingredients

Preheat oven to 200°C/180°C fan. Chop the **cod**. Peel and chop the **onion** and **garlic**. Peel and grate the **carrot**. Grate the **zucchini**. Peel and chop the **potatoes**. Boil the measured **water** and dissolve the **stock cube** in it.



2. Make mash

Boil the **potatoes** for 15 min until soft. Drain. Return to the pan with the salted **butter**. Adjust the amount of **milk** to reach a desired consistency. Mash until smooth. Add the **eggs** and a generous pinch of **salt**. Mix well.



3. Start fish sauce

Heat a pan over a medium heat with a drizzle of **oil**. Once hot, add the **onion** and fry with a pinch of **salt** for 5 min until translucent. Add the **garlic** and the grated **carrot** and **zucchini**. Stir for 2 min further. Sprinkle with the **flour** and mix well.



4. Finish fish sauce

Add the **stock** to the pan. Once simmering, add the **cod**, **cooking cream** and **Worcestershire sauce**. Cook for 3-5 min until thickened. Finally add the **green peas**. Season with **salt** and **pepper** to taste.



5. Bake

Pour the **fish sauce** to a baking dish. Top with the mashed potato and, using a spatula, smooth out the top, creating the odd ripple. Bake in the preheated oven for 15 min or until nicely browned on top.



6. Serve

Once baked, set the pie aside to rest for 5 min, then serve.

Beef Mince Bibimbap Rice Bowl

with Kimchi Mayo

The mother of all bowls!

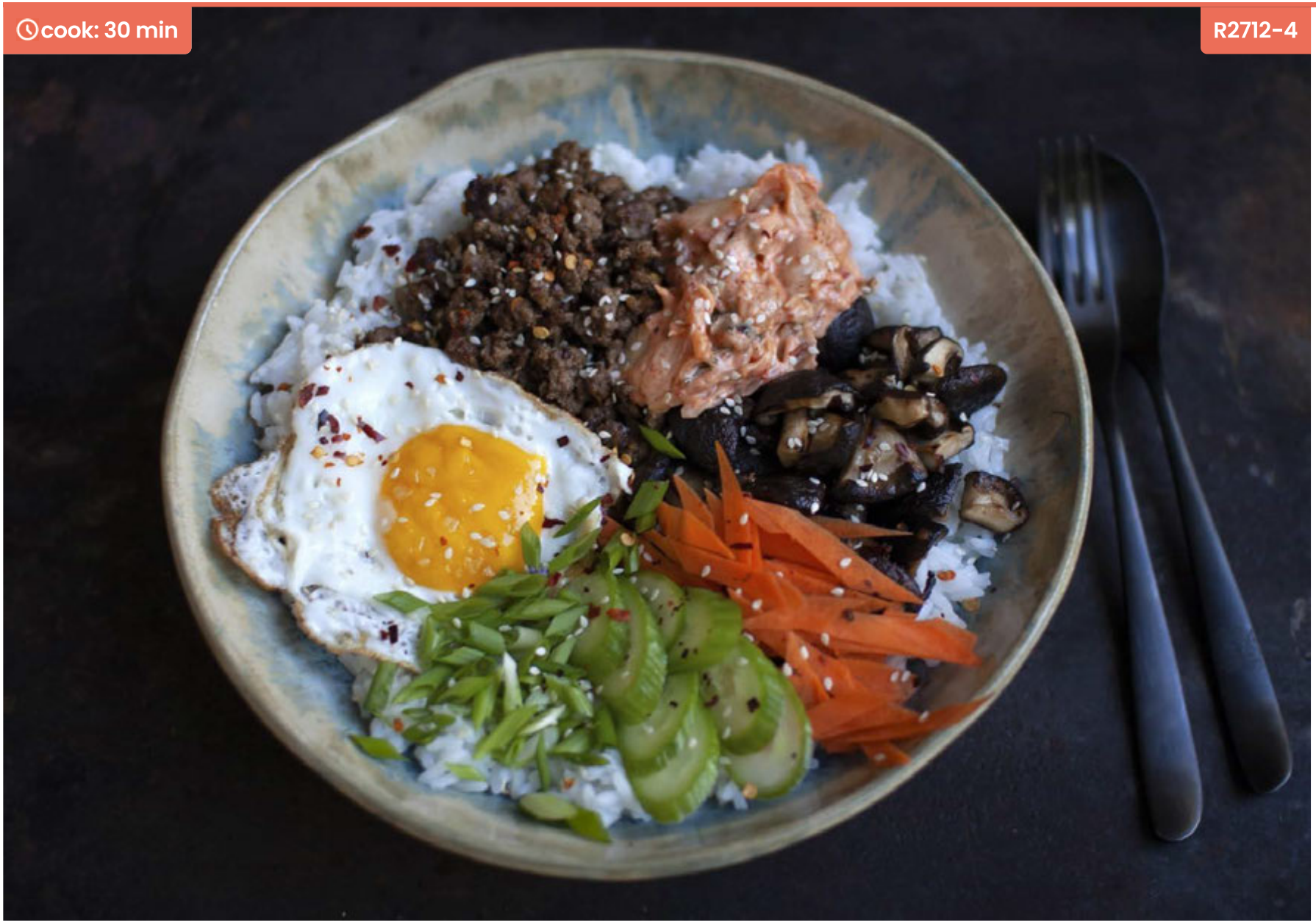
hello chef

1018 calories | 55 protein | 92 carbs | 53 fat

Family Friendly

cook: 30 min

R2712-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4260 / 1018
Fats (g)	52.8
of which saturated (g)	13.8
Carbohydrates (g)	92
of which sugars (g)	9.7
Fibers (g)	6.6
Proteins (g)	54.7
Salt (g)	3.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meat mix	
Lean beef mince	700 Grams
Garlic cloves	4 Pieces
Ginger	600 Grams
Vegetable oil	2 Tbsp
Sesame oil 3*,9*	30 ML
Soy sauce 9*,10*,11*	40 ML
Brown sugar	10 Grams
Gochujang 9*	20 Grams
Black pepper	1 Tsp
Water	60 ML

Rice	
Jasmine rice	300 Grams
Water	700 ML

Kimchi mayo	
Mayonnaise 5*,9*,13*	100 Grams
Kimchi 6*,7*	300 Grams

Toppings	
Shiitake mushroom	300 Grams
Carrot	2 Pieces
Cucumber	2 Pieces
Spring onion	100 Grams
Organic Eggs 5*	4 Pieces
Sesame seeds 3*	20 Grams
Chilli flakes	2 Grams

Allergens: *3 Sesame Seeds, *9 Soya, *10 Wheat, *11 Gluten, *5 Eggs, *13 Mustard, *6 Fish, *7 Crustaceans

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1. Boil rice

Rinse the **jasmine rice**. Add the **rice**, measured **water** and a pinch of **salt** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the **water** is absorbed and the **rice** is cooked. Keep covered until serving.



2. Prep vegetables

Meanwhile, peel and **mince** the **garlic** and **ginger**. Remove the stems of the **shiitake mushrooms** and tear them into bite-size pieces. Peel the **carrot**, then continue peeling it until you are left with a pile of **carrot** ribbons. Stack the ribbons on top of one another, then slice them into thin sticks. Slice the **cucumber** and **spring onion**.



3. Make kimchi mayo

Mix the **mayonnaise** with the **kimchi**. Set aside.



4. Fry beef

Heat a pan over a high heat with a drizzle of **vegetable oil**. Once hot, add the **beef mince** and fry for 5 min until browned. Add the **sesame oil**, **garlic**, **ginger**, **soy sauce**, **brown sugar**, **gochujang** paste **(spicy!)**, **black pepper** and a splash of **water**. Cook for a final 2-3 min. Set aside and keep warm.



5. Fry shiitake and eggs

Heat a second pan over a medium high heat with a drizzle of **vegetable oil**. Fry the **shiitake mushrooms** for 5-6 min until browned and crispy. Transfer them to a plate and keep warm. Return the pan to a medium heat with a drizzle of **oil**. Fry the **eggs** for 2-3 min or until cooked to your liking. Season the **mushrooms** and **eggs** with salt.



6. Serve

Divide the cooked **rice** among bowls. Top with the fried **beef mince**, fried **mushrooms**, **carrot** sticks, **cucumber** slices, the **kimchi** mayo and the fried **eggs**. Garnish with the **sesame seeds**, the **spring onion** a pinch of **chilli flakes (spicy!)**.

Creamy Pulled Beef Mushroom Skillet

with Buttered Green Beans

This recipe saves you hours by not having to simmer tough cuts of beef. Just simmer the pulled beef in our simple cream cheese sauce and have this recipe on the table in 20 min or under.

hello chef

491 calories | 34 protein | 19 carbs | 30 fat

Low Carb | Calorie Smart

cook: 20 min

R3729-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2050 / 491
Fats (g)	29.7
of which saturated (g)	16.6
Carbohydrates (g)	19
of which sugars (g)	8.6
Fibers (g)	4.5
Proteins (g)	34.4
Salt (g)	2.5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Skillet	
Pulled beef	400 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Mushroom	500 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Water	200 ML
Cream cheese 4*	160 Grams
Worcestershire sauce 6*,11*	30 ML
Beef stock cube 4*,5*,9*,11*,15*	1 Piece
Fresh parsley	15 Grams
Black pepper	1 Tsp

Green beans	
Green beans	375 Grams
Butter 4*	50 Grams
Salt	1 Tsp

Allergens: *4 Milk, *6 Fish, *11 Gluten, *5 Eggs, *9 Soya, *15 Celery

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1. Prep

Peel and finely chop the **red onion**. Peel and mince the **garlic**. Clean the **mushrooms** with a cloth, knife or brush (don't wash them with water) and slice them into quarters.



2. Fry

Heat a large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **mushrooms** with a pinch of **salt** and fry for 6-7 min or until browned. Once browned, add the **onions** and fry for 5 min. After 5 min, add the **garlic** and fry for 1 min further.



3. Simmer

Add the **measured water**, **cream cheese**, **Worcestershire sauce**, 1 **stock cube** and the **pulled beef**. Bring to a simmer and cook over medium heat for 5-7 min or until the **sauce** begins to thicken slightly.



4. Cook beans

Meanwhile, trim the **green beans**. Cook them in a pot of salted boiling water for 3 min or until tender. Drain once cooked and return the **beans** to the pot with the **butter** and a pinch of **salt**. Toss to coat.



5. Chop parsley

Meanwhile, finely chop the **parsley** leaves.



6. Serve

Divide the **creamy mushroom beef** among plates, serve the **buttered green beans** alongside and garnish with the **parsley**.

Garlic Tandoori Naan

Naan is a traditional flatbread made in South and Central Asian countries typically baked in a tandoor.

hello chef

361 calories | 8 protein | 49 carbs | 15 fat

Family Friendly | Global Eats

cook: 10 min

R4704-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1520 / 361
Fats (g)	14.6
of which saturated (g)	7.8
Carbohydrates (g)	49
of which sugars (g)	3.9
Fibers (g)	0.2
Proteins (g)	7.9
Salt (g)	1

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Naan

Tandoori naan **4*,10***	4 Piece
Garlic butter **4***	50 Grams

Allergens: *4 Milk, *10 Wheat

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1. Oven

- If using an oven, preheat the oven to 200°C/180°C fan.
- Place the **naan** onto a baking tray and heat in the hot oven for 2-3 min or until warmed through.
- Spread the **garlic butter** on the warm **naan**.

Tip! Spread the butter onto the bread before baking for a more intense flavour.



2. Air fry

- If using an air fryer, preheat to 180°C.
- Place the **naan** in a lined air fryer basket. Air fry for 2-3 min or until warmed through.
- Spread the **garlic butter** on the warm **naan**.

Tip! Spread the butter onto the bread before air frying for a more intense flavour.



3. Microwave

- Microwave the **naan** for 30 sec to 1 min or until warmed through.
- Spread the **garlic butter** on the warm **naan**.

Baked Seabream with Tomatoes and Olive Tapenade

and Cauliflower Puree

In this recipe you'll cook fish 'en papillote' which involves cooking the fish in a parcel of baking paper. It's a healthy cooking method that cooks the fish without the need for lots of oil!

hellochef

413 calories | 47 protein | 25 carbs | 15 fat

Low Carb | Calorie Smart

cook: 35 min

R3626-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1725 / 413
Fats (g)	15.3
of which saturated (g)	7.5
Carbohydrates (g)	25
of which sugars (g)	10.9
Fibers (g)	9
Proteins (g)	47.1
Salt (g)	1.8

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What You'll Need

- Food processor

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fish	
Seabream 6*	660 Grams
Garlic cloves	4 Piece
Tomatoes	4 Piece
Black olive slices	80 Grams
Capers	40 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Olive oil	4 Tbsp

To serve	
Cauliflower	800 Grams
Cream cheese 4*	160 Grams
Salt	1 Tsp
Green beans	375 Grams
Fresh parsley	15 Grams

Allergens: *6 Fish, *4 Milk

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1. Make tapenade

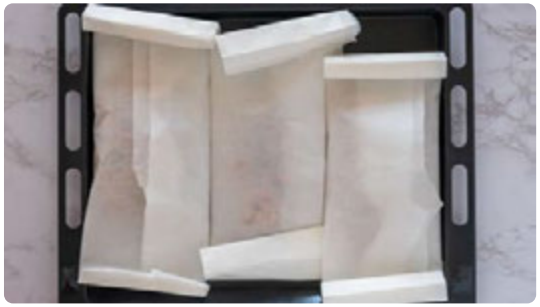
- Preheat the oven to 240°C/ 220°C (fan).
- Peel and mince the **garlic**.
- Finely chop the **tomatoes**.
- In a bowl, combine the chopped **tomatoes** with the **garlic**, **olive slices**, **capers**, **salt**, **pepper** and **olive oil**.
- This is the **tomato tapenade**.



2. Prep fish

- Pat the **seabream** dry with kitchen paper.
- Cut twice as many pieces of baking paper or tin foil as there are fish, each approx the size of A3 sheets of paper.
- Place each **seabream** fillet in the middle of 2 pieces and place on a baking tray.
- Top the fish with the **tomato tapenade**.

Tip! 2 pieces of paper per fillet ensures no leakage!



3. Bake

- Fold and scrunch the edges of the baking paper together around the **fish** to form a sealed parcel.
- Bake for 15 min or until the fish is cooked through.

Tip! The fish is cooked when it turns opaque and flakes easily.



4. Make cauli mash

- Meanwhile, chop the **cauliflower** into small florets.
- Bring a large pot of salted water to a boil.
- Add the **cauliflower** and cook, covered, for 10-12 min until soft.
- Once soft, drain the cooked **cauliflower** and add it to a food processor with the **cream cheese**.
- Blitz until smooth.
- Season well with **salt**.
- Keep covered until serving.



5. Boil beans

- Meanwhile, cook the **green beans** in a pot of salted boiling water for 3-4 min or until tender.
- Drain once cooked.



6. Serve

- Finely chop the **parsley**.
- Serve the **Baked Seabream** with **Tomato** and **Olive Tapenade** on a bed of **Cauliflower Mash** and a side of **Green Beans**.
- Garnish with the **parsley**.

Minced Beef Pot Pie with Potatoes and Peas

-

664 calories 50 protein 69 carbs 22 fat

Family Friendly

cook: 60 min

R4765-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2776 / 664
Fats (g)	22.4
of which saturated (g)	10.1
Carbohydrates (g)	69
of which sugars (g)	14.3
Fibers (g)	13.7
Proteins (g)	50.2
Salt (g)	4.8

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What You'll Need

Potato masher

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pot pie	
Lean beef mince	700 Grams
White onion	1 Piece
Garlic cloves	4 Piece
Salt	1 Tsp
Black pepper	0.5 Tsp
Plain flour 10*,11*	30 Grams
Vegetable oil	2 Tbsp
Tomato paste	70 Grams
Water	500 ML
Worcestershire sauce 6*,11*	30 ML
Marmite 11*,15*	8 Grams
Beef stock cube 4*,5*,9*,11*,15*	2 Piece
Fresh thyme	10 Grams
Fresh parsley	15 Grams

Potato mash	
Potatoes	1200 Grams
Salt	2 Tsp
Butter 4*	30 Grams
Black pepper	1 Tsp

Side	
Carrot	2 Piece
Green peas	200 Grams

Allergens: *10 Wheat, *11 Gluten, *6 Fish, *15 Celery, *4 Milk, *5 Eggs, *9 Soya

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1. Prep

Peel and chop the **carrots** into small bite-sized pieces. Clean the mushrooms with a damp cloth and chop into bite-sized pieces. Peel and finely chop the **garlic** and 1 **onion**.



2. Prep beef

Pat the steak strips really dry with paper towels. Season with a good pinch of **salt** and **pepper**, and mix in the **flour**.



3. Fry beef

Heat a large pot over a high heat with a good drizzle of **oil**. Once hot, add the steak strips in small batches, and fry for 2-3 min until deeply browned. Transfer the steak strips to a plate and reserve the pot.

> **Tip!** Make sure the pot is really hot before adding the beef. Otherwise, it will stew, and not brown. You want to develop deep and rich flavour at this stage.



4. Make stew

Add another drizzle of **oil** with the mushrooms, **onion** and **carrots** with a pinch of **salt** and fry for 5 min until the mushrooms brown. Add the **garlic**, bay leaves, and **tomato paste**. Fry for 1 min further. Add the steak strips back, the **measured water**, balsamic vinegar, brown sugar, **stock cube**, and either 0.5 or full bundle of **thyme** (to taste). Bring to a simmer, reduce the heat to medium and cook covered for 30-35 min until the steak is tender.

> **Tip!** Add a splash of water to the stew if it reduces too quickly.



5. Make mash

Meanwhile, peel and chop the **potatoes** into bite-sized pieces. Add them to a pan of boiling water with a generous pinch of **salt** and cook over medium heat for 20 min or until soft. Once soft, drain the **potatoes** and return them to the pan. Mash until smooth, add the **butter**, and season with **salt** and **pepper**.



6. Serve

Roughly chop the **parsley** and stir into the stew. Divide the **mashed potatoes** amongst plates and top with the **beef bourguignon**.

Classic Margherita Pizza

with Crudités and Garlic Dip

The classic margherita needs no explaining; tomato, mozzarella and fresh basil is a winner amongst everyone!

1286 calories | 42 protein | 157 carbs | 54 fat

Family Friendly

cook: 40 min

R4757-4



Nutritional information

	per serving*
Energy (kJ/kcal)	5380 / 1286
Fats (g)	53.7
of which saturated (g)	16.9
Carbohydrates (g)	157
of which sugars (g)	16.1
Fibers (g)	6.2
Proteins (g)	42.2
Salt (g)	2.8

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What You'll Need

- Oven
- Rolling pin

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Toppings	
Olive oil	1 Tbsp
Grated mozzarella 4*	300 Grams
Fresh basil	15 Grams

Tomato sauce	
Tomato passata	400 Grams
Olive oil	2 Tbsp
Garlic powder	4 Grams
Dried oregano	4 Grams
Brown sugar	10 Grams
Salt	1 Tsp

Pizza base	
Semolina 10*,11*	60 Grams
Plain flour 10*,11*	20 Grams
Pizza dough ball 10*,11*	4 Piece

Crudités	
Carrot	2 Piece
Cucumber	2 Piece
Red pepper	2 Piece
Mayonnaise 5*,9*,13*	100 Grams
Sour cream 4*	120 Grams
Vegetable seasoning 2*,10*,11*,13*	4 Grams
Garlic paste	20 Grams
White vinegar	15 ML

Allergens: *4 Milk, *10 Wheat, *11 Gluten, *5 Eggs, *9 Soya, *13 Mustard, *2 Tree Nuts

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1. Make sauce

- Preheat the oven to 220°C/200°C fan.
- Preheat your baking trays.
- In a bowl, combine the **tomato passata**, **olive oil**, **garlic powder**, **dried oregano** and **brown sugar** with the **salt**.
- This is the **tomato sauce**.

Tip! Remove the pizza dough from the fridge at least 10 min before cooking. Allowing the dough to come to room temp makes it easier to roll out.



2. Roll pizza

- Sprinkle half of the **semolina** onto a clean surface.
- Sprinkle the **flour** onto a rolling pin and roll out the **dough balls**, then allow them to rest for 3 min.
- After 3 min, continue to roll out the **dough** until roughly the size of a dinner plate.
- Sprinkle the remaining **semolina** onto the pre-heated baking trays.
- Carefully transfer the rolled out **dough** onto the trays.
- Spoon over the **tomato sauce**.



3. Bake

- Top the **pizza base** with the **grated mozzarella**.
- Brush the crust with **olive oil**.
- Bake for 15-20 min or until the crust begins to crisp and brown.



4. Prep sides

- Meanwhile, peel and chop the **carrot** into sticks.
- Chop the **cucumber** into sticks.
- Deseed and chop the **pepper** into strips.
- In a small bowl, combine the **mayonnaise**, **sour cream**, **vegetable seasoning**, **garlic paste** with a dash if **white vinegar** to taste.



5. Serve

- Tear the **basil** onto the **pizza**.
- Slice the **Classic Margherita Pizza** and serve immediately with the Crudités and **Garlic** Dip.

Irish Beef and Potato Stew

with Sour Cream and Chives

Enjoy this hearty supper to celebrate all things Irish!

hello chef

777 calories | 65 protein | 46 carbs | 38 fat

Family Friendly

cook: 45 min

R2795-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3242 / 777
Fats (g)	38.4
of which saturated (g)	20.1
Carbohydrates (g)	46
of which sugars (g)	11.5
Fibers (g)	8.9
Proteins (g)	65.2
Salt (g)	6.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

To serve	
Fresh chives	15 Grams
Sour cream 4*	120 Grams

Stew	
Steak strips	700 Grams
Water	800 ML
Beef stock cube 4*,5*,9*,11*,15*	1 Piece
Red onion	2 Piece
Garlic cloves	4 Piece
Potatoes	600 Grams
Carrot	2 Piece
Beef bacon	120 Grams
Butter 4*	50 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Plain flour 10*,11*	20 Grams
Tomato paste	70 Grams
Worcestershire sauce 6*,11*	30 ML
Dijon mustard 13*	12 Grams
Dried bay leaves	4 Piece
Dried thyme	4 Grams
Black pepper	1 Tsp

Allergens: *4 Milk, *5 Eggs, *9 Soya, *11 Gluten, *15 Celery, *10 Wheat, *6 Fish, *13 Mustard

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1. Prep

- Boil the **measured water** and dissolve the 1 **beef stock cube** in it.
- Set the **beef stock** aside.
- Peel and finely chop the **onion**.
- Peel and mince the **garlic**.
- Peel and chop the **potatoes** and **carrot** into bite-sized pieces.
- Chop the **beef bacon** into small bite-sized pieces.



2. Fry beef

- Heat a large pot over a medium-high heat.
- Add the **butter** and a drizzle of **oil**.
- Once hot, add the **steak strips** and the **chopped beef bacon**.
- Fry for 2-3 min until browned.



3. Add vegetables

- Add the **potatoes**, **carrots**, **onion** and **garlic** to the pot with a pinch of **salt**.
- Cook for 3 min further.
- Sprinkle with the **flour** and mix well.
- Add the **tomato paste**.
- Stir for 1 min further.



4. Simmer

- Add the **beef stock**, **Worcestershire sauce**, **Dijon mustard**, **bay leaves** and **thyme**.
- Mix well.
- Bring to a simmer, cover with a lid and reduce the heat to low.
- Cook for 25-30 min or until the **potatoes** and **carrots** have fully softened.
- Stir occasionally and add a splash of **water** if needed.
- Season with **salt** and **black pepper** to taste.



5. Serve

- Meanwhile, finely chop the **chives**.
- Serve the **Irish Beef and Potato Stew** with **Sour Cream** and **Chives**.
- Garnish with a dollop of **sour cream** and the **chives**.

Tip! This one's even better when prepared in advance. Reheat with a splash of water.

Creamy Chipotle Prawns

and Fajita Vegetables Tortilla Wraps

Strapped for time? These Mexican inspired wraps require only 3 ingredients to slice and come together in under 25 mins!

hellofresh

723 calories | 33 protein | 69 carbs | 36 fat

Quick Prep | Family Friendly

prep: 5 min | cook: 25 min | R4001-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3023 / 723
Fats (g)	35.8
of which saturated (g)	9
Carbohydrates (g)	69
of which sugars (g)	7.8
Fibers (g)	3.1
Proteins (g)	33.1
Salt (g)	3.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chipotle prawns	
Jumbo prawns 7*	600 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Mayonnaise 5*,9*,13*	100 Grams
Sour cream 4*	120 Grams
Smoked paprika powder	4 Grams
Chipotle powder	4 Grams
Honey	30 Grams

Vegetables	
Yellow pepper	2 Piece
Small zucchini	4 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Fajita seasoning	10 Grams

To serve	
8" tortilla wraps 10*,11*	8 Piece
Fresh coriander	15 Grams

Allergens: *7 Crustaceans, *5 Eggs, *9 Soya, *13 Mustard, *4 Milk, *10 Wheat, *11 Gluten

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1. Prep

Deseed and roughly slice the **pepper**. Chop the **zucchini** into half moons.



2. Fry prawns

Drain the **prawns** on kitchen paper. Heat a non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **jumbo prawns** with a pinch of **salt** and cook for 3-4 min until pink and cooked through. Transfer the **prawns** onto a plate and reserve the pan.



3. Make sauce

Meanwhile, mix together the **mayonnaise**, **sour cream**, **smoked paprika**, **chipotle powder (spicy!)**, **honey** and **salt** in a large bowl.

Tip! Sensitive to spice? Go easy on the chipotle powder.



4. Fry vegetables

Return the pan to a medium-high heat with another drizzle of **oil**. Once hot, add the **pepper** and **zucchini** with a pinch of **salt** and fry for 3-4 min. Add the **Fajita seasoning**, and cook for 1 min further.

Tip! To prevent the fajita vegetables from sticking to the pan, add a splash of water and mix through.



5. Warm tortillas

Meanwhile, heat the **tortilla wraps** in the microwave for 30-60 secs until warm. Add the cooked chicken to the creamy **chipotle sauce** and toss to coat.



6. Serve

Pick the **coriander** leaves. Load the **tortilla wraps** with the **fajita vegetables** followed by the chicken. Finally, top the **wraps** with the **coriander**.

Creamy Garlic Prawns

with Sugar Snap Peas, Sun dried Tomatoes and Brown Rice

Sun dried tomatoes are an antioxidant powerhouse that adds a depth of flavour to this simple meal.

hellofresh

697 calories | 37 protein | 89 carbs | 26 fat

Quick Prep

cook: 35 min

R4629-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2900 / 697
Fats (g)	26
of which saturated (g)	17.3
Carbohydrates (g)	89
of which sugars (g)	12
Fibers (g)	5.2
Proteins (g)	36.9
Salt (g)	1.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Prawns 7*	700 Grams
Brown rice	300 Grams
Sugar snap peas	200 Grams
Sun dried tomatoes	60 Grams
Fresh parsley	30 Grams
Vegetable oil	1 Tbsp
Garlic paste	20 Grams
Lemon pepper seasoning 13*,15*	8 Grams
Cayenne powder	4 Grams
Cooking cream 4*	400 ML
Water	200 ML

Allergens: *7 Crustaceans, *13 Mustard, *15 Celery, *4 Milk

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1. Boil rice

- Rinse the **rice** and drain.
- Bring a large pot of salted water to a boil over a medium-high heat.
- Once boiling, add the **brown rice** and cook for 25-30 min or until tender.
- Drain once tender.



2. Prep

- Cut the **sugar snap peas** in half.
- Roughly chop the **sun dried tomatoes**.
- Pick the **parsley leaves** and roughly chop.



3. Fry prawns

- Drain and pat dry the **prawns** using kitchen paper.
- Heat a non-stick pan over a medium-high heat with a drizzle of **oil**.
- Fry the **prawns** with a pinch of **salt** for 2-3 min until pink and cooked through.
- Reserve on a plate until step 5. Reserve the pan.



4. Make sauce

- Return the pan to medium heat with a drizzle of **oil**.
- Fry the **garlic** for 1-2 min until fragrant and starting to brown.
- Add the **lemon pepper seasoning** and a pinch of **cayenne pepper (spicy!)**.
- Add the **cream** and 200ml **water**. Stir to create a smooth sauce.
- Add the **sun dried tomatoes**, stir and cook for 2 min.

Tip! Can't handle the heat? Go easy on the cayenne pepper!



5. Simmer prawns

- Add **prawns**, **sugar snap peas** and **parsley**, reserving a handful for serving.
- Simmer for 3-4 min until the **sauce** thickens slightly.
- Season with **salt** and **pepper**, to taste.



6. Serve

- Serve the **Creamy Garlic Prawns** over **Brown Rice**, garnished with the reserved chopped **parsley**.

Seabream with Crunchy Hazelnuts, Green Beans and Cherry Tomatoes

This seabream is paired with a creamy sauce and fresh vegetables. It's finished with a sprinkling of hazelnuts.

hello chef

480 calories | 48 protein | 17 carbs | 25 fat

Low Carb | Calorie Smart | Speedy

cook: 20 min

R3327-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2011 / 480
Fats (g)	25.1
of which saturated (g)	8
Carbohydrates (g)	17
of which sugars (g)	7.5
Fibers (g)	7.3
Proteins (g)	48.4
Salt (g)	1.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Pestle & Mortar

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Seabream	
Seabream 6*	660 Grams
Vegetable oil	2 Tbsp

Vegetables	
Hazelnuts 2*	80 Grams
Cherry tomatoes	300 Grams
Spinach	450 Grams
Green beans	375 Grams
Olive oil	4 Tbsp
Garlic paste	20 Grams
Water	300 ML
Vegetable stock cube 15*	1 Piece
Cream cheese 4*	160 Grams
Black pepper	1 Tsp
Salt	1 Tsp
Fresh basil	15 Grams

Allergens: *6 Fish, *2 Tree Nuts, *15 Celery, *4 Milk

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1. Toast hazelnuts

- Roughly chop or crush the **hazelnuts**.
- Heat a large pan over a medium-high heat.
- Add the **hazelnuts** and toast for 3 min or until golden.
- Transfer the **hazelnuts** to a plate.
- Wipe and reserve the pan.



2. Prep

- Trim and roughly chop the **spinach** leaves.
- Trim the **green beans**.
- Chop the **cherry tomatoes** in half.



3. Make sauce

- Return the reserved pan to a medium heat with a generous drizzle of **olive oil**.
- Once hot, add the **garlic paste** and **cherry tomatoes**.
- Fry for 3 min.
- Add the **measured water**, 1 **vegetable stock cube** and the **green beans**.
- Cook, covered, for 8 min further or until the **tomatoes** start to break down and the **green beans** are tender.
- Add the **cream cheese** and **spinach**.
- Cook for 1 final min or until the **spinach** has wilted.
- Season with **pepper** to taste.



4. Fry fish

- Meanwhile, pat the **seabream** fillets dry with kitchen paper.
- Season the skin with **salt**.
- Heat a second large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **seabream**, skin-side down.
- Fry for 4 min or until crispy.
- Once crispy, flip.
- Cook for 1-2 min further.

Tip! You can tell when white fish is cooked by checking if the flesh flakes easily.



5. Serve

- Roughly tear the **basil** leaves.
- Serve the **Seabream** with **Green Beans**, **Cherry Tomatoes** with **Crunchy Hazelnuts** over the top.
- Garnish with the **basil** leaves.

Lemon and Garlic Seabream

with Red Pesto Pasta and Greens

Enjoy this juicy and satisfyingly succulent seabream over pasta, green beans and sugar snap peas.

hellofresh

700 calories | 54 protein | 88 carbs | 18 fat

Tips for Kids

cook: 30 min

R3791-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2922 / 700
Fats (g)	17.7
of which saturated (g)	6.7
Carbohydrates (g)	88
of which sugars (g)	9.7
Fibers (g)	11.1
Proteins (g)	53.9
Salt (g)	0.8

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Seabream	
Seabream 6*	660 Grams
Garlic cloves	4 Piece
Lemon	2 Piece
Fresh parsley	15 Grams
Butter 4*	40 Grams
Black pepper	1 Tsp
Salt	1 Tsp
Vegetable oil	2 Tbsp

Pesto pasta	
Farfalle pasta 10*,11*	375 Grams
Red pesto 2*,4*,5*	75 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Greens	
Green beans	300 Grams
Sugar snap peas	200 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *6 Fish, *4 Milk, *10 Wheat, *11 Gluten, *2 Tree Nuts, *5 Eggs

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1. Boil pasta

- Bring a pot of salted water to the boil.
- Once boiling, add the **farfalle pasta**.
- Cook for 8-10 min until 'al dente' or cooked to your liking.
- Drain.
- Return the **pasta** to the pot and allow to cool slightly.

Tip! Drizzle the cooked pasta with a bit of oil to prevent them from sticking.



2. Prep

- Meanwhile, peel and mince the **garlic**.
- Slice the **lemon** into wedges.
- Pick and finely chop the **parsley** leaves.
- In a microwave, melt the **butter** in a small bowl and combine with the **garlic**, **parsley**, squeeze of **lemon juice** to taste (reserve some for garnish) and **pepper**.
- Keep the **lemon and garlic butter** aside.
- Trim the **green beans**.
- Trim the **sugar snap peas**.

Tip! If cooking for kids, reserve some of the parsley as 'sprinkles'.



3. Fry veg

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **green beans** and **sugar snap peas** with a pinch of **salt**.
- Fry for 5-7 min.
- Season with **pepper** to taste and transfer to a plate.
- Reserve the pan.



4. Fry seabream

- Pat the **seabream** fillets dry with kitchen paper.
- Season the skin with **salt**.
- Spread the **lemon and garlic butter** over the flesh.
- Return the reserved pan to a medium high heat with a drizzle of **oil**.
- Once hot, add the **seabream**, skin-side down.
- Fry for 4 min or until crispy.
- Once crispy, flip.
- Cook for 1-2 min further.

Tip! If cooking for kids, set aside a portion and keep them plain.



5. Make pasta

- Meanwhile, add the **pesto** to the **pasta** with a drizzle of **olive oil** and season with **salt** and **pepper**.
- Mix well and set aside.

Tip! If cooking for kids, keep the pasta and pesto separate.



6. Serve

- Serve the **Lemon and Garlic Seabream** with **Red Pesto Pasta** and **Greens**.
- Serve with the remaining **lemon wedges** alongside.

Tip! If cooking for kids, serve the pasta, vegetables, pesto and seabream separately. Serve with the parsley on the side as 'sprinkles'.

Pulled Beef Chilli con Carne

Did someone say one-pot wonder, please?

hellofresh

624 calories | 46 protein | 65 carbs | 20 fat

Speedy

cook: 20 min

R4822-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2614 / 624
Fats (g)	20.2
of which saturated (g)	8.3
Carbohydrates (g)	65
of which sugars (g)	23.4
Fibers (g)	16
Proteins (g)	46.2
Salt (g)	4.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chilli	
Pulled beef	400 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Red pepper	2 Piece
Red kidney beans	480 Grams
Sweet corn kernels	244 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Cumin powder	4 Grams
Chipotle powder	4 Grams
Smoked paprika powder	4 Grams
Tomato paste	70 Grams
Tomato passata	500 Grams
Brown sugar	20 Grams
Sriracha sauce	14 Grams
Water	300 ML
Beef stock cube 4*,5*,9*,11*,15*	2 Piece
Black pepper	1 Tsp
Lime	2 Piece

Toppings	
Fresh coriander	15 Grams
Sour cream 4*	120 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *11 Gluten, *15 Celery

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1. Prep

Peel and finely chop the **onion**. Peel and mince the **garlic**. De-seed and finely chop the **pepper**. Drain and rinse the **kidney beans** and **sweet corn**.



2. Fry

Heat a large pan or pot over a medium heat with a drizzle of **oil**. Once hot, add the **onion** and **pepper** with a pinch of **salt** and cook for 5-6 min or until softened. Add the **garlic**, **cumin**, **chipotle (spicy!)**, **smoked paprika** and **tomato paste**. Fry for 2 min further.



3. Simmer

Add the **pulled beef**, **tomato passata**, honey, **sriracha (spicy!)**, **measured water**, **stock cube**, drained **kidney beans**, **sweet corn**, **salt** and **pepper**. Cover with a lid, reduce the heat to low and simmer for 10 min, stirring occasionally. If the stew thickens too much, add a splash of water.

> **Tip!** The longer this one stews for, the better! Cook the chilli for up to one hour to allow the flavours to really develop.



4. Serve

Finely chop the **coriander** leaves. Stir half of them through the **chilli** along with the juice of the **lime**. Divide the **chilli** among bowls. Top with the **sour cream**. Garnish with the remaining **coriander**.

Steamed Eggplant and Crispy Tofu

with Jasmine Rice and Peanut Crackle

200 calories | 11 protein | 30 carbs | 7 fat

Family Friendly | Quick Prep

cook: 30 min

R4669-4

Nutritional information

	per serving*
Energy (kJ/kcal)	835 / 200
Fats (g)	6.6
of which saturated (g)	1
Carbohydrates (g)	30
of which sugars (g)	5.2
Fibers (g)	3.6
Proteins (g)	10.7
Salt (g)	1.5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Whisk

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 8 servings

Eggplant	
Long Eggplant	500 Grams
Firm tofu 9*	600 Grams
Corn starch	30 Grams

Peanut sauce	
Salted peanuts 1*	80 Grams
Sesame seeds 3*	10 Grams
Ginger garlic paste	40 Grams
Vegetarian oyster sauce 9*	40 Grams
Tamari 9*	30 ML
Agave syrup	30 Grams
Garlic cloves	4 Piece

Rice	
Jasmine rice	300 Grams
Olive oil	4 Tbsp

Pickle	
Carrot	1 Piece
Cucumber	2 Piece
Apple cider vinegar	30 ML
White sugar	20 Grams

Allergens: *9 Soya, *1 Peanuts, *3 Sesame Seeds

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1. Boil rice

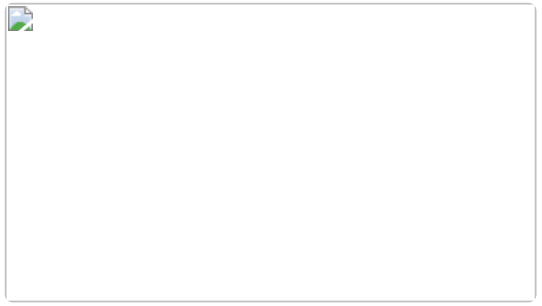


2. Prep

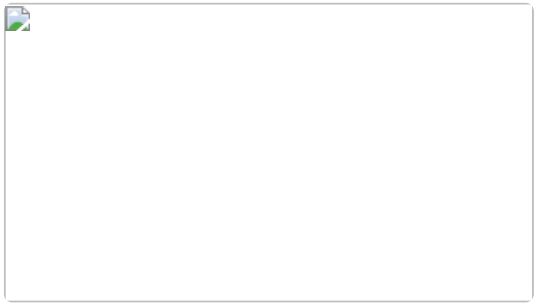


3. Make crackle

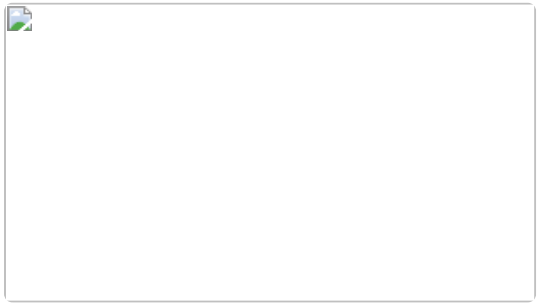
- Place a small saucepan over a medium heat with the **peanuts**, **ginger garlic paste**, **sesame seeds**, turmeric powder, chilli flakes **(spicy!)**, **olive oil**, honey and the **tamari**.
- Cook for 4–5 min or until the mix thickens.
- Remove from the heat and set aside.



4. Fry tofu



5. Fry veg



6. Serve

Ultimate Chocolate Chip Cookies with Salted Caramel

–

-

1486 calories 19 protein 179 carbs 77 fat

cook: 30 min

R4705-4



Nutritional information

	per serving*
Energy (kJ/kcal)	6193 / 1486
Fats (g)	77.4
of which saturated (g)	47.5
Carbohydrates (g)	179
of which sugars (g)	119.7
Fibers (g)	1
Proteins (g)	18.9
Salt (g)	1.2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Cookie dough	
Organic Eggs 5*	1 Piece
Butter 4*	100 Grams
Brown sugar	40 Grams
Brown sugar	10 Grams
White sugar	50 Grams
Vanilla essence	5 ML
Plain flour 10*,11*	140 Grams
Baking soda	5 Grams
Salt	0.25 Tsp
Milk chocolate 4*,9*	100 Grams
Belgian white chocolate 4*,9*	100 Grams
Caramel spread 4*	50 Grams
Flaky sea salt	2 Grams

Allergens: *5 Eggs, *4 Milk, *10 Wheat, *11 Gluten, *9 Soya

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1. –

2. –



3. Mix wet ingredients

In a large mixing bowl, melt the **butter**. Add the **white sugar** and **brown sugar**, and using a spatula, mix well until the **sugar** is dissolved and combined. Add the **egg** and **vanilla** and mix until well combined.

> **Tip!** The texture of the batter will be runny.



4. Add dry ingredients

Sift over the **flour**, **baking soda**, and pinch of **salt**. Using a spatula mix until just combined. Add in half the **Belgian** dark **chocolate** and mix until evenly distributed.

> **Tip!** The texture of the cookie batter will be sticky. You could chill the cookie dough for 1 hour until the ice cream is ready, then bake.

5. Bake

Spread the **cookie batter** in the skillet or baking dish of choice, and sprinkle the remaining **Belgian** dark **chocolate**, peanuts, and a pinch of **flaky sea salt** on top. Bake for 13-15 min. The **cookie** is done when the edges are lightly browned, and the center is slightly soft (for a gooey texture).

> **Tip!** If you want a firmer cake-like cookie, bake for another 2 minutes.

6. Serve

Serve the **Giant Chocolate Chip Cookie** warm and – out of the pan, and dig in with scoops of **Homemade Salted Peanut Caramel Ice Cream**.

Pan-fried Salmon with Creamy Pesto Vegetables

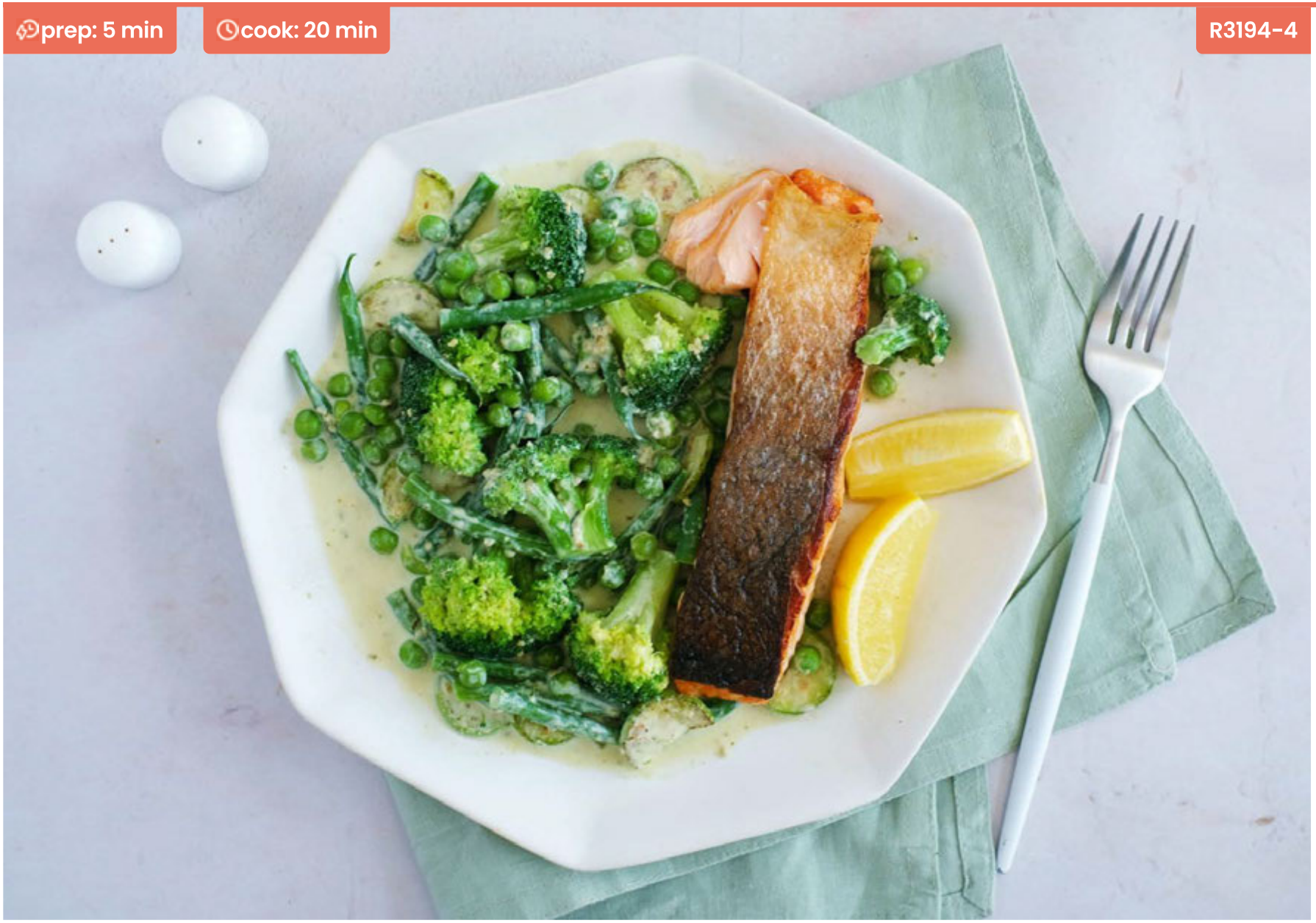
Like all oily fish, salmon is rich in omega-3 fatty acids, making it an excellent promoter of heart and brain health.

hello chef

694 calories | 44 protein | 26 carbs | 48 fat

Low Carb | Quick Prep | Speedy

prep: 5 min | cook: 20 min | R3194-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2894 / 694
Fats (g)	48.3
of which saturated (g)	13.4
Carbohydrates (g)	26
of which sugars (g)	8
Fibers (g)	8.7
Proteins (g)	43.7
Salt (g)	1.4

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Skin-on salmon fillet 6*	700 Grams
Green beans	300 Grams
Small zucchini	4 Piece
Broccoli	400 Grams
Green peas	200 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Cream cheese 4*	160 Grams
Green pesto 2*,4*	100 Grams
Lemon	2 Piece
Black pepper	1 Tsp

Allergens: *6 Fish, *4 Milk, *2 Tree Nuts

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1. Prep

- Trim the **green beans** and slice them in half.
- Slice the **zucchini** in half lengthways, then slice it into half moons.
- Chop the **broccoli** into florets.
- Portion the **salmon**.



2. Boil

- Bring a pot of salted water to the boil.
- Add the **green beans**, **broccoli** and **peas**.
- Cook for 3 min until tender.
- Drain.



3. Fry zucchini

- Meanwhile, heat a non-stick pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **zucchini**.
- Fry for 5 min until golden.



4. Fry salmon

- Meanwhile, sprinkle the **salmon** skin with **salt**.
- Heat a second non-stick pan over a medium heat with a drizzle of **olive oil**.
- Once hot, add the **salmon fillets** skin-side down.
- Cook for 3-4 min on either side until cooked through.

Tip! Cook your salmon for a couple of min less for a medium finish. Keeping it slightly pink inside will ensure it doesn't dry out.



5. Pesto veg

- After 5 min, add the drained **peas**, **broccoli** and **beans** along with the **cream cheese** and **pesto** to the **zucchini**.
- Toss until well combined (add a splash of water if needed!).



6. Serve

- Slice the **lemon** into wedges.
- Serve the **Pan-fried Salmon** with **Creamy Pesto Vegetables** alongside.
- Season with a squeeze of **lemon** juice.
- Finish with a generous grind of **black pepper**.

Peri Peri Chicken Salad

with Corn and Feta

While Peri Peri is in fact a type of chilli, the name has become synonymous with spicy grilled chicken.

hellochef

492 calories | 58 protein | 38 carbs | 12 fat

Low Carb | Calorie Smart | Speedy

cook: 25 min

R2615-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2058 / 492
Fats (g)	12.3
of which saturated (g)	6.2
Carbohydrates (g)	38
of which sugars (g)	16.5
Fibers (g)	7.7
Proteins (g)	57.8
Salt (g)	5.7

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Whisk

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04-383-93-99
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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Peri peri chicken	
Chicken breast	800 Grams
Vegetable oil	2 Tbsp
Smoked paprika powder	4 Grams
Chipotle powder	4 Grams
Garlic onion powder	8 Grams
Dried oregano	4 Grams
Worcestershire sauce 6*,11*	30 ML
Water	30 ML
Salt	1 Tsp

Salad	
Lemon	2 Piece
Olive oil	4 Tbsp
Honey	30 Grams
Salt	1 Tsp
Romaine lettuce	400 Grams
Feta cheese 4*	200 Grams
Cherry tomatoes	300 Grams
Sweet corn kernels	244 Grams
Black pepper	1 Tsp

Allergens: *6 Fish, *11 Gluten, *4 Milk

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1. Simmer chicken

Bring a large pot of water to a boil. Add the whole **chicken breasts** and cook for 6-8 min or until cooked through. Drain and transfer the **chicken** onto a plate. Using two forks, pull the **chicken** until it's fully shredded. Reserve the pot.



2. Make dressing

Meanwhile, juice the **lemon** into a large bowl. Add the **olive oil**, **honey**, a pinch of **salt** and **black pepper**. Whisk until combined. This is your **lemon dressing**.



3. Prep salad

Roughly chop the **lettuce**. Chop the **feta cheese** into cubes. Chop the **cherry tomatoes** in half. Drain the **sweet corn kernels**.



4. Add spices

Return the pot to a medium heat with a drizzle of **oil**. Once hot, add the **smoked paprika**, **chipotle powder (spicy!)**, **garlic onion powder** and **dried oregano**. Fry for 1 min. After 1 min, add the **Worcestershire sauce**, **measured water** and the **chicken**. Simmer over a medium-low heat for 5 min. Remove the pot from the heat and season with **salt**.

Tip! Frying the spice is essential to avoid any raw flavours or bitterness. Don't have a precise measuring jug to hand? Use a spoon measurement instead. 1 tbsp consists of 15 ml.



5. Toss salad

Meanwhile, add the **lettuce**, **tomatoes** and **corn** to the **lemon dressing** and toss to coat.

Tip! Don't dress the salad until just before serving so it doesn't go soggy.



6. Serve

Divide the **salad** among plates or bowls and top with the **peri peri chicken** and **feta**.

Small Tortilla Wraps

190 calories 5 protein 31 carbs 5 fat

Family Friendly

cook: 5 min

R4680-4



Nutritional information

	per serving*
Energy (kJ/kcal)	795 / 190
Fats (g)	5.3
of which saturated (g)	1.2
Carbohydrates (g)	31
of which sugars (g)	1.2
Fibers (g)	0.1
Proteins (g)	4.8
Salt (g)	1.3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 3 servings

Tortillas

6" tortilla wraps 10*,11*	6 Piece

Allergens: *10 Wheat, *11 Gluten

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1. Microwave

- Heat the **tortillas** in the microwave for 30-60 secs or until warmed through.

Tip! Alternatively, heat in a hot dry pan for 30 sec on each side or until browned. Repeat with all of the tortillas.

Spicy Chipotle Lamb Tacos

with Sweetcorn Salsa and Jalapeño Crema

Chipotle peppers in adobo sauce add extremely rich, smoky and spicy flavours to these tacos!

1139 calories | 60 protein | 87 carbs | 69 fat

Global Eats

cook: 35 min

R4386-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4767 / 1139
Fats (g)	68.5
of which saturated (g)	23.1
Carbohydrates (g)	87
of which sugars (g)	16.5
Fibers (g)	8
Proteins (g)	60.2
Salt (g)	3.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Lamb	
Lamb mince	700 Grams
Garlic cloves	4 Piece
Chipotle	30 Grams
Fresh coriander	30 Grams
Vegetable oil	1 Tbsp
Coriander cumin powder	8 Grams
Smoked paprika powder	4 Grams
Dried oregano	4 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Tomato paste	70 Grams
Water	100 ML

Sides	
Red onion	2 Piece
Red vinegar	30 ML
Salt	0.5 Tsp
White sugar	10 Grams
Tomatoes	2 Piece
Sweet corn kernels	244 Grams
Lime	3 Piece
Jalapeno slices	60 Grams
Sour cream 4*	120 Grams
Mayonnaise 5*,9*,13*	100 Grams

To serve	
6" tortilla wraps 10*,11*	12 Piece

Allergens: *4 Milk, *5 Eggs, *9 Soya, *13 Mustard, *10 Wheat, *11 Gluten

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1. Prep

- Peel the **onions**.
- Finely slice half and finely chop the remaining half.
- In a small bowl, combine the **onion slices**, **red vinegar** and pinch of **salt** and **sugar**.
- Leave to marinate until serving.
- Peel and finely chop the **garlic**.
- Finely chop the **tomatoes**.
- Finely chop **chipotle chilli**.
- Drain the **sweet corn**.
- Pick the **coriander leaves**, retain the **stalks** and finely chop them.
- Zest and chop the **limes** into wedges.



2. Make corn salsa

- Heat a large frying pan over a medium-high heat.
- Add the **corn**.
- Fry for 2-3 min until slightly charred.
- Transfer the **corn** to a bowl and reserve pan for step 3.
- To the same bowl as the **corn**, add the **tomatoes**, finely chopped **onions**, **coriander leaves**.
- Add a pinch of **salt** and squeeze of **lime juice** to taste.



3. Fry lamb

- Return the reserved pan to a medium-high heat with a small drizzle of **oil**.
- Fry the **lamb** for 3-4 min until browned.
- Add the **garlic**, **coriander cumin powder**, **smoked paprika**, **dried oregano**, **coriander stalks** and a pinch of **salt** and **black pepper**.
- Fry for 1 min further.



4. Simmer

- Add the **chipotle (spicy!)**, **tomato paste**, remaining **sugar** and **measured water**.
- Mix well.
- Simmer for 3-4 min until the liquid has reduced.
- Adjust seasoning to taste.



5. Make jalapeño crema

- Meanwhile, finely chop the **jalapenos**.
- In a small bowl, combine the **sour cream** and **mayonnaise** with the **jalapenos** and **lime zest**.
- Set the **jalapeno crema** aside.



6. Serve

- Heat the **tortillas** in the microwave for 30 secs.
- Spoon some of the **Spicy Chipotle Lamb** into a **tortilla**.
- Add some of the **sweet corn salsa** and a dollop of **Jalapeno Crema**.
- Finish with the **pickled onions**.
- Serve the **Spicy Chipotle Lamb Tacos with Sweetcorn Salsa and Jalapeño Crema**.

Chicken Saltimbocca

with Butter Bean Mash and Green Beans

This Italian classic is traditionally made with veal and marinated in brine or wine. To speed things up, we're using chicken!

560 calories | 57 protein | 9 carbs | 32 fat

Low Carb

cook: 30 min

R2922-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2328 / 560
Fats (g)	32.4
of which saturated (g)	17
Carbohydrates (g)	9
of which sugars (g)	3.6
Fibers (g)	2.6
Proteins (g)	57.3
Salt (g)	3

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Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Saltimbocca	
Chicken breast	800 Grams
Smoked turkey bacon	120 Grams
Olive oil	2 Tbsp
Fresh sage	15 Grams
Butter 4*	100 Grams
Lemon	1 Piece
Capers	40 Grams

Side	
Water	100 ML
Cream cheese 4*	40 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *4 Milk

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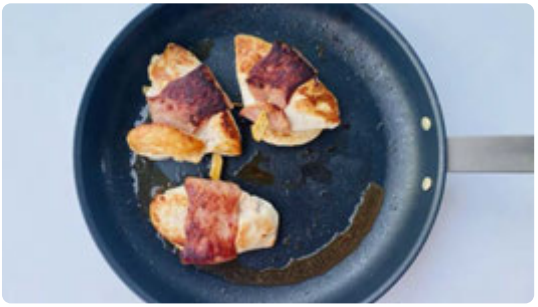
1. Simmer beans

Drain and rinse the white beans. Add them to a pan with the measured **water**. Simmer the beans over a low heat for 10 min. After 10 min, remove the beans from the heat, add the **cream cheese** and mash until smooth. Season with **salt** and **pepper**. Keep warm.



2. Prep chicken

Meanwhile, wrap each **chicken breast** in cling film. Using a rolling pin, bash the **chicken breasts** until approx 1 cm thick. Season each **chicken breast** and wrap it in the **turkey bacon**. Secure the **bacon** with a tooth pick.



3. Fry chicken

Heat a large pan over a medium heat with a drizzle of **oil**. Once hot, fry the **chicken** for 4 min on each side until cooked through.



4. Boil green beans

Meanwhile, pick the **sage** leaves and discard the stems. Trim the green beans. Boil the green beans in a pot of salted **water** for 4 min until tender. Drain.



5. Make butter sauce

Once the **chicken** is cooked, add the **butter** and **sage** to the pan and cook for 2-3 min further or until the **butter** starts to turn light brown and smells of biscuits (don't let it burn though!). Remove the pan from the heat and add a generous squeeze of **lemon** juice and the **capers**.



6. Serve

Serve the **chicken** alongside the bean mash and green beans. Drizzle with the **butter** sauce. Garnish with any remaining **lemon** wedges.

King Oyster Mushroom and Eggplant Yakitori

with Sesame Noodle Salad

-

764 calories | 25 protein | 96 carbs | 35 fat

Calorie Smart

cook: 45 min

R4375-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3197 / 764
Fats (g)	35.1
of which saturated (g)	4
Carbohydrates (g)	96
of which sugars (g)	24.4
Fibers (g)	17.9
Proteins (g)	24.9
Salt (g)	9

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Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Yakitori	
King oyster mushrooms	400 Grams
Dark soy sauce 9*,10*,11*	40 ML
Long Eggplant	500 Grams
Vegetarian oyster sauce 9*	40 Grams
Brown sugar	20 Grams
Rice vinegar	30 ML
Ginger garlic paste	30 Grams
Bamboo skewers	6 Piece
Furikake seasoning 3*,4*,6*,9*,10*	20 Grams
Sesame oil 3*,9*	30 ML

Noodle salad	
Egg noodles 5*,10*,11*	200 Grams
Sesame dressing 3*,5*,9*,10*,11*	120 Grams
Carrot	1 Piece
Spring onion	80 Grams
Lime	1 Piece
Cucumber	2 Piece
Fresh coriander	30 Grams
Salted peanuts 1*	80 Grams
Small red chilli	1 Piece

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds, *4 Milk, *6 Fish, *5 Eggs, *1 Peanuts

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1. Prep

Soak the **bamboo skewers**. Bring water to a boil. Slice **king oyster mushrooms** stems into **long** thin slabs. Transfer to a bowl, cover with boiling water and leave to soften for 10 min. Slice the **eggplant** down the center and make a crisscross.



2. Marinate mushrooms

In another bowl, combine the **soy sauce**, **vegetarian oyster sauce**, **brown sugar**, **rice vinegar**, **ginger garlic paste** - this is your glaze. Once the **mushrooms** have softened, drain and squeeze as much of the water from them as possible. Return the **mushrooms** to the bowl with a drizzle of **oil**, add the glaze, and mix to incorporate. Set aside.



3. Make noodle salad

Meanwhile, bring a pot of water to a boil. Add the **egg noodles** and edamame, and cook for 4 min. Drain and rinse with cold water. Trim and slice the **spring onions**. Peel and grate the **carrots**. Cut the **cucumbers** into half moons. Pick and trim the **coriander**. Zest the **lime** and cut into wedges. In a bowl, combine the vegetables with the cooled **noodles**, and **sesame dressing**. Set in the fridge to chill.



4. Make skewers

Take a mushroom strip and fold it repeatedly like an accordion, and skewer it through the center to keep it in place. Repeat until the **skewers** are full.



5. Grill

Heat a grill pan and brush with **oil**. Place the **skewers** on the pan and grill for 2 min on each side. Use the leftover marinade to glaze the **mushrooms**.



6. Serve

Divide the mushroom yakitori and noodle salad amongst bowls.

Meatball and Egg Shakshuka

with Fresh Parsley

Shakshuka may be at the apex of eggs-for-dinner recipes!

hellochef

907 calories | 49 protein | 28 carbs | 66 fat

Low Carb

cook: 30 min

R1869-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3797 / 907
Fats (g)	66.3
of which saturated (g)	24.3
Carbohydrates (g)	28
of which sugars (g)	19.5
Fibers (g)	7
Proteins (g)	48.9
Salt (g)	5.2

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Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meatballs	
Beef mince	700 Grams
Garlic paste	20 Grams
Dijon mustard 13*	12 Grams
Salt	2 Tsp
Black pepper	1 Tsp

Sauce	
Red onion	2 Piece
Garlic cloves	4 Piece
Tomatoes	4 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Chilli flakes	2 Grams
Tomato paste	70 Grams
Tomato passata	600 Grams
Water	100 ML
Chicken stock cube 4*,5*,9*,15*	2 Piece
Honey	30 Grams
Black pepper	1 Tsp
Organic Eggs 5*	8 Piece

To serve	
Fresh parsley	15 Grams

Allergens: *13 Mustard, *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Prep meatballs

Add the **beef mince**, **garlic paste**, **Dijon mustard**, **salt** and **pepper** to a large mixing bowl. With clean hands, knead for 3-4 until all the ingredients are fully combined and the meat is tender. Shape into meatballs.



2. Prep vegetables

Peel and chop the **onion** and **garlic**. Chop the **tomatoes**.



3. Start shakshuka

Heat a pan over medium-high heat with a drizzle of **oil**. Fry the **onion** with a pinch of **salt** for 5 min until translucent. Add the **garlic**, **chilli flakes** (adjust the amount to your liking), **tomatoes** and **tomato paste**, and cook for 2 min further. Add the **tomato passata**, **water**, **chicken stock cube**, **honey** and **black pepper**. Simmer for 5 min.



4. Add meatballs

Add the meatballs to the pan. Cover with a lid and simmer for 10 min.



5. Add eggs

With the back of a spoon, delve holes into the shakshuka. Crack the **eggs** into the holes. Cook for 7-8 min further, mixing the whites into the sauce with a fork whilst taking care not to poke the yolks. Cook until the yolks have cooked to your liking.



6. Serve

Chop the **fresh parsley**. Sprinkle the **parsley** over the shakshuka, and serve immidiately (see tips for fussy eaters and pro tip).

Greek Style Lamb Burgers

with Lemon Parsley Potatoes and Greek Salad

-

hellofresh

1016 calories | 68 protein | 90 carbs | 50 fat

Tips for Kids

cook: 30 min

R4142-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4252 / 1016
Fats (g)	49.9
of which saturated (g)	20.2
Carbohydrates (g)	90
of which sugars (g)	16.5
Fibers (g)	14.7
Proteins (g)	68
Salt (g)	4

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Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Potatoes	
Potatoes	1000 Grams
Lemon	2 Piece
Fresh parsley	15 Grams

Lamb Burgers	
Lamb mince	700 Grams
Panko bread crumbs 10*,11*,12*	30 Grams
Dried oregano	4 Grams
Garlic onion powder	8 Grams
Dried thyme	4 Grams

Tzatziki	
Cucumber	2 Piece
Natural yogurt 4*	340 Grams
Garlic cloves	3 Piece

Greek Salad	
Feta cheese 4*	100 Grams
Tomatoes	2 Piece
Kalamata olives	80 Grams
Red onion	1 Piece
Fresh mint	10 Grams
Red vinegar	30 ML
Dijon mustard 13*	18 Grams

To Serve	
Rocket	40 Grams
Burger bun 3*,4*,10*,11*	4 Piece

Allergens: *10 Wheat, *11 Gluten, *12 Lupin, *4 Milk, *13 Mustard, *3 Sesame Seeds

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1. Roast potatoes

Preheat the oven 220/180. Cut the **potatoes** (skin on) into fries. Zest the **lemon** and cut into wedges. Finely chop the **parsley**. Place the **potatoes** on a lined baking tray and drizzle with oil. Season with salt and pepper and bake for 30 min. Once finished toss in the **parsley** and **lemon** zest



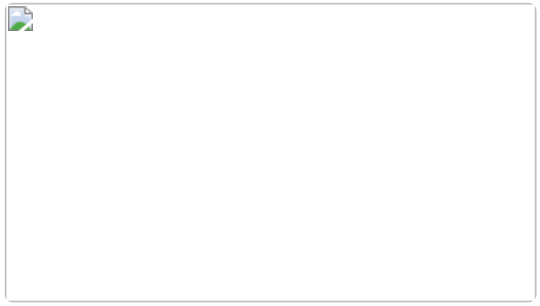
2. Make lamb burgers

Mix **lamb mince**, **oregano**, chilli flakes, **garlic onion powder**, **dried thyme**, salt and black pepper. And breadcumbs. Shape into patties 8.



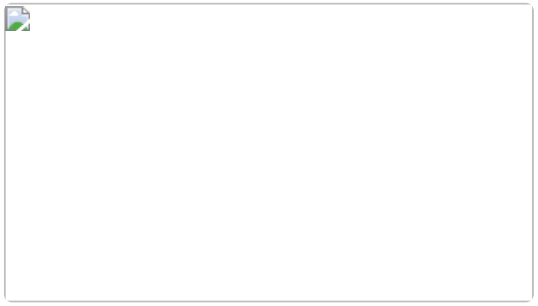
3. Cook burgers

Bake/fry?



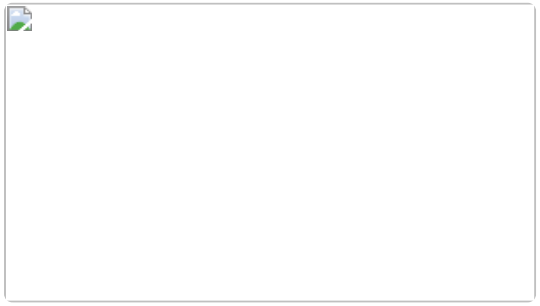
4. Make salad

Finely chop the **cucumber** and **tomatoes**. Slice the **olives** into rounds. Cut the **feta** into cubes. Cut the lettuce into strips. Finely slice the **red onion**. Finely chop the **mint**. In a large bowl mix the juice of **lemon** and olive oil with some salt and pepper. Add the ingredients and toss. Top with the **feta**.



5. Make tzatziki

-



6. Serve

To a **burger bun** add some tzatziki add 2 **burger** patties and top with a small amount of the greek salad. Serve with **lemon parsley potatoes** on the side with remaining tzatziki and greek salad.

Ultimate Three Cheese Bacon Mac and Cheese
with Side Salad

A classic comfort dish that never fails to delight your taste buds.

hello chef

1427 calories | 75 protein | 134 carbs | 71 fat

Family Friendly | Quick Prep | Weekly classic

cook: 40 min

R4587-4



Nutritional information

	per serving*
Energy (kJ/kcal)	5965 / 1427
Fats (g)	70.9
of which saturated (g)	38.9
Carbohydrates (g)	134
of which sugars (g)	22.6
Fibers (g)	10.4
Proteins (g)	74.8
Salt (g)	6.5

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What You'll Need

- Oven
- Box grater
- Whisk

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Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Mac & Cheese	
Macaroni pasta 10*,11*	500 Grams
Mature cheddar 4*	120 Grams
Parmesan 4*	120 Grams
Beef bacon	240 Grams
Butter 4*	50 Grams
Plain flour 10*,11*	40 Grams
Whole milk 4*	800 ML
Vegetable seasoning 2*,10*,11*,13*	10 Grams
Garlic onion powder	8 Grams
Dijon mustard 13*	12 Grams
Black pepper	1 Tsp
Grated orange cheddar 4*	120 Grams
Panko bread crumbs 10*,11*,12*	40 Grams

Salad	
Balsamic vinegar 14*	30 ML
Honey	30 Grams
Olive oil	2 Tbsp
Salt	0.25 Tsp
Black pepper	0.25 Tsp
Romaine lettuce	400 Grams
Cherry tomatoes	300 Grams
Cucumber	2 Piece

Allergens: *10 Wheat, *11 Gluten, *4 Milk, *2 Tree Nuts, *13 Mustard, *12 Lupin, *14 Sulphur Dioxide

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1. Boil pasta

- Bring a large pot of salted water to the boil.
- Add the **macaroni**.
- Boil for 8 min or until 'al dente'.
- Drain.



2. Prep

- Grate the **mature cheddar** and **Parmesan**.
- Chop the **beef bacon** into small bite-sized pieces.
- Heat a frying pan over medium-high heat.
- Fry the **bacon** for 6-8 min until crispy.
- Remove from the pan and set aside on a paper towel-lined plate.

Tip! Retain the bacon grease for adding to the cheese sauce for an extra bacony flavour.



3. Make sauce

- Heat a separate pot over medium heat with the **butter** and **flour**.
- Cook, stirring, for 1 min or until a sandy paste has formed.
- Gradually whisk in the **milk** and cook for 5 min or until thickened.
- Mix in the **vegetable seasoning**, **garlic onion powder**, **dijon mustard**, **mature cheddar**, **orange cheddar** and half of the **Parmesan**.

Tip! The sauce is thick when it coats the back of a spoon.



4. Grill

- Preheat the grill to medium-high.
- Add the cooked **macaroni** and cooked **bacon** to the sauce pot.
- Mix to combine with the **sauce** and season with **black pepper** to taste.
- Transfer to an oven-proof baking dish.
- Top with the **panko bread crumbs** and the remaining **Parmesan**.
- Place under the grill for 5-8 min until golden and bubbling.

Tip! Don't have a grill, bake the mac and cheese in the oven at 180°C for 10-15 min until the top is golden.



5. Make salad

- In a large bowl, combine the **balsamic vinegar**, **honey** and **olive oil** with a pinch of **salt** and **pepper** (make the dressing in a separate small box if consuming later).
- Chop the **Romaine lettuce** into bite-sized pieces.
- Chop the **tomatoes** in half.
- Chop the **cucumber** into small bite-sized pieces.
- Place the **salad** in the bowl and toss to coat in the **dressing**.

Tip! If cooking for kids, leave some of the lettuce, tomatoes and cucumber separate.



6. Serve

- Serve the **Bacon Mac and Cheese** with the **Side Salad** alongside.

Tip! If serving for kids, serve with the lettuce, tomatoes and cucumber separated on the side.

Danish Meatballs

with Rice and Curry Sauce

Enjoy a traditional Danish dish with juicy meatballs and a delicious curry sauce.

hellochef

1231 calories | 74 protein | 143 carbs | 48 fat

Chef's choice | Family Friendly

cook: 40 min

R3283-4



Nutritional information

	per serving*
Energy (kJ/kcal)	5146 / 1231
Fats (g)	47.6
of which saturated (g)	18.2
Carbohydrates (g)	143
of which sugars (g)	28.3
Fibers (g)	12.5
Proteins (g)	73.6
Salt (g)	1.8

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Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meatballs	
Chicken mince	600 Grams
Brown onion	1 Piece
Red apple	2 Piece
Fresh breadcrumbs 4*,10*	120 Grams
Organic Eggs 5*	2 Piece
Salt	2 Tsp
Black pepper	2 Tsp
Vegetable oil	2 Tbsp

Sauce	
Butter 4*	50 Grams
Curry powder	20 Grams
Plain flour 10*,11*	50 Grams
Vegetable stock cube 15*	1 Piece
Whole milk 4*	600 ML

Rice	
Basmati rice	300 Grams
Salt	1 Tsp
Water	600 ML

Salad	
Carrot	4 Piece
Lime	2 Piece
Fresh parsley	15 Grams
Sunflower seeds	40 Grams

Allergens: *4 Milk, *10 Wheat, *5 Eggs, *11 Gluten, *15 Celery

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1. Make meatballs

Place the **chicken mince** in a large bowl. Peel and chop the **onion** very finely. Grate the **apple**. Add half the grated **apple**, **onion**, **breadcrumbs** and **eggs** to the bowl. Season with **salt** and **pepper**. With clean hands, knead the mixture well until fully combined. Shape into 18 small **meatballs**. Refrigerate.



2. Cook rice

Meanwhile, rinse the **basmati rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pot from heat and keep covered until serving.



3. Fry meatballs

Heat a large pan over a medium heat with a drizzle of **oil**. Once hot, add the **meatballs** and fry for 5-6 min until cooked through. Once the **meatballs** are cooked, transfer them to a plate. Reserve the pan.



4. Prep

Meanwhile, peel and grate the **carrots**. Juice the **lime**. Chop the **parsley**. In a small bowl, combine the **lime** juice, the remaining grated **apple**, **carrots**, **parsley** and the **sunflower seeds**.



5. Make sauce

Return the pan over a medium-low heat with the **butter** and **curry powder**. Add the **flour** and crumble the **stock cube** in, until a smooth paste forms. Gradually add the **milk** and whisk for 3-4 min until smooth and thickened without any lumps.



6. Serve

Divide the **rice** among bowls and serve the **meatballs** and **curry sauce** over the top. Serve the **carrot salad** alongside.

Mediterranean Halloumi Bowl

with Dill Dressing

Halloumi is a tangy, salty cheese with a high melting point, so it can be seared while maintaining a satisfyingly hearty chew. In this recipe you'll fry it in honey. Enjoy!

593 calories | 31 protein | 43 carbs | 36 fat

Low Carb | Calorie Smart

cook: 35 min

R3621-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2471 / 593
Fats (g)	35.8
of which saturated (g)	28
Carbohydrates (g)	43
of which sugars (g)	21.5
Fibers (g)	7.9
Proteins (g)	30.6
Salt (g)	6.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Halloumi	
Halloumi 4*	400 Grams
Vegetable oil	2 Tbsp
Honey	30 Grams

Salad	
Pearl barley 11*	120 Grams
Red onion	1 Piece
Cucumber	2 Piece
Cherry tomatoes	500 Grams
Olive oil	4 Tbsp
Dried oregano	2 Grams
Salt	1 Tsp
Feta cheese 4*	100 Grams
Kalamata olives	80 Grams

Dill dressing	
Fresh dill	15 Grams
Garlic cloves	1 Piece
Natural yogurt 4*	340 Grams
Lemon	1 Piece
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *4 Milk, *11 Gluten

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1. Cook barley

Bring a pot of salted water to the boil. Once boiling, add the **barley** and cook for 20-25 min or until tender. Once tender, drain.

Tip! Cooking barley follows the same methodology like pasta, and is cooked until tender or to your liking.



2. Prep dressing

Meanwhile, finely chop the **dill**. Peel and mince 1 **cloves** of **garlic**. In a bowl, combine the **yogurt**, **dill**, **garlic** and a squeeze of **lemon** juice to taste. Season with **salt** and **pepper** to taste. Refrigerate.

Tip! Leave some dill sprigs whole and save them for ganish.



3. Prep salad

Peel and very finely slice the **onion**. Slice the **cucumber** into rounds. Halve the **cherry tomatoes**. Slice the **halloumi** into 1 cm thick slices. In a bowl, combine the **olive oil** and **oregano** with a pinch of **salt**.

Tip! Don't like raw onions? Leave them out.



4. Fry halloumi

Heat a large pan over a medium heat with a drizzle of **oil**. Once hot, add the **halloumi** and fry for 3 min on each side until the surface turns golden brown. Drizzle with the **honey** and cook for 1 min further.



5. Serve

Divide the **barley** among bowls. Place the **cucumbers**, **cherry tomatoes**, **onions**, **feta cheese** and **kalamata olives** on top. Drizzle with the **olive oil** and **oregano mixture**. Top with the fried **halloumi** and drizzle with the **dill dressing**. Garnish with any remaining **dill**.

Tip! Alternatively, toss the cucumbers, cherry tomatoes, onions, feta cheese and olives in the oregano mixture to make sure everything is evenly coated.

Festive Salmon in Cranberry Orange Sauce

with Parmesan Brussel Sprouts and Bulghur Wheat

This dish is a celebration of the holiday season with bold flavours and textures. It's as delicious as it looks, and bound to impress!

888 calories | 60 protein | 99 carbs | 32 fat

Global Eats

cook: 45 min

R4183-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3709 / 888
Fats (g)	32.2
of which saturated (g)	10.4
Carbohydrates (g)	99
of which sugars (g)	28.4
Fibers (g)	19.7
Proteins (g)	59.5
Salt (g)	1.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salmon	
Skinless salmon fillet 6*	700 Grams
Brussels sprouts	400 Grams
Fresh thyme	10 Grams
Vegetable oil	2 Tbsp
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Grated Parmesan 4*	60 Grams

Sauce	
Orange	2 Piece
Orange juice	180 ML
Butter 4*	20 Grams
Honey	30 Grams
Dried cranberries	60 Grams

Bulgur wheat	
Bulgur wheat 10*,11*	240 Grams
Vegetable stock cube 15*	1 Piece
Water	500 ML

To serve	
Fresh dill	15 Grams
Sour cream 4*	120 Grams
Salt	0.5 Tsp
Sliced pistachios 2*	40 Grams

Allergens: *6 Fish, *4 Milk, *10 Wheat, *11 Gluten, *15 Celery, *2 Tree Nuts

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1. Prep

- Preheat the oven to 200°C/180°C fan.
- Trim and slice the **brussels sprouts** in half.
- Strip the **fresh thyme** leaves, leaving some sprigs whole.
- **Zest** and **juice** the **orange** into a bowl.

Tip! You'll use the fresh thyme for both the sauce and rice



2. Roast brussels sprouts

- Place the **brussels sprouts** on a baking tray with a drizzle of **oil** and season with a pinch of **salt** and **pepper**.
- Roast for 10-12 min face down until lightly crispy.
- Then, flip the **brussels sprouts** over, top with the **grated parmesan**.
- Roast for 10 min further until the **cheese** is melted and golden.
- Remove from the oven.
- Set aside to cool and crisp.



3. Make orange sauce

- Meanwhile, in a small saucepan, combine the **butter**, **honey**, the **fresh orange juice** and **zest**, the carton of **orange juice**, **cranberries**, and remaining sprigs of **thyme**.
- Bring to a boil over high heat, then reduce to medium heat.
- Simmer for 3-4 min until the mixture is lightly reduced.
- Set the **orange sauce** aside.



4. Roast salmon

- Place the **salmon** in a rimmed baking dish and season with a pinch of **salt** and **pepper**.
- Pour the **orange sauce** over the **salmon**.
- Bake for 15-20 min until the **salmon** is cooked through and the **sauce** has thickened and reduced by half.
- Reserve the saucepan to cook the **bulgur wheat**.



5. Cook bulgur wheat

- Meanwhile, rinse and drain the **bulgur wheat**.
- Add the **bulgur wheat**, the 1 **vegetable stock cube**, stripped **thyme** leaves, and the **measured water** to the reserved saucepan with a lid.
- Bring to a boil over high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 12-14 min or until the water is absorbed and the **bulgur wheat** is cooked.
- Once cooked, remove the pot from the heat.
- Keep covered until serving.

Tip! For less added salt, omit the stock cube entirely or use only half the amount.



6. Serve

- Finely chop the **dill**.
- In a bowl combine the **dill** and **sour cream** with a pinch of **salt** and splash of **water** to thin out.
- Serve the **Festive Salmon in Cranberry Orange Sauce** on the **Bulghur Wheat** with **Parmesan Brussel Sprouts** alongside.
- Top the **salmon** with **cranberry orange sauce**.
- Sprinkle with **pistachios** and serve with a dollop of **dill sour cream**.

Tip! For crunchier pistachios, dry toast them in a hot dry pan for 1 min until lightly golden.

Herb Crusted Cheesy Vegetable Bake

with Gruyere

Gruyere is the only cheese that has won the title of best cheese of the world at the World Cheese Awards four times!

568 calories | 32 protein | 53 carbs | 27 fat

Calorie Smart

cook: 50 min

R3732-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2375 / 568
Fats (g)	26.9
of which saturated (g)	16.5
Carbohydrates (g)	53
of which sugars (g)	16.6
Fibers (g)	9.2
Proteins (g)	31.9
Salt (g)	1.8

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Vegetables	
Cauliflower	800 Grams
Carrot	2 Piece
Chestnut mushrooms	500 Grams
Salt	1 Tsp
Olive oil	2 Tbsp
Black pepper	1 Tsp

Cheese sauce	
Red onion	2 Piece
Gruyere 4*	120 Grams
Butter 4*	20 Grams
Salt	1 Tsp
Plain flour 10*,11*	20 Grams
Garlic powder	4 Grams
Vegetable stock cube 15*	2 Piece
Whole milk 4*	400 ML
Water	100 ML
Wholegrain mustard 13*	30 Grams
Grated mozzarella 4*	120 Grams

Crisp topping	
Fresh parsley	15 Grams
Panko bread crumbs 10*,11*,12*	120 Grams
Dried thyme	4 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp

Allergens: *4 Milk, *10 Wheat, *11 Gluten, *15 Celery, *13 Mustard, *12 Lupin

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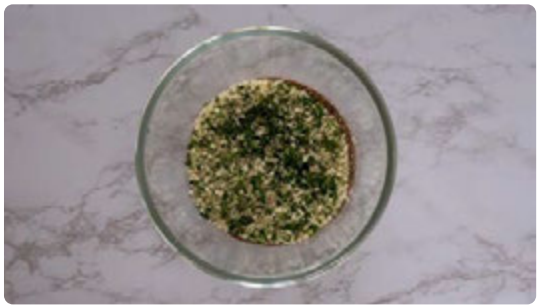
1. Boil veg

Preheat the oven to 200°C/180°C fan. Bring a large pot of salted water to a boil. Chop the **cauliflower** into small florets. Peel and chop the **carrots** into half moons. Add the **cauliflower** and **carrots** to the pot and cook for 5 min. Drain and add the **vegetables** to a baking dish.



2. Prep

Meanwhile, clean the **mushrooms** with a cloth, knife or brush (don't wash them with water). Roughly chop or tear the **mushrooms**. Peel and finely chop the **onion**. Grate the **Gruyere**. Pick and finely chop the **parsley** leaves.



3. Make topping

Add the **bread crumbs**, **thyme** and **parsley** to a bowl with a pinch of **salt** and mix until combined. This is your **herb crust** topping.



4. Make cheese sauce

Heat a pot over a medium heat with the **butter**. Once melted, add the **onion** with a pinch of **salt** and fry for 5 min until softened. Meanwhile, combine the **measured water** and **milk** in a jug. Add the **flour**, **garlic powder** and crumbled **stock cube** and cook for 1 min or until a thick paste has formed. Gradually whisk in the **milk** mixture and cook for 3 min further or until the **sauce** has thickened. Remove the pot from the heat and add the **wholegrain mustard**, **Gruyere** and **mozzarella**. Whisk until the **cheese** melts.



5. Bake

Add the **mushrooms** and the **cheese sauce** to the baking dish and give everything a good mix up. Top the **vegetable bake** with the **herb crust** and a drizzle of **oil**. Bake for 20 min or until the **herb crust** is golden brown.



6. Serve

Allow the **bake** to cool for 5 min before serving.

Chicken Milanese with Pesto Orzo Salad and Broccoli

–

The term Milanese refers to the method where meat is pounded to an even thickness and coated in breadcrumbs before being fried.

894 calories | 61 protein | 103 carbs | 27 fat

Family Friendly

cook: 35 min

R4666-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3731 / 894
Fats (g)	26.6
of which saturated (g)	7.9
Carbohydrates (g)	103
of which sugars (g)	12.4
Fibers (g)	9.9
Proteins (g)	60.5
Salt (g)	2.1

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What You'll Need

Oven | Rolling pin

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Organic Eggs **5***	2 Piece
Salt	1 Tsp
Black pepper	1 Tsp
Plain flour **10*,11***	100 Grams
Dried oregano	2 Grams
Vegetable seasoning **2*,10*,11*,13***	4 Grams
Garlic onion powder	8 Grams
Panko bread crumbs **10*,11*,12***	120 Grams
Vegetable oil	2 Tbsp

Salad	
Orzo **9*,10*,11***	200 Grams
Broccoli	400 Grams
Parmesan **4***	60 Grams
Fresh parsley	15 Grams
Sun dried tomatoes	90 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp
Green pesto **2*,4***	100 Grams
Lemon	1 Piece

Allergens: *5 Eggs, *10 Wheat, *11 Gluten, *2 Tree Nuts, *13 Mustard, *12 Lupin, *9 Soya, *4 Milk

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1. Prep breading

- Whisk the **eggs** in a shallow bowl with a pinch of **salt** and **black pepper**.
- Add the **flour**, **vegetable seasoning** and **garlic onion powder** to a second shallow bowl and mix.
- Add the **panko bread crumbs** to a third shallow bowl.

Tip! Adding a pinch of salt and black pepper to the eggs, flour and panko ensures a well seasoned mix.



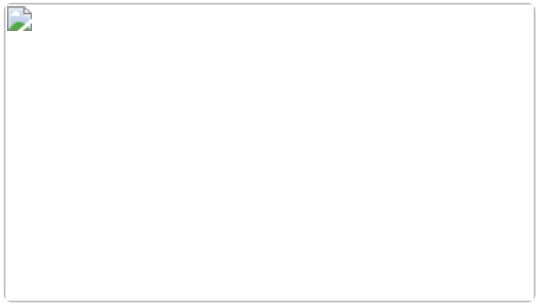
2. Bread chicken

- Wrap the **chicken breasts** in cling film and place them on a chopping board.
- Using a rolling pin, bash the **chicken breasts** until almost halved in thickness.
- One by one, coat the **chicken breasts** in the seasoned **flour** before dipping them in the beaten **egg** and finally coating them in the **panko breadcrumbs**.
- Refrigerate until step 5..



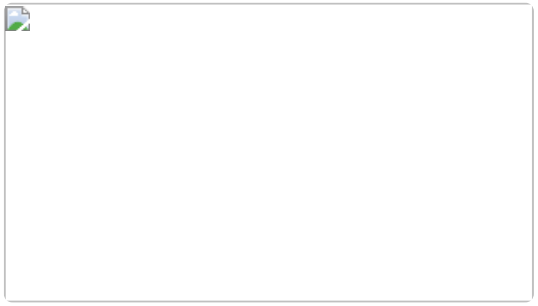
3. Prep

- Chop **sun dried tomatoes**.
- Pick and chop **parsley**.
- shave **parmesan**.
- Trim **broccoli** into florets.
- Slice **lemon** into wedges.



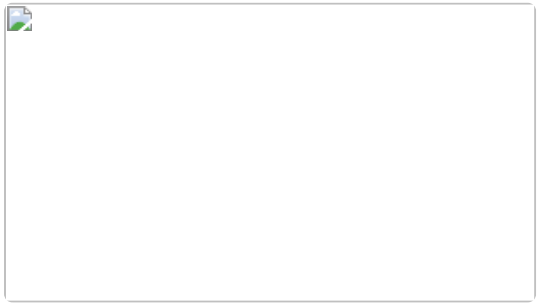
4. Prep

- Boil **orzo** pasta.
- Add the **broccoli**.
- Drain and set aside to cool completely.



5. Fry chicken

- Meanwhile, heat a generous drizzle of **oil** in a second pan over a medium-high heat.
- Add the **chicken** and reduce the heat to medium.
- Fry for 3-5 min on each side or until golden brown and cooked through.
- Drain on kitchen paper to remove any excess **oil**.



6. Serve

- Combine the **orzo**, **sun-dried tomatoes**, **parsley**, **broccoli**, **parmesan** cheese, **green pesto**.
- Serve with **chicken**.

Lamb Chops and Truffle Mash

with Hazelnut Kale and Shallot Sauce

Indulgent! The only word to describe this feast.

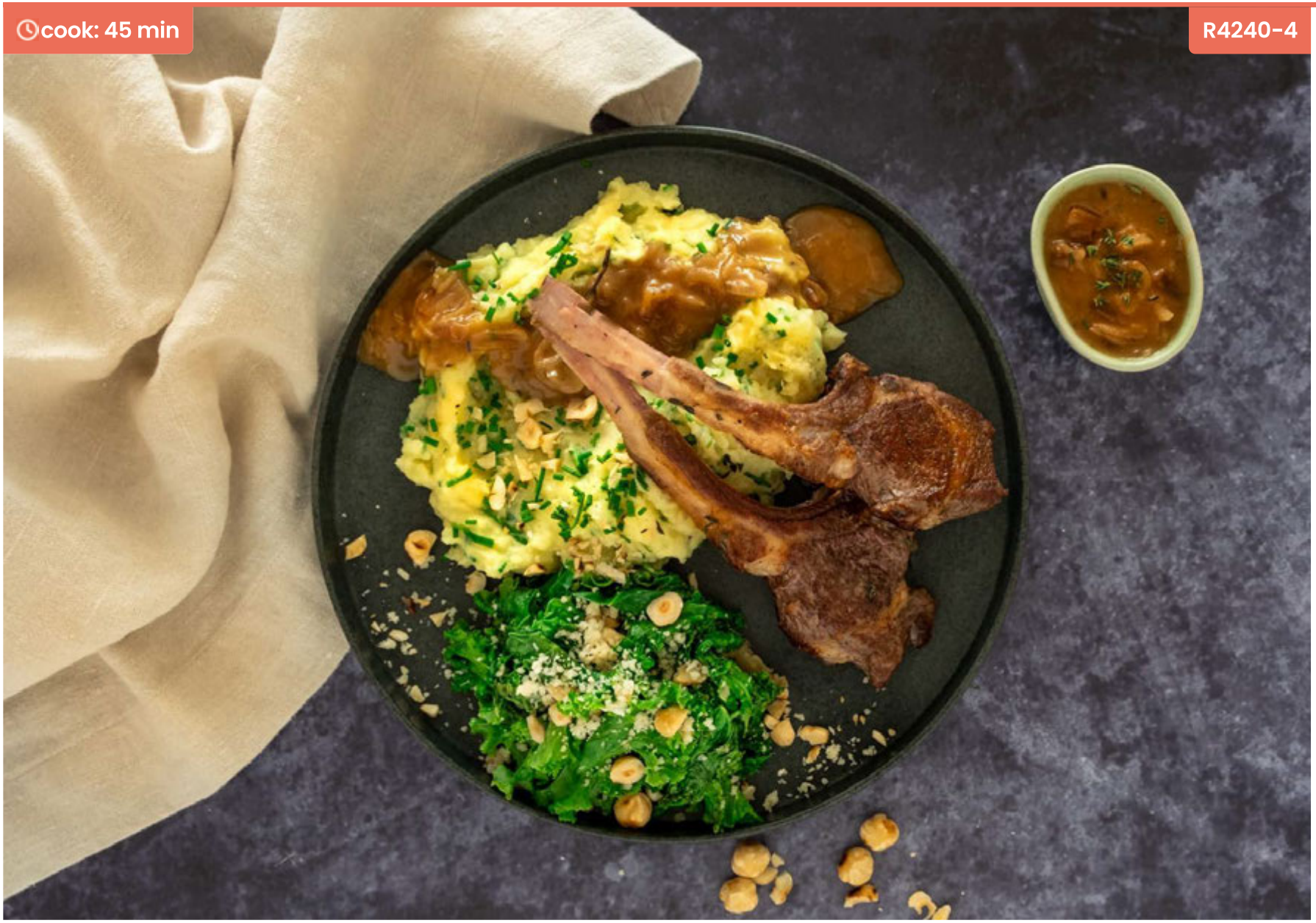
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1395 calories | 73 protein | 72 carbs | 91 fat

Gourmet

cook: 45 min

R4240-4



Nutritional information

	per serving*
Energy (kJ/kcal)	5829 / 1395
Fats (g)	91.4
of which saturated (g)	32.8
Carbohydrates (g)	72
of which sugars (g)	20.4
Fibers (g)	15.4
Proteins (g)	73.3
Salt (g)	1.7

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What You'll Need

- Potato masher

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Lamb	
Lamb chops	900 Grams
Salt	0.5 Tsp
Black pepper	1 Tsp
Olive oil	1 Tbsp
Fresh thyme	10 Grams
Garlic cloves	3 Piece
Butter 4*	40 Grams

Truffle mash	
Fresh chives	15 Grams
Potatoes	1200 Grams
Whole milk 4*	200 ML
Truffle oil	30 ML
Vegetable seasoning 2*,10*,11*,13*	10 Grams
Black pepper	0.5 Tsp

Kale	
Kale	300 Grams
Hazelnuts 2*	80 Grams
Grated Parmesan 4*	60 Grams

Sauce	
Shallots	2 Piece
Plain flour 10*,11*	20 Grams
Water	500 ML
Onion marmalade	56 Grams
Worcestershire sauce 6*,11*	30 ML
Vegetable stock cube 15*	1 Piece
Black pepper	0.5 Tsp

Allergens: *4 Milk, *2 Tree Nuts, *10 Wheat, *11 Gluten, *13 Mustard, *6 Fish, *15 Celery

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1. Make mash

- Bring a large pot of salted water to the boil.
- Finely chop the **chives**.
- Peel and chop the **potatoes** into small bite-sized pieces.
- Boil the **potatoes** for 15-20 min until tender.
- Once tender, drain and return to the same pan.
- Mash until smooth. Add **milk** to achieve the desired consistency.
- Drizzle in the **truffle oil** to taste and season with the **vegetable seasoning** and **black pepper**.
- Mix in the chopped **chives**.



2. Prep

- Peel and finely slice the **shallots**.
- Trim the **kale**, discarding the woody ends and chop in bite-sized pieces.



3. Fry chops

- Pat dry the **lamb chops** and season with **salt** and **pepper**.
- Heat a large non-stick frying pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **lamb chops** for 3-4 min each side until cooked to your liking.
- Halfway through cooking add a few sprigs of **thyme**, **garlic** and half the **butter** (reserving the rest for the **sauce**).
- Baste the **chops**, by spooning over some of the melted **butter**.
- Once cooked, remove the **chops** from the pan and rest on a plate until serving.



4. Make sauce

- Meanwhile, return the unwashed steak pan to a medium heat with the remaining **butter**.
- Add the **shallots** and fry for 4-6 min until softened.
- Add the **flour**, mix well and cook for 1 min.
- Gradually whisk in the measured **water**, **onion marmalade**, **Worcestershire sauce** a few **thyme** sprigs and 1 **stock cube**.
- Cook for 3-4 min until thickened.
- Season generously with **black pepper**.
- Set aside.



5. Cook kale

- Meanwhile, heat a large non-stick frying pan over medium-high heat.
- Dry toast the **hazelnuts** until golden.
- Once toasted, remove from the pan and roughly chop.
- Return the pan to medium-high heat with a drizzle of **oil**.
- Once hot, saute the **kale** for 3-5 min until wilted and tender.
- Add the **parmesan** and sprinkle with the toasted **hazelnuts**.
- Toss to mix and serve immediately.



6. Serve

- Serve the **Lamb Chops** and on a bed of **Truffle Mash** with the **Hazelnut Kale** alongside.
- Pour over the **Shallot Sauce**.

Persian Saffron Chicken and Chickpea Stew

with Dill Cauliflower Rice and Shirazi Salad

Dried lemons or limes are an essential ingredient used throughout the Persian Gulf. It has a unique citrusy flavour with a slight smoky and earthy aroma.

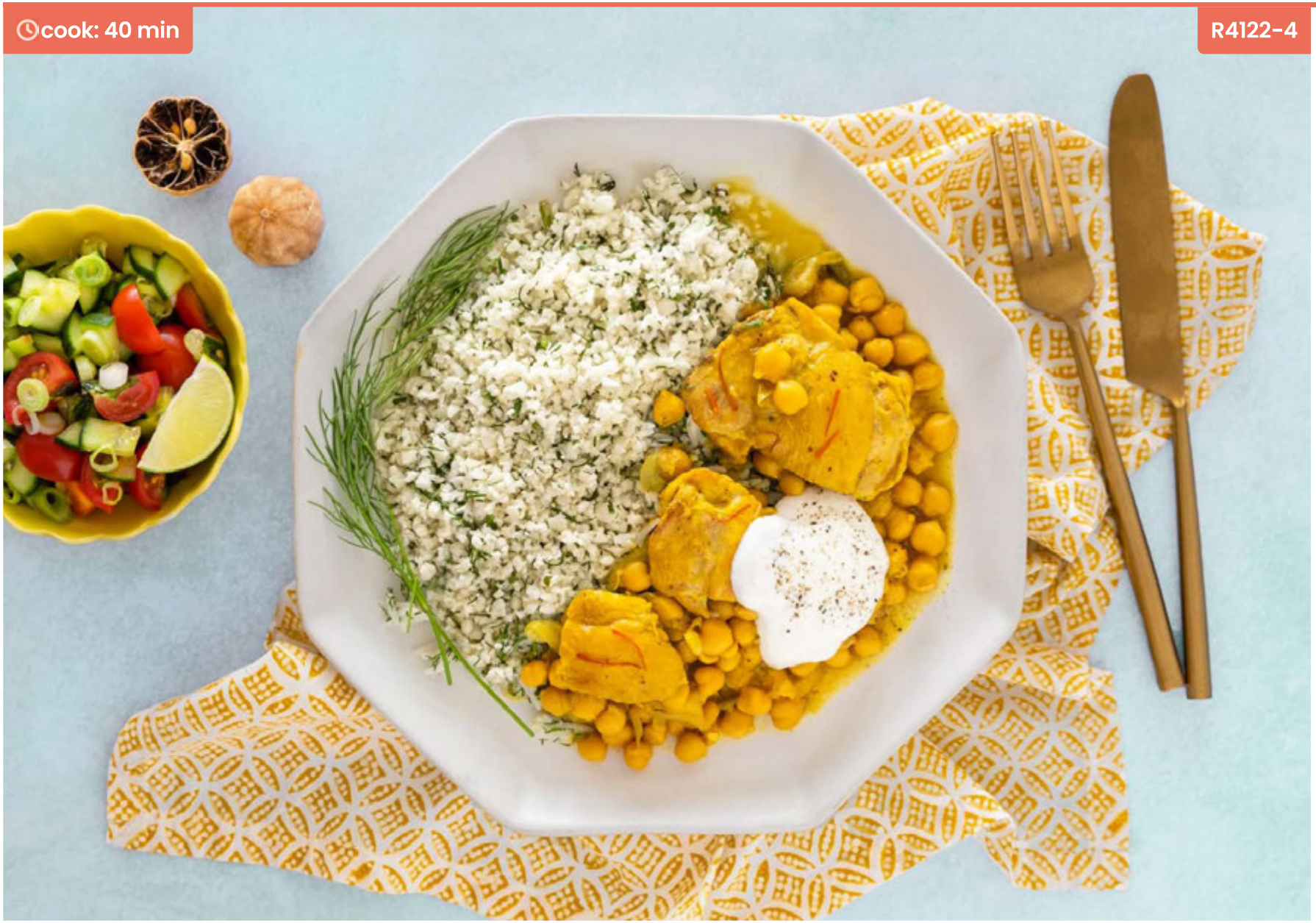
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596 calories | 56 protein | 65 carbs | 14 fat

Calorie Smart | Global Eats

cook: 40 min

R4122-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2495 / 596
Fats (g)	13.6
of which saturated (g)	4.6
Carbohydrates (g)	65
of which sugars (g)	18.8
Fibers (g)	14.4
Proteins (g)	56.4
Salt (g)	4.1

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Box grater

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Saffron Chicken	
Skinless boneless chicken thighs	800 Grams
Chickpeas	480 Grams
Brown onion	1 Piece
Dried lemon	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Turmeric powder	4 Grams
Water	300 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Saffron Splash	90 ML
Cardamom pods	6 Piece

Dill Cauli Rice	
Fresh dill	30 Grams
Cauliflower	800 Grams
Vegetable oil	2 Tbsp
Fenugreek leaves	4 Grams
Salt	1 Tsp

Shirazi Salad	
Fresh mint	10 Grams
Cucumber	2 Piece
Cherry tomatoes	300 Grams
Spring onion	80 Grams
Olive oil	1 Tbsp
Lime	2 Piece
Salt	1 Tsp
Black pepper	1 Tsp

To serve	
Natural yogurt 4*	340 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Prep

- Drain and rinse the **chickpeas**.
- Peel and finely slice the **onion**.
- Finely chop the **dill** (stems included).



2. Prep dried lemons

- Soak the **dried lemons** in a bowl of warm water for 1-2 min, then drain.
- With one hand, hold tightly and using a fork, gently pierce several holes through the skin and all the way around, 3-4 times.

Tip! Piercing the dried lemons will help them soften and infuse their flavour better while braising in the stew.



3. Make stew

- Heat a large pot over medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion** with a pinch of **salt**. Fry for 5 min until lightly golden.
- Add the **chicken thighs** and **turmeric**. Fry for 5 min further until browned.
- Add the **chickpeas**, **measured water**, 1 **chicken stock cube**, **saffron water**, **dried lemon**, and **cardamom pods**.
- Cover. Cook on medium heat for 20-25 min until the **chicken** is tender and the stew has thickened.

Tip! For more citrus flavour, give the dried lemon a gentle squeeze at the end of cooking.



4. Make cauliflower dill rice

- Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains.
- Heat a frying pan over medium heat with a drizzle of **oil**.
- Once hot, add the **cauliflower**, **dill**, and **fenugreek**, with a pinch of **salt**.
- Stir-fry for 5 min.
- Cover and set aside.



5. Make salad

- Pick and finely chop the **mint**.
- Chop the **cucumbers** into small bite-sized pieces.
- Slice the **cherry tomatoes** in quarters.
- Trim and finely chop the **spring onions**.
- In a bowl, combine the **mint**, **cucumber**, **cherry tomatoes**, and **spring onions** with a drizzle of **olive oil** and a generous squeeze of **lime**.
- Season with a pinch of **salt** and **pepper** to taste.



6. Serve

- Serve the **Persian Saffron Chicken and Chickpea Stew** on **Dill Cauliflower Rice** with **Shirazi Salad** and **yogurt** alongside.

Zaatar Baked Cod

with Tomato, Chilli, Walnut Salad and Herby Cauli Rice

Zaatar is a Middle-Eastern herb that is often served dried and mixed with toasted sesame seeds, sumac and salt!

386 calories | 42 protein | 37 carbs | 12 fat

Low Carb | Calorie Smart

cook: 30 min

R4134-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1615 / 386
Fats (g)	12
of which saturated (g)	1.6
Carbohydrates (g)	37
of which sugars (g)	11.2
Fibers (g)	11.4
Proteins (g)	42.4
Salt (g)	0.8

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Oven
- Food processor

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Zaatar Cod	
Cod fillet 6*	700 Grams
Zaatar	20 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Lemon	2 Piece

Salad	
Cherry tomatoes	300 Grams
Large green chilli	2 Piece
Walnuts 2*	60 Grams
Sumac	4 Grams
Fresh zaatar	20 Grams
Pomegranate molasses	40 Grams

Herby Cauli Rice	
Spring onion	80 Grams
Fresh parsley	15 Grams
Cauliflower	800 Grams
Olive oil	2 Tbsp
Salt	1 Tsp

Allergens: *6 Fish, *2 Tree Nuts

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1. Prep

Preheat the oven to 200°C/180°C fan. Slice the **cherry tomatoes** in half. Finely slice the **green chilli**. Trim and finely slice the **spring onions**. Pick and finely chop the **parsley**. Heat a large pan over a medium heat. Once hot, add the **walnuts** and toast for 1 min until slightly browned and fragrant. Once toasted remove from the pan and set aside. Wipe and reserve the pan.

Tip! Sensitive to spice? Carefully remove the seeds of the green chilli, if you prefer a milder flavour.



2. Bake fish

In an oven proof baking dish combine the **zaatar** with a drizzle of **olive oil**. Drain the **cod**. Add the **fish** to the same baking dish and coat with the **zaatar**, sprinkle over half of the **sumac** (reserve the rest for step 5) and **salt**. Bake for 10-12 min, or until fully cooked.

Tip! Did you know that rinsing fish with either salt, citrus, or milk helps neutralise odours and produces a fresher, purer tasting fish?



3. Prep cauli rice

Meanwhile, using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains.



4. Fry cauli rice

Return the reserved pan to a medium-high heat with a drizzle of **oil**. Once hot, add half the **spring onion** and fry for 1-2 min. Add the **cauliflower** and fry for 5-7 min further. Once cooked, add the **parsley** and remaining **spring onion** and mix well. Season with **salt** to taste.



5. Make salad

Slightly crush the **walnuts**. Pick and roughly chop the **fresh zaatar**. To a large bowl, add the **walnuts**, **cherry tomatoes**, **green chilli (spicy!)**, **sumac**, and **fresh zaatar** (reserve some for garnish). Mix well and drizzle with the **pomegranate molasses**.

Tip! Sensitive to spice? Go easy on the chilli or keep it on the side.



6. Serve

Slice the **lemon** into wedges and squeeze the juice over the **fish** to taste. Divide the **cauli rice** and **salad** among plates. Place the **cod** alongside and garnish with the remaining **fresh zaatar**.

Salmon Fishcakes, Fried Eggs
and Green Bean Salad

Quick and easy salmon fishcakes - a lighter meal option bursting with flavour.

hello chef

473 calories | 51 protein | 33 carbs | 17 fat

Low Carb | Calorie Smart

cook: 30 min

R4324-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1980 / 473
Fats (g)	17.4
of which saturated (g)	5.5
Carbohydrates (g)	33
of which sugars (g)	14.2
Fibers (g)	5.8
Proteins (g)	50.5
Salt (g)	1.3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fishcakes	
Salmon goujons 6*	700 Grams
Spring onion	80 Grams
Fresh parsley	30 Grams
Lemon	2 Piece
Salt	2 Tsp
Black pepper	1 Tsp
Sweet chilli sauce	80 ML
Plain flour 10*,11*	20 Grams
Panko bread crumbs 10*,11*,12*	30 Grams

Bean salad	
Green beans	300 Grams
Green peas	200 Grams
Olive oil	4 Tbsp
Dijon mustard 13*	12 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Fried eggs	
Vegetable oil	1 Tbsp
Organic Eggs 5*	4 Piece
Salt	0.5 Tsp
Black pepper	0.5 Tsp

Allergens: *6 Fish, *10 Wheat, *11 Gluten, *12 Lupin, *13 Mustard, *5 Eggs

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1. Prep veg

- Finely chop **spring onion**.
- Pick and finely chop the **parsley**.
- Zest the **lemon** and cut into wedges.



2. Chop salmon

- Finely chop the **salmon goujons**, until it resembles mince.
- In a large bowl, combine the minced **salmon** with **parsley**, **lemon zest**, **salt**, **pepper**, **sweet chilli sauce**, **flour**, **panko breadcrumbs** and half the **spring onion** (reserve the rest for the **bean salad**).
- Using clean hands, knead until all the ingredients are fully combined.



3. Make fishcakes

- Shape the mixture into 12 **fishcakes**.
- Heat a non-stick pan over medium heat with a drizzle of **oil**.
- Fry the **fishcakes** for 2-3 min on each side until golden brown and cooked through.
- Remove from the heat and retain the pan.

Tip! Alternatively, place onto a lined baking tray and bake at 180°C fan for 6-8 min until cooked through.



4. Cook vegetables

- Meanwhile, trim the **green beans**.
- Bring a large pot of salted water to a boil.
- Boil the **beans** and **peas** for 3 min until tender, then drain.
- Add 2 Tbsp **lemon juice** to a bowl with **olive oil**, **mustard**, **salt** and **pepper**.
- Whisk to combine.
- Toss the drained **beans**, **peas** and reserved **spring onion** through the **dressing** to coat.



5. Fry eggs

- Heat the retained pan over medium heat with another drizzle of **oil**.
- Once hot, crack the **eggs** into the pan and fry for 2-4 min or until done to your liking.
- Season with **salt** and **pepper** to taste.



6. Serve

- Serve the **Salmon Fishcakes** over the **Green Bean Salad** and top with a **Fried Egg**.
- Finish with a squeeze of **lemon juice** and enjoy!

Chickpea Pasanda Curry

with Basmati Rice

Flavourful, easy-to-make, vegan comfort curry!

hello chef

811 calories | 26 protein | 132 carbs | 16 fat

cook: 30 min

R2788-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3395 / 811
Fats (g)	16.2
of which saturated (g)	6.3
Carbohydrates (g)	132
of which sugars (g)	7.4
Fibers (g)	12.9
Proteins (g)	26.1
Salt (g)	3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Chickpeas	480 Grams
Brown onion	1 Piece
Garlic cloves	6 Piece
Ginger	60 Grams
Cardamom pods	8 Piece
Water	800 ML
Vegetable stock cube 15*	1 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Garam masala	5 Grams
Coriander cumin powder	8 Grams
Chilli powder	4 Grams
Turmeric powder	4 Grams
Black pepper	1 Tsp
Cashew cream cheeze 2*	220 Grams

Rice	
Basmati rice	300 Grams
Water	600 ML
Salt	1 Tsp

To serve	
Almond flakes 1*,2*	60 Grams
Lime	2 Piece
Fresh coriander	15 Grams

Allergens: *15 Celery, *2 Tree Nuts, *1 Peanuts

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1. Prep

- Drain and rinse the **chickpeas**.
- Peel and finely chop the **brown onion**.
- Peel and mince the **garlic**.
- Peel and grate the **ginger**.
- Split the **cardamom pods** open with a back of a knife.
- Boil the **measured water** and dissolve the 1 **stock cube** in it.



2. Boil rice

- Add the **basmati rice**, **measured water** and **salt** to a pan with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Remove the pan from the heat.
- Keep covered until serving.



3. Start curry

- Meanwhile, heat a large pan over a medium heat with a drizzle of **oil**.
- Add the **onion** and cook with a pinch of **salt** for 5 min until translucent.
- Add the **garlic**, **ginger**, **cardamom pods**, **garam masala**, **coriander cumin**, **chilli** (spicy!)), **turmeric** and **black pepper**.
- Cook for 2 min further.



4. Simmer

- Add the drained **chickpeas** and the **stock** to the pan.
- Cover the pan with a lid.
- Simmer over a low heat for 10-15 min.



5. Prep garnishes

- Meanwhile, toast the **almond flakes** in a hot, dry pan for 2 min or until starting to brown (see pro tip).
- Transfer them to a plate.
- Set **almond flakes** aside.
- Slice the **lime** into wedges and chop the **fresh coriander**.

> **Tip!** Remove the almond flakes from the pan the moment they start to brown. They go from being toasted to being burnt in a matter of seconds!



6. Serve

- Finally fold the **cashew cream cheeze** into the curry sauce.
- Check the seasoning.
- Serve the **Chickpea Pasanda Curry** with **Basmati Rice**.
- Sprinkle with the toasted **almond flakes**.
- Garnish with the **lime** wedges and chopped **coriander**.

Soy Glazed Prawns

with Asian Slaw and Sushi Rice

This Japanese inspired dish has the perfect mix of sweet and savoury with an umami-rich Japanese style glaze.

hello chef

787 calories | 34 protein | 102 carbs | 27 fat

Family Friendly

cook: 30 min

R3867-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3068 / 787
Fats (g)	26.9
of which saturated (g)	3.6
Carbohydrates (g)	102
of which sugars (g)	20.2
Fibers (g)	6.2
Proteins (g)	33.7
Salt (g)	3.5

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What You'll Need

- Box grater

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Prawns & glaze	
Jumbo prawns 7*	600 Grams
Corn starch	60 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp
Water	100 ML
Soy sauce 9*,10*,11*	40 ML
Sweet soy sauce 9*,10*,11*,14*	30 ML

Asian slaw	
Mayonnaise 5*,9*,13*	100 Grams
Rice vinegar	30 ML
Tahini 3*	40 Grams
Chilli jam	56 Grams
Salt	1 Tsp
Large red chilli	2 Piece
Carrot	2 Piece
Sugar snap peas	300 Grams

Sushi rice	
Sushi rice	300 Grams
Salt	1 Tsp
Water	600 ML

Allergens: *7 Crustaceans, *9 Soya, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *5 Eggs, *13 Mustard, *3 Sesame Seeds

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1. Boil rice

- Rinse the **sushi rice** in a sieve under cold water until the water runs clear.
- Add the **sushi rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over high heat.
- Lower the heat, cover and cook for 15 min or until the water is absorbed and the **rice** is tender.
- Once cooked, remove the pot from the heat.
- Allow to cool slightly.

Tip! The trick to perfect sushi rice is allowing it to steam dry in the pot after cooking.



2. Coat prawns

- Meanwhile, reserve and set aside 2 tsp of the **corn starch** in a small bowl.
- Add the remaining **corn starch** and **prawns** to a large bowl with a pinch of **salt**. Toss to coat.
- Set aside.



3. Prep slaw

- Peel and grate the **carrot**.
- Finely chop the **red chilli**.
- Trim and finely slice the **sugar snap peas** lengthwise.
- In a separate large bowl, combine the **mayonnaise**, **rice vinegar**, **tahini** and **chilli jam** with a generous pinch of **salt**.
- Add the **carrot**, **red chilli (spicy!)** and **sugar snap peas** to the **slaw dressing**. Mix well and set aside.

Tip! Sensitive to spice? Go easy on the red chilli.



4. Fry prawns

- Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, fry the **coated prawns** for 3-4 min until pink and cooked through.
- Once cooked, transfer the **prawns** onto a plate.
- Wipe and reserve the pan.



5. Make glaze

- Return the pan to medium heat.
- Add the **measured water**, **soy sauce** and **sweet soy sauce** with the reserved **corn starch**.
- Cook for 1 min or until thickened.
- Return the **prawns** to the pan. Toss to coat.
- Remove the pan from the heat.

Tip! Add a splash of water if the sauce thickens too much.



6. Serve

- Serve the **Soy Glazed Prawns** with **Asian Slaw** and **Sushi Rice**.
- Drizzle any remaining **soy glaze** from the pan over the **prawns**.

Classic Chilli Con Carne

with Rice, Guacamole and Sour Cream

Cook this easy comfort dish and unwind after a busy day.

hellochef

1213 calories | 70 protein | 127 carbs | 54 fat

Family Friendly | Weekly classic

cook: 30 min

R3373-4



Nutritional information

	per serving*
Energy (kJ/kcal)	5076 / 1213
Fats (g)	54
of which saturated (g)	19.2
Carbohydrates (g)	127
of which sugars (g)	15.6
Fibers (g)	23.4
Proteins (g)	69.6
Salt (g)	5.6

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chilli con Carne	
Lean beef mince	700 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Red kidney beans	480 Grams
Vegetable oil	4 Tbsp
Cumin powder	4 Grams
Chipotle powder	4 Grams
Smoked paprika powder	4 Grams
Brown sugar	10 Grams
Sriracha sauce	28 Grams
Tomato paste	70 Grams
Tomato passata	500 Grams
Dried oregano	4 Grams
Water	100 ML
Beef stock cube **4*,5*,9*,11*,15***	2 Piece

Rice	
Jasmine rice	300 Grams
Water	600 ML
Salt	1 Tsp

To serve	
Avocado	2 Piece
Fresh coriander	15 Grams
Lime	2 Piece
Grated cheddar **4***	120 Grams
Sour cream **4***	120 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *11 Gluten, *15 Celery

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1. Prep

- Peel and chop the **onion** and **garlic**.
- Rinse and drain the **kidney beans** in a colander.



2. Boil rice

- Rinse and drain the **rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat
- Lower heat, cover and cook for 12-14 min, until **rice** is tender.
- Remove from the heat and keep covered until serving.



3. Start chilli

- Meanwhile, heat a pan over a high heat with a drizzle of **vegetable oil**.
- Fry the **beef mince** and **onion** for 5 min.
- Use a spatula to break up the **beef mince** while frying.



4. Add spices

- Add the **garlic**, **cumin**, **chipotle** (spicy!), **smoked paprika**, **brown sugar**, **sriracha** (spicy!) and **tomato paste**.
- Cook for 2 min, while stirring.

Tip! Sensitive to spice? Go easy on the chipotle and sriracha.



5. Simmer

- Add the **tomato passata**, **dried oregano**, **measured water**, **stock cube**, and **kidney beans**.
- Cover with a lid, reduce the heat to low and simmer for 10 min, stirring occasionally.
- If the stew thickens too much, add a splash of water.



6. Serve

- Meanwhile, chop the **avocado** in half and remove the stone.
- Scoop the flesh into a bowl and mash with a fork.
- Finely chop the **coriander** and add to the **avocado** with a squeeze of **lime juice** and a generous pinch of **salt**.
- This is the **guacamole**.
- Serve the **Chilli con Carne** over the **rice**, topped with the **cheddar cheese**, **sour cream** and **guacamole**.

Tip! This one reheats well! Prepare the Chilli con Carne in advance and reheat with a splash of water just in time for dinner.

Cod and Prawn Fish Pie

with Peas

In need of some comfort food? This one's for you!

780 calories | 47 protein | 76 carbs | 34 fat

Family Friendly

cook: 40 min

R3155-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3244 / 780
Fats (g)	33.5
of which saturated (g)	22.7
Carbohydrates (g)	76
of which sugars (g)	14.2
Fibers (g)	12.6
Proteins (g)	46.9
Salt (g)	1.4

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What You'll Need

- Oven
- Potato masher

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fish pie	
Cod fillet 6*	400 Grams
Prawns 7*	350 Grams
Leeks	2 Piece
Fresh dill	15 Grams
Fresh parsley	15 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
White vinegar	30 ML
Plain flour 10*,11*	20 Grams
Vegetable stock cube 15*	2 Piece
Water	200 ML
Cooking cream 4*	400 ML
Green peas	250 Grams
Dijon mustard 13*	12 Grams
Black pepper	1 Tsp

Mash	
Potatoes	1200 Grams
Salt	2 Tsp
Butter 4*	50 Grams

Allergens: *6 Fish, *7 Crustaceans, *10 Wheat, *11 Gluten, *15 Celery, *4 Milk, *13 Mustard

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1. Boil potatoes

Preheat the oven to 200°C/180°C fan. Peel and chop the **potatoes** into bite-size pieces. Add them to a pan of boiling water with a generous pinch of **salt**. Cook the **potatoes** over a medium heat for 15 min or until soft.



2. Prep

Meanwhile, roughly chop the **cod**. Clean and finely slice the **leeks**. Chop the **dill** and **parsley**.



3. Make sauce

Heat a pan over a low heat with a drizzle of **oil**. Once hot, add the chopped **leeks** with a pinch of **salt** and cook for 7 min until very soft but not browned. Add the **vinegar** and cook for 30 sec. Add the **flour** and 2 **stock cube** and cook for another 30 sec. Whisk in the **measured water** and **cooking cream**. Cook for 3 min further.



4. Add

After 3 min, add the **prawns**, **cod**, **peas**, **Dijon**, **dill** and **parsley**. Cook for 2 min further. Remove the pan from the heat, season with **salt** and **pepper** and set aside.



5. Mash

Once soft, drain the **potatoes** and return them to the pan with the **butter**. Mash until smooth. Season generously with **salt**.



6. Bake

Transfer the **fish sauce** to an oven proof dish. Carefully top with the **mashed potato**. Run a fork over the mash to create a ripple effect. Bake for 15 min until golden brown on top.

Tip! For a golden crust, place the pie under the grill or broiler for the final 5 min.

Bbq Chicken Meatballs

with Stir-fried Veggies

Put that little bit of barbecue vibe into your evening! These flavourful chicken meatballs are smothered in sweet and tangy sauce, and served with a generous serving of stir-fried vegetables.

hello chef

580 calories | 55 protein | 33 carbs | 27 fat

Low Carb | Calorie Smart

cook: 30 min

R4019-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2458 / 580
Fats (g)	26.8
of which saturated (g)	7.6
Carbohydrates (g)	33
of which sugars (g)	20.1
Fibers (g)	7.8
Proteins (g)	55.1
Salt (g)	5.8

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meatballs and sauce	
Chicken mince	800 Grams
Garlic paste	20 Grams
Soy sauce 9*,10*,11*	30 ML
Vegetable oil	3 Tbsp
Tomato passata	500 Grams
Barbecue sauce 11*,13*	80 Grams
Water	50 ML
Smoked paprika powder	4 Grams
Chicken stock cube 4*,5*,9*,15*	1 Piece
Brown sugar	20 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Sesame seeds 3*	20 Grams

Vegetables	
Sugar snap peas	200 Grams
Fresh baby corn	225 Grams
Broccoli	400 Grams
Fresh chives	15 Grams
Vegetable oil	3 Tbsp
Salt	1 Tsp

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *13 Mustard, *4 Milk, *5 Eggs, *15 Celery, *3 Sesame Seeds

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1. Prep vegetables

- Trim the **sugar snap peas**, if needed.
- Halve the **baby corn** lengthwise.
- Separate the **broccoli** to small florets.
- Halve any larger florets.
- Finely chop the **chives**.



2. Prep meatballs

- In a large bowl, mix together the **chicken mince**, **garlic paste**, **soy sauce** and half of the chopped **chives** (reserve the remaining **chives** for step 5).
- With clean hands, knead until all the ingredients are fully combined.
- Divide the mixture into 20 pieces.
- Shape each piece into a **meatball**.

Tip! To stop the chicken mince from sticking to your hands when shaping them into meatballs, coat your hands with vegetable oil before shaping each portion of the mixture.



3. Fry meatballs

- Heat a large pan over a medium high heat with a generous drizzle of **oil**.
- Once hot, add the **meatballs** (in batches).
- Fry for 5-7 min or until browned all over.

Tip! Try to flip the meatballs by detaching them slightly, using a spatula, but then just by shaking the pan. They will brown more evenly and keep a rounder shape.



4. Cook sauce

- Reduce the heat to low, and add the **tomato passata**, **barbecue sauce**, **measured water**, **smoked paprika**, 1 **stock cube** and **brown sugar**.
- Simmer over low heat for 5-7 min until the **sauce** has thickened.
- Season with a pinch of **salt** and **black pepper**.



5. Stir-fry vegetables

- Meanwhile, heat a second pan over medium high heat with a drizzle of **oil**.
- Once hot, add the **broccoli** and **baby corn** with a large pinch of **salt**.
- Stir fry for 2-3 min.
- Add the **sugar snap peas**.
- Fry for a final 1 min.
- Finally add the remaining **chives** and toss.

Tip! Did you know that broccoli contains as much calcium per gram as milk? Make sure not to overcook it or it will lose much of its goodness.



6. Serve

- Serve the **BBQ Chicken Meatballs** garnished with **sesame seeds** alongside the **Stir-fried Veggies**.

Tip! Serve with crusty bread - perfect for sauce mopping! Or, turn the whole thing into a saucy chicken meatball sub sandwich with stir-fried vegetables to the side.

Honey Sriracha Grilled Chicken

with Sesame Greens and Jasmine Rice

Sweet, sticky and spicy chicken with crisp greens - what's not to like?

hellochef

730 calories | 62 protein | 98 carbs | 15 fat

Tips for Kids | Quick Prep

prep: 5 min | cook: 30 min | R3919-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3056 / 730
Fats (g)	15.2
of which saturated (g)	2.2
Carbohydrates (g)	98
of which sugars (g)	15.1
Fibers (g)	8.1
Proteins (g)	61.6
Salt (g)	1.6

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Sriracha chicken	
Chicken breast	800 Grams
Lime	2 Piece
Sriracha sauce	28 Grams
Honey	60 Grams
Garlic onion powder	16 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Jasmine rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML

Sesame greens	
Green beans	375 Grams
Edamame beans [9*]	200 Grams
Vegetable oil	2 Tbsp
Soy sauce [9*,10*,11*]	20 ML
Sesame seeds [3*]	20 Grams
Sesame oil [3*,9*]	30 ML

To serve	
Spring onion	80 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Boil rice

Pre-heat the grill to high. Rinse the **rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pot from the heat and keep covered until serving.

2. Marinate chicken

Slice the **lime** into wedges. In a large bowl, combine the **sriracha (spicy!)**, **honey**, **garlic onion powder**, a drizzle of **oil**, pinch of **salt** and squeeze of **lime** juice to taste (reserve some for garnish). Slice the **chicken** into bite-sized strips and add to the **marinade**. Trim the **green beans**.

Tip! If cooking for kids, set aside a portion of plain chicken.

3. Grill chicken

Place the **chicken** onto a baking tray. Brush with any remaining marinade. Grill for 10-12 minutes or until the **chicken** is cooked through and becomes sticky.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready.

4. Prep

Meanwhile, trim and finely slice the **spring onion**.

5. Fry greens

Heat a large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **green beans** and fry for 3 min. Add the **edamame**, **soy sauce** and **sesame seeds** (reserve some for garnish). Fry for 1 final min. Remove from the heat and add the **sesame oil** and toss.

Tip! If cooking for kids, set aside a portion of sesame seeds to use as 'sprinkles'.

6. Serve

Divide the **jasmine rice** and **sesame greens** among plates. Serve the **honey sriracha chicken** alongside. Garnish with the **spring onion**, remaining **sesame seeds** and **lime wedges**.

Lebanese Spiced Squash and Pepper Salad

with Walnuts and Feta

Look at those colours! This salad tastes as gorgeous as it looks.

hello chef

540 calories | 17 protein | 81 carbs | 21 fat

Low Carb | Calorie Smart

cook: 45 min

R2680-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2259 / 540
Fats (g)	20.9
of which saturated (g)	6.6
Carbohydrates (g)	81
of which sugars (g)	34.5
Fibers (g)	15.4
Proteins (g)	16.9
Salt (g)	4.8

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

For roast	
Butternut squash	1200 Grams
Olive oil	6 Tbsp
Salt	1 Tsp
Red pepper	4 Piece
Coriander cumin powder	8 Grams
Honey	30 Grams

For salad	
Baby spinach	125 Grams
Rocket	80 Grams
Walnuts 2*	60 Grams
Feta cheese 4*	200 Grams
Pomegranate	1 Piece

To serve	
Large red chilli	2 Piece
Pomegranate molasses	40 Grams
Olive oil	2 Tbsp
Black pepper	1 Tsp

Allergens: *2 Tree Nuts, *4 Milk

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1. Roast squash

- Preheat the oven to 220°C/200°C fan.
- Peel the **butternut squash**, slice it in half and, using a spoon, remove the seeds.
- Slice the **squash** into 1cm thick half moons.
- Place them onto a baking tray.
- Drizzle with half of the **olive oil**.
- Sprinkle with **salt**.
- Toss the **squash** in the **oil** until coated.
- Roast for 20 min.



2. Add peppers

- Meanwhile, chop the **peppers** into chunks.
- In a bowl, mix the remaining **olive oil** with the **cumin coriander powder**, a large pinch of **salt** and the **honey**.
- Once the **squash** has been roasting for 15 min, add the **pepper** chunks to the tray.
- Drizzle everything with the seasoned **olive oil**.
- Roast for 10-15 min further until softened and golden.

Tip! Don't rush the roasting vegetables! Roasting the squash and pepper slowly releases their natural sugars.



3. Prep salad

- Meanwhile, chop the **walnuts**.
- Crumble the **feta cheese**.
- Finely slice the **red chilli**.
- Halve the **pomegranate**.
- Hold each half over a large bowl, seeds facing down.
- Hit the skin with a wooden spoon, squeezing to release the seeds.
- Discard the shell and membrane.



4. Serve

- Arrange the roasted **butternut squash** and **peppers** on a serving plate with the **spinach** and **rocket** leaves.
- Top with the chopped **walnuts**, crumbled **feta**, sliced **red chilli (spicy!)** and **pomegranate** seeds.
- Drizzle with the **pomegranate molasses** and **olive oil**.
- Finish with a grind of **black pepper**.

Pan-fried Seabream

with Roasted Pepper Hummus and Veg

This recipe is based on the Mediterranean diet which is more of an eating pattern than a strict diet. It's based on research stating that people living in Mediterranean countries live longer!

hellofresh

561 calories | 50 protein | 41 carbs | 24 fat

Low Carb | Calorie Smart

cook: 30 min

R3359-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2347 / 561
Fats (g)	24.1
of which saturated (g)	2.8
Carbohydrates (g)	41
of which sugars (g)	14.6
Fibers (g)	10.7
Proteins (g)	50.4
Salt (g)	1.9

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Seabream	
Seabream 6*	660 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Roasted vegetables	
Red pepper	2 Piece
Small zucchini	4 Piece
Carrot	2 Piece
Red onion	2 Piece
Olive oil	4 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

To serve	
Red pepper hummus 3*	450 Grams
Fresh basil	15 Grams

Allergens: *6 Fish, *3 Sesame Seeds

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1. Prep

- Preheat the oven to 200°C/180°C fan.
- Roughly chop the **peppers** and **zucchinis**.
- Peel and roughly chop the **carrots**.
- Peel and slice the **red onions** into wedges.
- Add the **peppers**, **onions**, **zucchinis** and **carrots** to a lined baking tray.
- Drizzle with **olive oil** and season generously with **salt**.
- Roast for 25 min until browned and tender.



2. Fry

- Once the **vegetables** have been in the oven for 15 min, heat a pan over a medium-high heat with a drizzle of **oil**.
- Pat the **seabream** fillets dry with kitchen paper and season the skin with **salt**.
- Once hot, add the **seabream**, skin-side down.
- Fry for 4 min or until crispy.
- Once crispy, flip.
- Cook for 1-2 min further.



3. Pick basil

- Meanwhile, pick the **basil** leaves and discard the stems.



4. Serve

- Serve the **Pan-fried Seabream** with **Roasted Pepper Hummus** and **Veg**.
- Garnish with the **fresh basil** leaves.

Homemade Fish Fingers with Mashed Potatoes

and Lemony Salad

Traditional family food at its best!

hellochef

678 calories | 51 protein | 84 carbs | 17 fat

Family Friendly

cook: 30 min

R1981-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2835 / 678
Fats (g)	16.9
of which saturated (g)	10.1
Carbohydrates (g)	84
of which sugars (g)	10.8
Fibers (g)	11.4
Proteins (g)	50.5
Salt (g)	1.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Potato mash	
Potatoes	1200 Grams
Whole milk 4*	200 ML
Butter 4*	50 Grams
Salt	2 Tsp

Fish fingers	
Nile perch fillet 6*	700 Grams
Salt	2 Tsp
Black pepper	1 Tsp
Plain flour 10*,11*	100 Grams
Organic Eggs 5*	3 Pieces
Panko bread crumbs 10*,11*,12*	120 Grams
Olive oil	4 Tbsp

Salad	
Tomatoes	2 Pieces
Cucumber	4 Pieces
Sumac	4 Grams
Lemon	1 Pieces
Olive oil	2 Tbsp
Salt	0.5 Tsp
Black pepper	0.5 Tsp

Allergens: *4 Milk, *6 Fish, *10 Wheat, *11 Gluten, *5 Eggs, *12 Lupin

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1. Boil potatoes

Peel and cut **potatoes** to cubes. Bring a pot of lightly salted water to a boil and add **potatoes**. Boil for 15 minutes until soft. Drain and keep warm.



2. Coat fish

Cut the fish into fish finger size pieces. Season generously with **salt** and **pepper**. Place **flour** and **panko bread crumbs** to separate plates. Crack **eggs** to a bowl and beat lightly. Coat the fish pieces first in **flour**, then dip into **eggs** and finally roll in **panko bread crumbs**. Set aside to a plate or chopping board.



3. Mash potatoes

Once the **potatoes** are done, heat the **milk** in a small pot or in the microwave. Add the **milk** to the drained **potatoes**. Mash with a fork or potato masher. Mix in the **butter**. Season generously with **salt**. Keep warm.



4. Make salad

Rinse **tomatoes** and **cucumbers**, and cut them to cubes. Place in a serving bowl. Season with **sumac**, 2 Tbsp of **lemon** juice, **olive oil**, **salt** and **black pepper**.



5. Fry fish fingers

Heat **oil** in a large pan over medium heat. Fry the fish fingers in batches, for about 4-5 minutes per side. Serve with the mash and the salad.

Classic Steak with Creamy Mushroom Sauce
and Green Beans

You can't go wrong with this classic combo!

hellochef

413 calories | 48 protein | 12 carbs | 19 fat

Low Carb | Calorie Smart

cook: 30 min

R3640-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1730 / 413
Fats (g)	18.7
of which saturated (g)	9.8
Carbohydrates (g)	12
of which sugars (g)	4.2
Fibers (g)	3.2
Proteins (g)	48.4
Salt (g)	1.3

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steak	
Rump steak	800 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Sides	
Mushroom	500 Grams
Fresh chives	15 Grams
Garlic cloves	4 Piece
Olive oil	2 Tbsp
Water	200 ML
Cream cheese 4*	160 Grams
Soy sauce 9*,10*,11*	20 ML
Black pepper	1 Tsp
Green beans	375 Grams

Allergens: *4 Milk, *9 Soya, *10 Wheat, *11 Gluten

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1. Fry steak

- Pat the **steaks** dry with kitchen paper.
- Rub them with **vegetable oil** and season with **salt**.
- Heat a large pan over a high heat.
- Once very hot, add the **steaks**.
- Fry them for 2-4 min on each side or until cooked to your liking.
- Transfer the **steaks** to a plate.
- Leave them to rest.
- Once rested, season generously with **pepper**.

Tip! The resting of the steak is as important as the frying of the steak. It sets the meat's juices and allows the fibers to relax, leaving the end result more tender and your plate less messy.



4. Boil beans

- Meanwhile, trim the **green beans**.
- Cook the **green beans** in a pot of salted boiling water for 3-4 min or until tender.
- Drain once cooked.



2. Prep

- Meanwhile, clean the **mushrooms** with a cloth, knife or brush (don't wash them with water).
- Roughly chop or tear them.
- Finely chop the **chives**.
- Peel and mince the **garlic**.



5. Serve

- Serve the**Classic Steak with Creamy Mushroom Sauce** and **Green Beans**.
- Garnish the **sauce** with the **chives**.

Tip! Add a knob of butter and a sprinkle of sea salt to your green beans!



3. Start sauce

- Return the pan to a medium-high heat with a drizzle of **oil**.
- Add the **mushrooms**. Fry for 6-7 min.
- Fry for 6-7 min.
- Add the **garlic**.
- Fry for 1 min further.
- Add the **measured water**, **cream cheese**, **soy sauce** and **black pepper** to the pan.
- Simmer for 3-4 min or until the **sauce** has thickened.

Teriyaki Chicken with Jasmine Rice
and Greens

Did you know that Teriyaki is a cooking technique, not a sauce? 'Teriyaki' cooked food is commonly grilled and then glazed with soy.

hellofresh

723 calories | 59 protein | 102 carbs | 13 fat

Family Friendly

cook: 30 min

R3382-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3024 / 723
Fats (g)	13.2
of which saturated (g)	2.3
Carbohydrates (g)	102
of which sugars (g)	17.8
Fibers (g)	6.6
Proteins (g)	59.1
Salt (g)	3

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Teriyaki Chicken	
Chicken breast	600 Grams
Lime	2 Piece
Ginger paste	20 Grams
Soy sauce 9*,10*,11*	40 ML
Sweet soy sauce 9*,10*,11*,14*	40 ML
Chilli flakes	4 Grams
Honey	30 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Sesame oil 3*,9*	30 ML
Sesame seeds 3*	20 Grams

Rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML

Sides	
Snow peas	200 Grams
Sugar snap peas	200 Grams
Spring onion	80 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *3 Sesame Seeds

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1. Boil rice

- Rinse the **rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from the heat.
- Keep covered until serving.

Tip! The trick to perfect rice is to rinse it thoroughly first, thereby removing as much starch as possible. Rinse it once, twice or even thrice until the water runs clear.



2. Make teriyaki sauce

- Meanwhile, slice the **lime** in half.
- In a small bowl, combine the **ginger paste**, both **soy sauces**, a pinch of **chilli flakes (spicy!)**, the **honey** and the **lime** juice.
- Set the **teriyaki sauce** aside.

Tip! Sensitive to spice? Go easy on the chilli flakes.



3. Fry chicken

- Chop the **chicken** into bite-sized strips.
- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken** strips with a pinch of **salt**.
- Fry for 3-5 min until golden.
- The **chicken** does not need to be cooked at this point.
- Transfer to a plate.
- Wipe and reserve the pan.



4. Fry greens

- Meanwhile, trim the **snow peas** and **sugar snap peas**.
- Return the reserved pan to a medium-high heat with another drizzle of **oil**.
- Once hot, add the **snow peas** and **sugar snap peas**.
- Fry for 2-3 min.



5. Add sauce

- Add the **teriyaki sauce** and the **chicken** to the **vegetables**.
- Fry for 2-3 min further until the **sauce** has thickened.
- Remove from the heat.
- Add the **sesame oil** and **sesame seeds**.



6. Serve

- Meanwhile, trim and finely slice the **spring onion**.
- Serve the **Teriyaki Chicken** with **Jasmine Rice** and **Greens**.
- Drizzle any leftover **sauce** from the pan over the **chicken**.
- Garnish with the **spring onion**.

Fudgy Belgian Chocolate Brownie

with Flaky Sea Salt

A decadent double chocolate brownie that is the ultimate treat!

hellochef

841 calories | 10 protein | 61 carbs | 60 fat

Family Friendly

cook: 35 min

R4773-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3500 / 841
Fats (g)	60.1
of which saturated (g)	37
Carbohydrates (g)	61
of which sugars (g)	48.6
Fibers (g)	0.7
Proteins (g)	10.3
Salt (g)	0.7

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What You'll Need

Oven | Whisk

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 2 servings

Brownie	
Butter 4*	100 Grams
Belgian dark chocolate 9*	40 Grams
Caster sugar	50 Grams
Vanilla essence	5 ML
Organic Eggs 5*	1 Piece
Plain flour 10*,11*	30 Grams
Cocoa powder	15 Grams
Milk chocolate 4*,9*	50 Grams
Flaky sea salt	2 Grams

Allergens: *4 Milk, *9 Soya, *5 Eggs, *10 Wheat, *11 Gluten

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1. Prep

- Preheat oven to 180°C/160°C fan.
- Grease a small (17x13 cm) oven-proof dish with **butter** or **oil**.



2. Melt chocolate

- Bring a small pot of water to the boil.
- Reduce the heat to a gentle simmer and place a large heat-proof bowl over the top.
- Add the **butter** and **Belgian dark chocolate** into the bowl and melt, stirring continuously.
- Remove from the heat once melted.

> **Tip!** Ensure that the bottom of the bowl does not touch the water as this might burn the chocolate.



3. Add sugar and eggs

- Combine the **caster sugar** and **vanilla essence** into the **melted butter** and **chocolate**.
- Whisk in the **egg** until the mixture is thick and glossy.

> **Tip!** Make sure the batter is cool to the touch before adding the egg.



4. Finish batter

- Add the **flour** and **cocoa powder**.
- Mix to form a thick batter.
- Stir through the **milk chocolate** chips.



5. Bake

- Bake for 18-20 min or until the top is shiny and crisp - this will result in a fudgy brownie texture.
- Remove from the oven and set aside for 10 min before removing from the oven-proof dish.

> **Tip!** If you prefer the brownie more set, bake for 3-5 min more, this will result in a more cake-like brownie.



6. Serve

- Cut into portions.
- Serve the **Fudgy Chocolate Brownie** sprinkled with **flaky sea salt**.

Barbecue Pulled Chicken Burger

with Fries and Crunchy Coleslaw

This recipe saves you the hassle of shredding chicken breast. Just simmer the pulled chicken in our smoky sweet barbecue sauce and enjoy this popular American sandwich for supper.

hello chef

870 calories | 54 protein | 107 carbs | 29 fat

Family Friendly

cook: 45 min

R3684-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3638 / 870
Fats (g)	29
of which saturated (g)	5
Carbohydrates (g)	107
of which sugars (g)	30.4
Fibers (g)	18
Proteins (g)	54.1
Salt (g)	4.2

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What You'll Need

Oven | Box grater

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Barbecue chicken	
Pulled chicken	600 Grams
Red onion	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Barbecue sauce 11*,13*	80 Grams
Tomato paste	50 Grams
Worcestershire sauce 6*,11*	30 ML
Water	100 ML
Garlic onion powder	8 Grams
Smoked paprika powder	4 Grams
Black pepper	1 Tsp
Burger bun 3*,4*,10*,11*	4 Piece

Fries	
Potatoes	1200 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Coleslaw	
White balsamic vinegar 14*	30 ML
Honey	30 Grams
Mayonnaise 5*,9*,13*	100 Grams
White cabbage	450 Grams
Carrot	2 Piece
Spring onion	80 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *11 Gluten, *13 Mustard, *6 Fish, *3 Sesame Seeds, *4 Milk, *10 Wheat, *14 Sulphur Dioxide, *5 Eggs, *9 Soya

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1. Bake fries

- Preheat the oven to 200°C/180°C fan.
- Slice the **potatoes** (skins on) into **fries**.
- Add the **fries** to a lined baking tray.
- Drizzle with **vegetable oil** and a generous pinch of **salt**.
- Toss the **fries** in the **oil** until they are fully coated.
- Bake for 30 min or until golden and crisp.



2. Prep slaw

- Meanwhile, in a large bowl, whisk the **vinegar**, **honey** and **mayonnaise**.
- Slice the **cabbage** as finely as possible.
- Peel and grate the **carrot**.
- Trim and finely chop the **spring onions**.
- Add the lot to the bowl and toss in the **mayonnaise** dressing.
- Season generously with **salt** and a crack of **black pepper**.
- Refrigerate until step 6.

Tip! Make the slaw up to 12 hours in advance.



3. Prep onion

- Peel and finely chop the **onion**.



4. Simmer chicken

- Heat a large pot over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion** with a pinch of **salt**.
- Fry for 5 min or until softened.
- Add the **barbecue sauce**, **tomato paste**, **Worcestershire sauce**, **measured water**, **garlic onion powder**, **smoked paprika**, **salt**, **black pepper** and the **pulled chicken**.
- Simmer for 5 min or until the **sauce** begins to thicken.



5. Toast buns

- Once the **fries** have baked for 30 min, add the **burger buns** to the tray.
- Bake for 5 min further or until the **buns** are warmed through.



6. Serve

- Load the warmed **burger buns** with **chicken** and top with **coleslaw**.
- Serve the **Barbecue Pulled Chicken Burger** with **Fries** and and remaining **Crunchy Coleslaw** alongside.

Easy Tray Bake; Curried Paneer

With Roasted Cauliflower And Potatoes

This baked curry is not only hassle free but tasty!

hello chef

760 calories | 36 protein | 44 carbs | 51 fat

Family Friendly

cook: 50 min

R3823-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3180 / 760
Fats (g)	51.2
of which saturated (g)	38.6
Carbohydrates (g)	44
of which sugars (g)	7.4
Fibers (g)	11.9
Proteins (g)	36
Salt (g)	1.1

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Paneer bake

Paneer **4***	500 Grams
Potatoes	600 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Red onion	2 Piece
Cauliflower	600 Grams
Water	200 ML
Vegetable stock cube **15***	1 Piece
Coconut cream	400 Grams
Curry powder	10 Grams
Coriander cumin powder	8 Grams
Turmeric powder	4 Grams
Chilli powder	4 Grams
Ginger garlic paste	30 Grams
Fresh coriander	15 Grams
Baby spinach	90 Grams

Allergens: *4 Milk, *15 Celery

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1. Bake potatoes

- Preheat the oven to 200°C/180°C fan.
- Roughly chop the **potatoes** into bite-sized cubes.
- Add them to a baking dish with a drizzle of **oil** and a generous pinch of **salt**.
- Toss and bake for 15 min.



2. Prep

- Meanwhile, peel and finely slice the **red onion**.
- Separate the **cauliflower** into florets.
- Chop them into smaller bite-sized pieces.
- Chop the **paneer** into bite-sized cubes.



3. Prep

- Boil the **measured water** and dissolve the 1 **vegetable stock cube** in it.
- Add the **coconut cream**, **curry powder**, **coriander cumin powder**, **turmeric**, a pinch of **chilli powder (spicy!)** and the **ginger garlic paste**.
- Mix well.
- Set the **curry stock** aside.
- Finely chop the **coriander** leaves.

Tip! Sensitive to spice? Go easy on the chilli powder.



4. Bake

- After 15 min, add the **cauliflower** and **onion** to the baking dish.
- Bake for 15 min further or until the **potatoes** are tender.



5. Bake

- Add the **curry stock** and **paneer**.
- Bake for 10 min further.
- Add the **baby spinach**.
- Mix through.
- Bake for a final 5 min or until the **spinach** wilts.



6. Serve

- Serve the **Easy Tray Bake; Curried Paneer with Roasted Cauliflower and Potatoes**.
- Garnish with the **coriander**.

Creamy Cajun Chicken Pasta

with Peppers

Chicken, cheese, cream and cajun spice, what could possibly be not to like?

hello chef

1059 calories | 80 protein | 109 carbs | 34 fat

Family Friendly | Quick Prep | Speedy

prep: 5 min | cook: 20 min | R2735-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4412 / 1059
Fats (g)	33.6
of which saturated (g)	18.4
Carbohydrates (g)	109
of which sugars (g)	15.4
Fibers (g)	9.5
Proteins (g)	79.9
Salt (g)	3.5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pasta	
Chicken breast	600 Grams
Salt	1 Tsp
Spring onion	80 Grams
Red pepper	2 Piece
Olive oil	2 Tbsp
Fusilli pasta 5*,10*,11*	500 Grams
Cajun spice	8 Grams
Tomato paste	100 Grams
Garlic powder	4 Grams
Cooking cream 4*	400 ML
Water	200 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece

To serve	
Grated Parmesan 4*	60 Grams
Lemon	2 Piece
Fresh chives	15 Grams
Black pepper	1 Tsp

Allergens: *5 Eggs, *10 Wheat, *11 Gluten, *4 Milk, *9 Soya, *15 Celery

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1. Cook pasta

Bring a large pot of salted **water** to the boil. Add the **fusilli pasta** and cook for 8-10 min until 'al dente' or cooked to your liking. Reserve a cup of **pasta water** (to use in step 6) and drain.



2. Prep

Trim and finely slice the **spring onion**. Deseed and finely slice the **red pepper**. Chop the **chicken breast** into bite-sized strips.



3. Fry

Heat a large pan over a medium-high heat with a drizzle of **olive oil**. Once hot, add the **spring onion** and **peppers** with a pinch of **salt** and fry for 4 min or until softened.



4. Add chicken

Meanwhile, add the **cajun spice (spicy!)**, **tomato paste**, **garlic powder** and **chicken strips** to the pan and fry for 2 min further.

Tip! Substitute the cajun spice for smoked paprika and a pinch of sugar for a milder version!



5. Simmer

After 2 min, add the **cooking cream**, **measured water**, 1 **chicken stock cube** and half of the **grated Parmesan** (reserve the rest for garnish) to the pan and simmer for 5-7 min further or until the **chicken** is cooked through.



6. Serve

Meanwhile, slice the **lemon** into wedges. Finely chop the **chives**. Once the **sauce** has thickened, add the cooked **pasta** to the **sauce** and toss. Season generously with **pepper** and a squeeze of **lemon** juice to taste. Divide the **Cajun chicken pasta** among bowls and garnish with the **chives** and remaining **grated Parmesan**. Serve the remaining **lemon wedges** alongside.

Tip! Add a splash of the reserved pasta water if the sauce looks too dry.

Ultimate English Breakfast

with Eggs, Toast and Bacon

This dish is developed to honor our English customers. Enjoy!

hellochef

956 calories | 62 protein | 41 carbs | 57 fat

Family Friendly

cook: 30 min

R3407-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3996 / 956
Fats (g)	57.4
of which saturated (g)	8
Carbohydrates (g)	41
of which sugars (g)	16.5
Fibers (g)	11.7
Proteins (g)	62
Salt (g)	6.7

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

English breakfast	
Italian sausage 10*	400 Grams
Organic Eggs 5*	4 Piece
Tomatoes	2 Piece
Sourdough bread slices 10*,11*	4 Piece
Chestnut mushrooms	500 Grams
Fresh parsley	15 Grams
Salt	2 Tsp
Black pepper	2 Tsp
Vegetable oil	2 Tbsp
Butter 4*	40 Grams

Baked beans	
White beans	480 Grams
Shallots	2 Piece
Garlic cloves	2 Piece
Tomato paste	70 Grams
Tomato passata	500 Grams
Vegetable stock cube 15*	1 Piece
Dried oregano	4 Grams
Honey	30 Grams
Worcestershire sauce 6*,11*	30 ML
Red vinegar	30 ML
Smoked paprika powder	4 Grams

Allergens: *10 Wheat, *5 Eggs, *11 Gluten, *4 Milk, *15 Celery, *6 Fish

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1. Prep

Preheat the oven to 220°C/200°C fan. Peel and finely chop the **shallots** and **garlic**. Finely chop the **parsley** leaves. Drain and rinse the **beans**. Chop the **tomatoes** and any larger **mushrooms** in half.



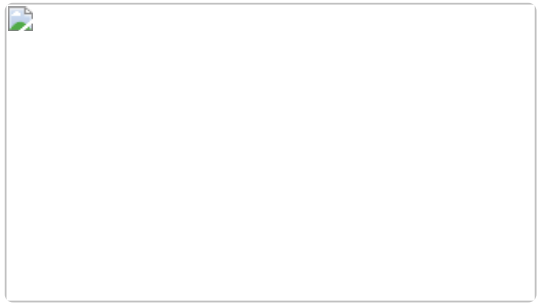
2. Bake

Add the **tomatoes** and **mushrooms** to one side of a baking tray. Drizzle with **oil** and season with **salt**. Add the **sausages** to the other side. Bake for 20 min.



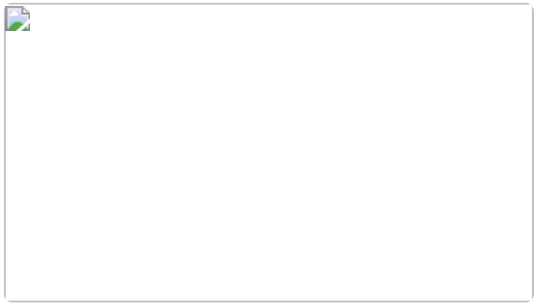
3. Make beans

Meanwhile, heat a pan over a medium heat with a drizzle of **oil**. Once hot, add the **shallots** with a pinch of **salt** and fry for 3 min until softened. Add the **garlic** and **tomato paste** and fry for 1 min further. Add the **passata**, **stock cube**, **smoked paprika**, **oregano**, drained **beans**, **honey**, **Worcestershire sauce** and **red vinegar**. Simmer for 12 min.



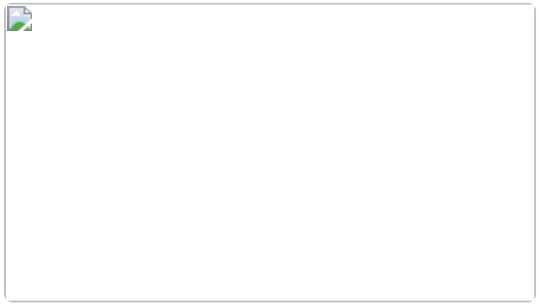
4. Fry eggs

Meanwhile, heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, crack the **eggs** into the bacon pan and fry for 2-4 min or until done to your liking. For a set **egg** yolk, cover the pan with a lid



5. Toast bread

Toast the **sourdough slices** in a toaster or under a hot grill. Spread the **butter** over the **slices** whilst it's still hot!



6. Serve

Season the **beans**, serve over the hot buttery **toast**. Serve the **sausages**, fried **eggs**, **tomatoes** and **mushrooms** to the side. Garnish with the **fresh parsley**.

Halloumi Souvlaki

with Tzatziki and Pitta

Let your mind travel to those beautiful Greek islands!

hellochef

771 calories | 38 protein | 91 carbs | 31 fat

Family Friendly

cook: 30 min

R3817-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3214 / 771
Fats (g)	30.9
of which saturated (g)	25.1
Carbohydrates (g)	91
of which sugars (g)	22.8
Fibers (g)	10.4
Proteins (g)	38.1
Salt (g)	36.3

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What You'll Need

Oven | Box grater

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Skewers	
Halloumi **4***	400 Grams
Bamboo skewers	12 Piece
Lemon	2 Piece
Garlic onion powder	8 Grams
Olive oil	4 Tbsp
Honey	30 Grams
Dried oregano	4 Grams
Smoked paprika powder	4 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Red onion	2 Piece
Yellow pepper	2 Piece

Tzatziki	
Garlic cloves	1 Piece
Cucumber	2 Piece
Natural yogurt **4***	340 Grams
Salt	1 Tsp
Black pepper	1 Tsp

To serve	
Tomatoes	4 Piece
Pitta bread **4*,5*,9*,10*,11***	4 Piece

Allergens: *4 Milk, *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten

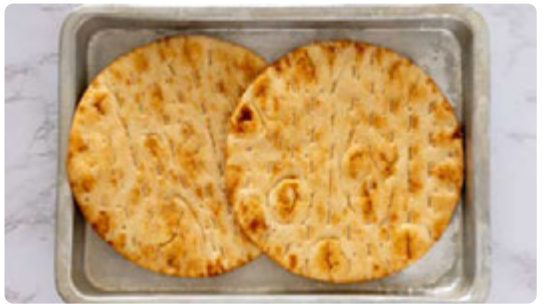
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1. Marinate halloumi

- Preheat the oven to 200°C/180°C fan.
- Soak the **bamboo skewers** in water.
- Chop the **halloumi** into bite-sized cubes. Add them to a large bowl.
- Wash the **lemon** and grate its zest with a fine blade, taking care to avoid its bitter white pith.
- Add 1 tsp of the **lemon zest**, 2 Tbsp of **lemon** juice, the **garlic onion powder**, a drizzle of **olive oil**, **honey**, **dried oregano**, **smoked paprika**, **salt** and **pepper** to the bowl.
- Mix well. Set aside.

Tip! Marinade the halloumi up to 24 hours in advance.



4. Heat pitta

- Heat the **pitta bread** in the oven for 3 min or until soft and warmed through.



2. Thread skewers

- Peel and slice the **onions** into wedges.
- Separate them into individual petals.
- Deseed and chop the **peppers** into bite-sized pieces.
- Thread the marinated **halloumi**, **peppers** and **onion** onto the **skewers**.
- Place the **halloumi skewers** onto a baking tray with a drizzle of **oil** and a pinch of **salt**.
- Roast for 10-12 min or until the **halloumi** is browned slightly.



5. Serve

- Serve the **Halloumi Souvlaki** with **Tzatziki** on each **Pitta** with the **tomatoes**.
- Serve any remaining **tzatziki** to the side.



3. Make tzatziki

- Meanwhile, peel and mince 1 **garlic cloves**.
- Grate the **cucumber** and squeeze out any excess liquid.
- In a bowl, combine the **garlic**, **cucumber** and **yogurt**.
- Season with a pinch of **salt** and **pepper**.
- Set the **tzatziki** aside.
- Slice the **tomatoes**.

Seabream and Potato Mash

with Green Beans and Garlic Butter

While this one's simple to prep, it's bound to impress!

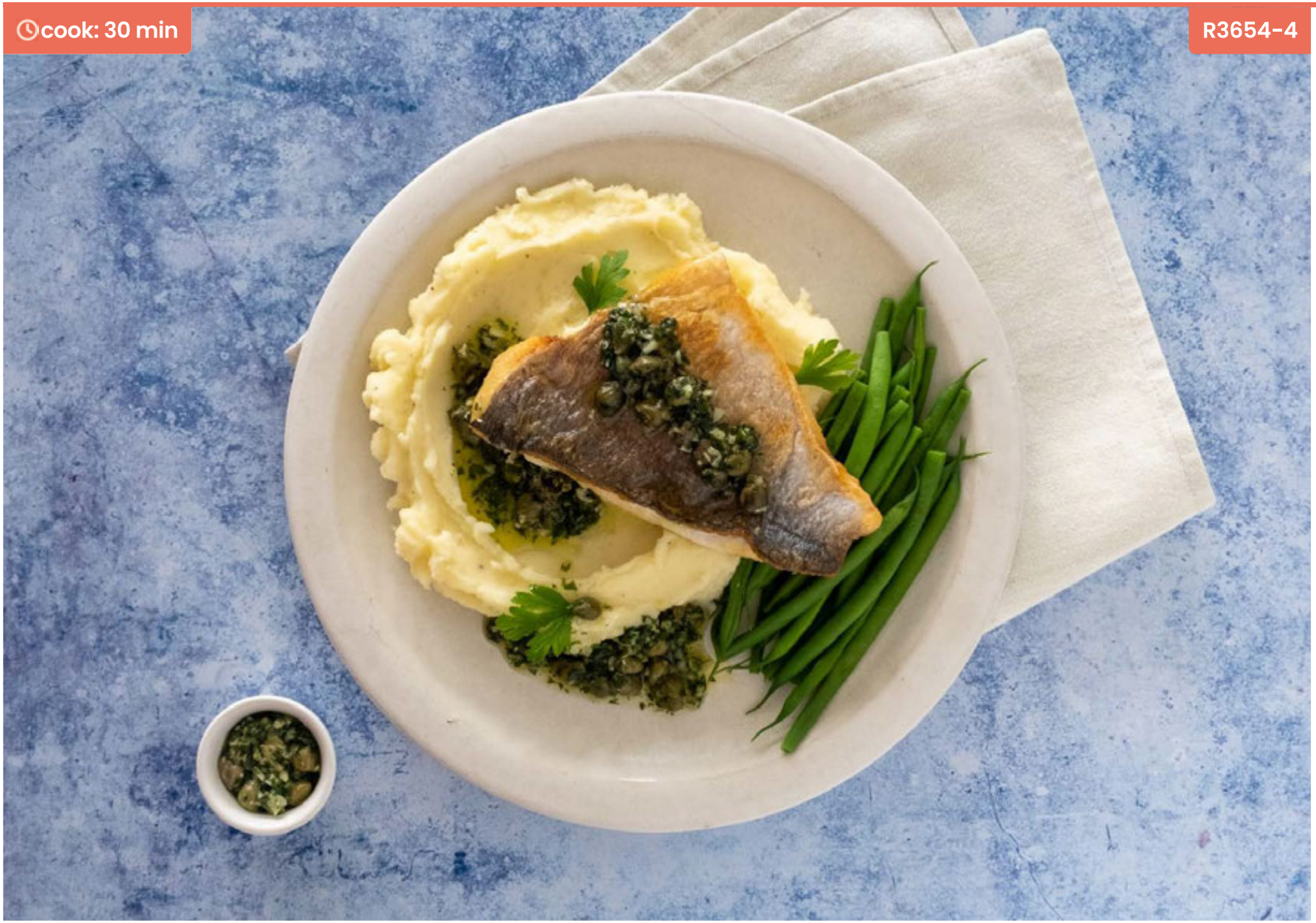
hellochef

687 calories | 57 protein | 49 carbs | 31 fat

Tips for Kids

cook: 30 min

R3654-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2862 / 687
Fats (g)	31.2
of which saturated (g)	14.7
Carbohydrates (g)	49
of which sugars (g)	7.7
Fibers (g)	10.5
Proteins (g)	56.6
Salt (g)	1.5

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What You'll Need

- Potato masher

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Seabream and butter	
Seabream 6*	660 Grams
Fresh parsley	15 Grams
Garlic cloves	6 Piece
Butter 4*	100 Grams
Capers	40 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp

Sides	
Potatoes	1200 Grams
Grated Parmesan 4*	60 Grams
Whole milk 4*	200 ML
Salt	1 Tsp
Black pepper	1 Tsp
Green beans	300 Grams

Allergens: *6 Fish, *4 Milk

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1. Make mash

Bring a large pot of salted water to the boil. Peel and chop the **potatoes** into bite-size pieces. Once the water is boiling, add the **potatoes** and cook over medium-high heat for 20 min or until soft. Once soft, drain the **potatoes** and return them to the pot. Add the **grated Parmesan**. Mash until smooth, gradually adding the **milk** until it reaches your desired consistency. Season with **salt** and **pepper** to taste.



2. Prep

Meanwhile, finely chop the **parsley** leaves. Peel and mince the **garlic**. Trim the **green beans**. Bring a second pot of salted water to the boil.

Tip! If cooking for kids, set aside a portion of the chopped parsley to use as 'sprinkles'.



3. Make garlic butter

Heat a saucepot over a medium-low heat with the **butter** and **garlic**. Once melted, add the chopped **parsley** and the **capers** and cook for 1-2 min. Set aside to keep warm.

Tip! If cooking for kids, set aside a portion of the melted garlic butter before adding the capers. Make sure not to burn the butter or garlic.



4. Boil green beans

Once the water is boiling, add the **green beans** to the pot. Cook the **beans** over a medium heat for 5 min or until tender. Drain.



5. Fry seabream

Meanwhile, pat the **seabream** fillets dry with kitchen paper and season the skin with **salt**. Heat a large pan over a medium-high heat with a drizzle of **oil** . Once hot, add the **seabream**, skin-side down and fry for 4 min or until crispy. Once crispy, flip and fry for 1 min further.



6. Serve

Serve the **seabream** over the **potato mash** with the **green beans** alongside. Drizzle everything with the **garlic butter**.

Tip! If cooking for kids, serve the potato mash, green beans and seabream separately. Serve the garlic butter and parsley as 'sprinkles' to the side.

v1. Tres Leches Milk Cake with Strawberries and Whipped Cream

–

hellofresh

1164 calories | 38 protein | 191 carbs | 42 fat

cook: 60 min

R4447-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4861 / 1164
Fats (g)	42.4
of which saturated (g)	8.9
Carbohydrates (g)	191
of which sugars (g)	122.2
Fibers (g)	3.6
Proteins (g)	38.3
Salt (g)	3.3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Ingredients	
Plain flour 10*,11*	140 Grams
Baking powder	8 Grams
Salt	0.25 Tsp
Organic Eggs 5*	4 Piece
White sugar	160 Grams
Vanilla essence	5 ML

3 Milks	
Whole milk 4*	200 ML
Condensed milk 4*	90 Grams
Evaporated milk 4*	170 Grams

Frosting	
Whipping cream 4*	100 ML
Icing sugar	10 Grams
Strawberries	250 Grams
Cinnamon powder	4 Grams

Allergens: *10 Wheat, *11 Gluten, *5 Eggs, *4 Milk

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1. Prep

Preheat the oven to 350 °F and butter a 9x13 casserole pan. Set up three mixing bowls.



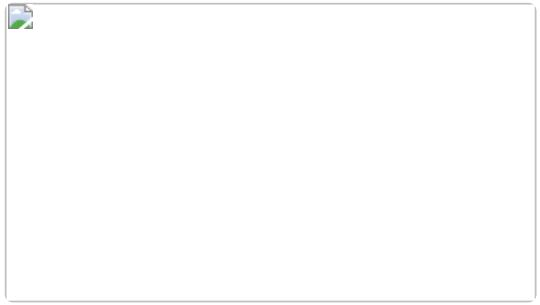
2. Mix dry ingredients

In a large bowl, sift together **flour**, **baking powder**, and **salt**. Separate egg whites and yolks into the other two bowls.



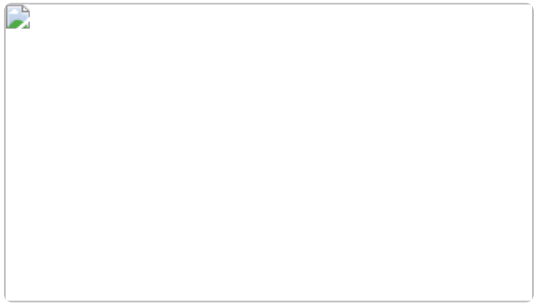
3. Mix egg mixtures

Beat the egg yolks with half the **sugar** with an electric mixer on high speed, until yolks are a pale yellow (2 minutes). Stir in 1/3 cup **milk** and **vanilla**. Wash and clean the beaters. In the other bowl, beat the egg whites on high speed until soft peaks form (1 minute). With the mixer on, pour in the remaining **sugar** and beat on high speed until egg whites are stiff but not dry (1 minute).



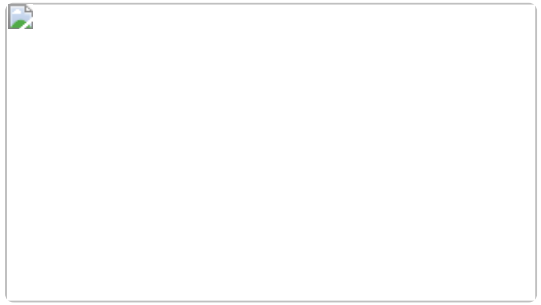
4. Bake

Pour egg yolk mixture over the **flour** mixture and combine gently with a spatula. Gently fold in egg **white** mixture with the spatula until just combined. Pour batter into prepared pan and spread to even out the surface and bake at 350˚F for 30-35 minutes or until a toothpick comes out clean.



5. Make 3-milks

In a large measuring cup (or a bowl with a pouring lip), combine 1/3 cup heavy **whipping cream**, 12 oz **evaporated milk** and 9 oz **condensed milk**. When the cake is cool, pierce the surface all over with a fork. Slowly drizzle the **milk** mixture over the cake.



6. Make whipped cream

Pour the cold heavy **whipping cream** and **sugar** into a large chilled mixing bowl and beat on high speed for 1 min or until thick, whipped and spreadable. Spread over the cake with a spatula then decorate with sliced **strawberries** and a dusting of **cinnamon**.

One-pan Porcini Mushroom and Beef Pasta

with Basil

An easy beef pasta recipe that is loaded with umami; one of the five basic tastes. It's described as savoury and often found in broths and cooked meats.

935 calories | 65 protein | 101 carbs | 31 fat

Family Friendly

cook: 25 min

R3647-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3911 / 935
Fats (g)	31
of which saturated (g)	16.9
Carbohydrates (g)	101
of which sugars (g)	3.8
Fibers (g)	9
Proteins (g)	65.2
Salt (g)	5.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Pasta	
Lean beef mince	700 Grams
Water	1000 ML
Dried porcini mushrooms	20 Grams
Dried oregano	4 Grams
Beef stock cube 4*,5*,9*,11*,15*	2 Piece
Olive oil	1 Tbsp
Garlic onion powder	8 Grams
Smoked paprika powder	4 Grams
Tomato paste	70 Grams
Tamari 9*	30 ML
Fusilli pasta 10*	500 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Fresh basil	15 Grams
Spinach	200 Grams
Grated orange cheddar 4*	120 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *11 Gluten, *15 Celery, *10 Wheat

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1. Prep

Boil the **measured water**. Add the **dried porcini mushrooms**, **stock cube** and **boiled measured water** to a jug and set aside. This is your **mushroom stock**.



2. Fry beef

Heat a large non-stick pan over a medium heat with a drizzle of **oil**. Add the **beef mince**, **garlic onion powder**, **smoked paprika powder** and **tomato paste** and cook for 5 min.

Tip! Don't have a large pan? Use a large pot instead.



3. Simmer

Add the **mushroom stock**, **oregano**, **tamari** and uncooked **pasta**. Bring to a boil, cover, and reduce the heat to low. Simmer for 12 min.

Tip! Add a splash of water if needed.



4. Add

Meanwhile, roughly chop the **basil** leaves and **spinach** (discard the stems). Once the **pasta** has been cooking for 12 min, add the **spinach** and cook for 2 min further or until wilted. Add the **basil** and **grated orange cheddar** to the **beef pasta**, cover with a lid, and cook for 1 final min. Once cooked, season with **salt** and **pepper** to taste.

Tip! Save some whole basil leaves for garnish.



5. Serve

Divide the **beef pasta** among plates and garnish with the **fresh basil**.

Smoky Black Beans

with Roasted Sweet Potatoes and Guacamole

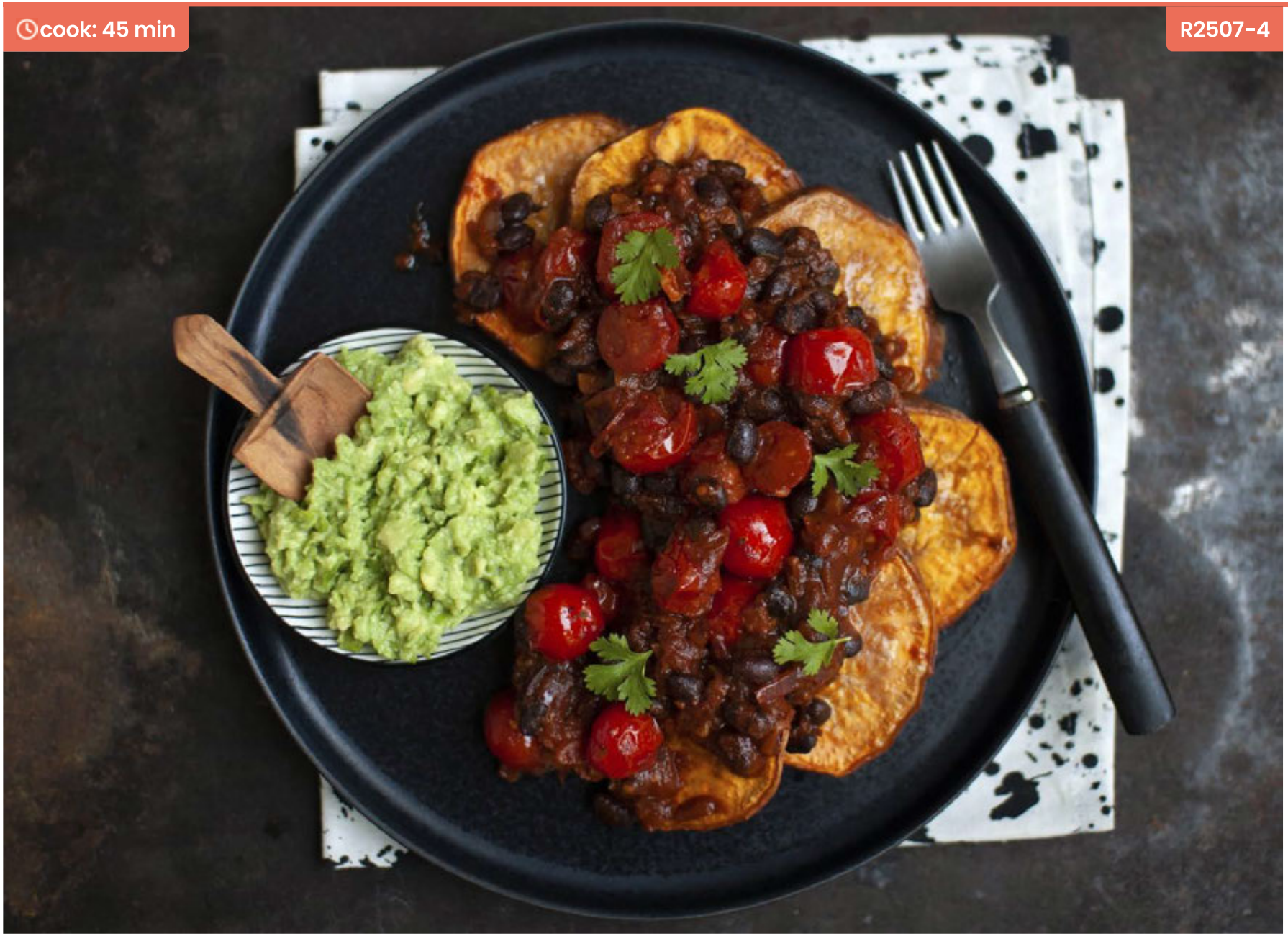
Enjoy this little piece of Mexican heaven on a plate!

hellochef

908 calories | 23 protein | 133 carbs | 38 fat

cook: 45 min

R2507-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3799 / 908
Fats (g)	37.7
of which saturated (g)	5.3
Carbohydrates (g)	133
of which sugars (g)	32.9
Fibers (g)	37.6
Proteins (g)	23.1
Salt (g)	2.4

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What You'll Need

Oven

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Sweet potatoes	
Sweet potatoes	1200 Grams
Olive oil	4 Tbsp
Salt	2 Tsp
Black pepper	1 Tsp

Topping	
Red onion	2 Piece
Garlic cloves	4 Piece
Cherry tomatoes	500 Grams
Olive oil	4 Tbsp
Black beans	480 Grams
Tomato paste	70 Grams
Maple syrup	40 ML
Smoked paprika powder	4 Grams
Taco seasoning	20 Grams
Black pepper	1 Tsp
Water	100 ML
Salt	1 Tsp

Guacamole	
Avocado	3 Piece
Fresh coriander	15 Grams
Lime	3 Piece
Flaky sea salt	4 Grams

Allergens:

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Egg, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur dioxide and Celery.**



1. Roast sweet potatoes

- Preheat the oven to 220°C/200°C fan.
- Wash the **sweet potatoes** and cut them into 1 cm thick slices.
- Place the slices onto a lined baking tray.
- Drizzle with **oil** and sprinkle generously with **salt** and **pepper**.
- Roast for 30 min until soft and starting to crisp.

Tip! Take your time when roasting the sweet potatoes. They should be soft and nicely caramelised.



2. Prep

- Meanwhile, peel and chop the **onion** and **garlic**.
- Halve the **cherry tomatoes**.
- Drain and rinse the **black beans**.



3. Simmer

- Heat a pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **onion** with a pinch of **salt** for 5 min.
- Add the **garlic** and **cherry tomatoes** and cook for 2 min further.
- Add the **black beans**, **tomato paste**, **maple syrup**, **smoked paprika powder**, **taco seasoning**, **black pepper** and a splash of **water**.
- Cook for 5 min. Season with **salt**, to taste.



4. Make guacamole

- Slice the **avocado** in half and remove its stone.
- Scoop the **avocado** out of its skin using a spoon and transfer it to a bowl.
- Mash the **avocado** with a fork.
- Chop the **coriander** (reserve a few leaves for garnish) and add it to the **avocado**.
- Season with a generous squeeze of **lime** juice and the **flaky sea salt**. Mix well.



5. Serve

- Serve the **Roasted Sweet Potatoes** topped with the **Smoky Black Beans**.
- Garnish with the remaining **fresh coriander**.
- Serve with the **guacamole**.

Firecracker Mayo Chicken

with Broccoli and Rice

Rushing home hungry? This firecracker dinner is speedy and spicy!

hello chef

820 calories | 60 protein | 98 carbs | 26 fat

cook: 20 min

R3043-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3428 / 820
Fats (g)	25.5
of which saturated (g)	4.3
Carbohydrates (g)	98
of which sugars (g)	13.8
Fibers (g)	8.2
Proteins (g)	60.3
Salt (g)	2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Sauce	
Sriracha sauce	28 Grams
Sweet chilli sauce	80 ML
Apple cider vinegar	30 ML
Vegetable oil	2 Tbsp
Chilli flakes	4 Grams
Salt	0.5 Tsp
Mayonnaise 5*,9*,13*	100 Grams

Rice	
Jasmine rice	300 Grams
Water	600 ML
Salt	1 Tsp

To serve	
Broccoli	800 Grams
Spring onion	80 Grams
Sesame seeds 3*	20 Grams

Allergens: *5 Eggs, *9 Soya, *13 Mustard, *3 Sesame Seeds

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1. Boil rice

Rinse the **jasmine rice**. Add the **rice**, **measured water** and a pinch of **salt** to a pan with a lid and bring to a boil. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Remove the pan from heat and keep covered until serving.



2. Fry chicken

Meanwhile, heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken breasts** with a pinch of **salt** and cook for 5-7 min on either side until golden and cooked through.



3. Boil broccoli

Cook the **broccoli** in lightly salted boiling water for 5 min or until tender. Drain once cooked.



4. Mix sauce

Combine the **sriracha** (spicy!), **sweet chilli sauce** (spicy!), **apple cider vinegar**, **vegetable oil**, **chilli flakes** (spicy!) and a pinch of **salt** in a small bowl or glass. Mix well - this is your **sauce**.



5. Season chicken

Add the **sauce** to the **chicken** pan. Cook for 1 final min until the **chicken** is coated in the **sauce**. Take the pan off the heat. Transfer the **chicken** onto a plate. Let the **sauce** cool down for 3 min. Add the **mayonnaise** into the pan. Mix until combined.



6. Serve

Finely slice the **spring onion**. Serve the **firecracker mayo chicken**. Drizzle with the remaining **sauce** from the pan. Serve the **broccoli** and **rice** to the side. Garnish with the **spring onion** and the **sesame seeds**.

Oven Baked Beef Patties

with Creamy Potato and Carrot Mash and Green Salad

Delicious and simple patties are perfect for weeknights and parties alike!

hello chef

1037 calories | 50 protein | 59 carbs | 68 fat

Family Friendly

cook: 40 min

R3697-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4335 / 1037
Fats (g)	68.1
of which saturated (g)	27.4
Carbohydrates (g)	59
of which sugars (g)	16.8
Fibers (g)	12.5
Proteins (g)	49.8
Salt (g)	2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Oven
- Potato masher

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef patties	
Beef mince	700 Grams
Garlic cloves	4 Piece
Organic Eggs 5*	2 Piece
Fresh breadcrumbs 4*,10*	60 Grams
Tomato paste	70 Grams
Onion powder	4 Grams
Dried oregano	4 Grams
Dried basil	2 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Mash	
Potatoes	600 Grams
Carrot	2 Piece
Butter 4*	20 Grams
Grated mozzarella 4*	120 Grams
Salt	1 Tsp

Green salad	
Apple cider vinegar	30 ML
Olive oil	4 Tbsp
Wholegrain mustard 13*	30 Grams
Honey	30 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Romaine lettuce	600 Grams
Cucumber	2 Piece
Cherry tomatoes	300 Grams

Allergens: *5 Eggs, *4 Milk, *10 Wheat, *13 Mustard

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1. Prep patties

- Preheat the oven to 220°C/200°C fan.
- Peel and mince the **garlic**.
- In a large bowl, combine the **eggs**, **breadcrumbs** and **tomato paste**.
- Add the **garlic**, **onion powder**, **dried oregano**, **dried basil**, **salt** and **black pepper**.
- Mix until combined.
- Add the **beef mince** and, with clean hands, knead until all the ingredients are fully combined.
- Divide the mixture into 12 pieces.
- Shape each piece into a patty.



2. Bake patties

- Bake the **patties** for 15 minutes or until cooked through.

> **Tip!** Use the grill setting for the last 2 minutes of cooking to get extra colour on the patties.



3. Boil vegetables

- Peel and chop the **potatoes** and **carrots** into small pieces.
- Boil in salted water for 12-15 minutes or until both the **carrots** and **potatoes** are soft.
- Drain and reserve a cup of the water.
- Reserve the pot.



4. Prep Salad

- Meanwhile, in a large bowl mix together the **apple cider vinegar**, **olive oil**, **wholegrain mustard**, **honey**, **salt** and **pepper** to make the **dressing**.
- Roughly chop the **lettuce** leaves.
- Chop the **cucumber** and halve the **cherry tomatoes**.
- Add the **lettuce**, **tomatoes** and **cucumber** to the **dressing**.
- Mix well.

> **Tip!** Don't toss the salad too far in advance as this will make it go soggy.



5. Make mash

- Return the drained **carrots** and **potatoes** to the pot.
- Add the **butter** and **mozzarella** and mash until smooth.
- If required add a splash of the **reserved water** to make a smoother consistency.
- Taste and add another pinch of **salt** if needed.



6. Serve

- Serve the **Oven Baked Beef Patties** with **Creamy Potato and Carrot [b]Mash** and **Green Salad**.

Pesto Crusted Chicken

with Roasted Broccoli and Sweet Potato Mash

'Pesto' comes from the Genoese word 'pestâ', meaning to pound' or 'crush'. Pesto is traditionally made in a pestle and mortar.

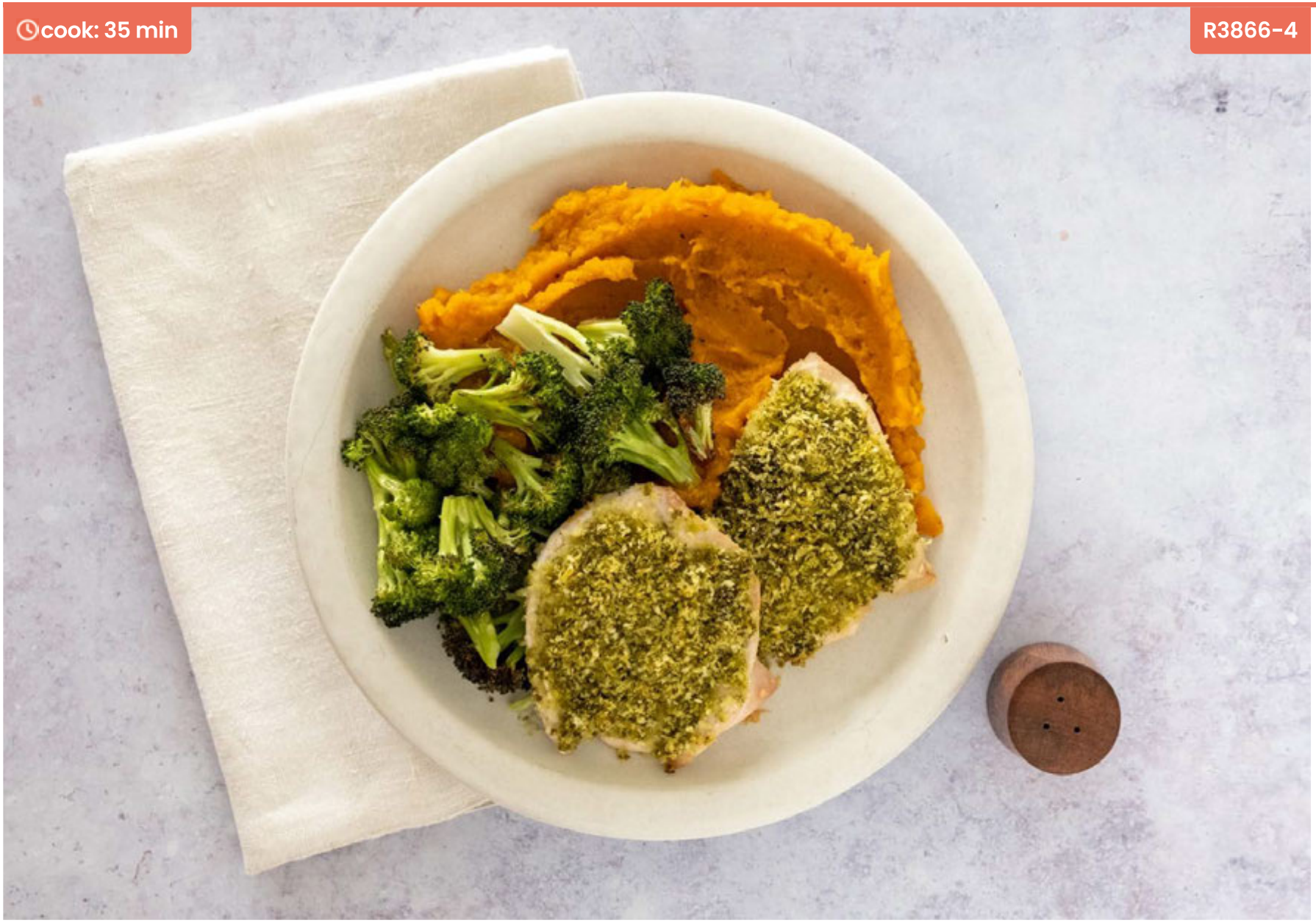
hello chef

611 calories | 56 protein | 60 carbs | 17 fat

Low Carb

cook: 35 min

R3866-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2549 / 611
Fats (g)	16.5
of which saturated (g)	5.7
Carbohydrates (g)	60
of which sugars (g)	11.2
Fibers (g)	10.1
Proteins (g)	55.5
Salt (g)	1.3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Oven
- Potato masher

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pesto chicken	
Chicken breast	800 Grams
Panko bread crumbs **10*,11*,12***	90 Grams
Green pesto **2*,4***	75 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Sweet potato mash	
Sweet potatoes	800 Grams
Butter **4***	20 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Roasted broccoli	
Broccoli	600 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *10 Wheat, *11 Gluten, *12 Lupin, *2 Tree Nuts, *4 Milk

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1. Start mash

- Preheat the oven to 200°C/180°C fan.
- Bring a large pot of salted water to the boil.
- Peel and chop the **sweet potatoes** into bite-sized pieces.
- Add them to the pot of salted boiling water and cook over a medium-high heat for 15 min or until soft.



2. Prep

- Meanwhile, separate the **broccoli** into small florets and chop them into bite-sized pieces.
- In a large bowl, combine the **panko**, **green pesto**, a drizzle of **olive oil** with a pinch of **salt** and **pepper** to taste - this is your **pesto crumb**.



3. Prep chicken

- Slice each **chicken breast** in half as if you were cutting a burger bun, making sure not to cut through entirely until the **chicken breast** is one larger and thinner piece.
- Place the **chicken** onto one side of a baking tray and evenly top with the **pesto crumb**.



4. Bake

- Add the **broccoli** alongside the **chicken**.
- Drizzle the **broccoli** with **oil** and season with **salt** and **pepper** to taste.
- Bake in the oven for 15-20 min or until the **chicken** is cooked through, the **crumb** is golden brown, and the **broccoli** is tender.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready.



5. Finish mash

- Meanwhile, once soft, drain the **sweet potatoes** and return them to the pot.
- Add the **butter** and mash until smooth.
- Season with **salt** and **pepper** to taste.



6. Serve

- Serve the **Pesto Crusted Chicken** with **Roasted Broccoli** and **Sweet Potato Mash**.

Roasted Bolognese Stuffed Peppers

with Cucumber, Feta and Olive Salad

Bolognese is a meat-based sauce originating from the region of Bologna in Italy.

hellochef

644 calories | 49 protein | 51 carbs | 28 fat

Low Carb

cook: 45 min

R3762-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2697 / 644
Fats (g)	28
of which saturated (g)	10.6
Carbohydrates (g)	51
of which sugars (g)	30.7
Fibers (g)	13.1
Proteins (g)	48.8
Salt (g)	5.3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven | Box grater

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stuffed peppers	
Lean beef mince	700 Grams
Red pepper	6 Piece
Salt	1 Tsp
Vegetable oil	2 Tbsp
Red onion	2 Piece
Garlic cloves	4 Piece
Carrot	2 Piece
Tomato paste	70 Grams
Tomato passata	500 Grams
Soy sauce 9*,10*,11*	30 ML
Worcestershire sauce 6*,11*	30 ML
Dried oregano	8 Grams
Water	100 ML
Black pepper	1 Tsp
Fresh parsley	15 Grams

Salad	
Cucumber	4 Piece
Kalamata olives	80 Grams
Feta cheese 4*	100 Grams
Fresh mint	10 Grams
Balsamic vinegar 14*	30 ML
Honey	30 Grams
Olive oil	4 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *6 Fish, *4 Milk, *14 Sulphur Dioxide

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1. Roast peppers

- Preheat the oven to 200°C/ 180°C fan.
- Slice the **peppers** in half lengthwise.
- Remove their stems and deseed them.
- Place the **peppers** onto a baking tray with a pinch of **salt** and a drizzle of **oil**.
- Toss well and roast for 15 min.



2. Fry mince

- Meanwhile, peel and finely chop the **red onion**.
- Peel and mince the **garlic**.
- Peel and grate the **carrot**.
- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onions**, **garlic** and **carrot** with a pinch of **salt**.
- Fry for 6-8 min until softened.
- Add the **beef mince**.
- Cook for 4-5 min further, breaking it up with a spatula.



3. Simmer

- Add the **tomato paste**, **tomato passata**, **soy sauce**, **Worcestershire sauce**, **dried oregano** and **measured water**.
- Reduce the heat to medium.
- Simmer for 5 min until thickened.
- Remove from the heat.
- Season with **salt** and **black pepper**.
- Set aside.



4. Stuff peppers

- After 15 min, remove the **peppers** from the oven.
- Stuff with the **bolognese**.
- Roast for 10 min further.



5. Make salad

- Meanwhile, chop the **cucumber** into half moons.
- Chop the **kalamata olives** in half.
- Chop the **feta cheese** into cubes. Set aside.
- Pick and finely chop the **mint leaves**.
- In a large bowl combine the **balsamic vinegar**, **honey** and **olive oil**.
- Season with **salt** and **black pepper** and mix well.
- Add the **cucumber**, **olives**, the **mint** and toss well.



6. Serve

- Pick and finely chop the **parsley leaves**.
- Serve the **Roasted Bolognese Stuffed Peppers** with **Cucumber, Feta and Olive Salad**.
- Garnish with the **parsley**.

Breakfast Cheddar and Herb Scones with Chive Cream Cheese Spread

–

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hello chef

432 calories | 12 protein | 40 carbs | 26 fat

cook: 30 min

R4532-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1799 / 432
Fats (g)	25.6
of which saturated (g)	16.7
Carbohydrates (g)	40
of which sugars (g)	2.7
Fibers (g)	0.2
Proteins (g)	11.6
Salt (g)	1.2

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What You'll Need

Oven

Box grater

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Scones	
Plain flour 10*,11*	280 Grams
Baking powder	8 Grams
Garlic powder	2 Grams
Salt	0.5 Tsp
Black pepper	0.25 Tsp
Butter 4*	75 Grams
Fresh chives	15 Grams
Dried thyme	2 Grams
Cheddar cheese 4*,10*,11*,13*	100 Grams
Whole milk 4*	200 ML
Butter 4*	10 Grams

To serve	
Sour cream 4*	60 Grams
Cream cheese 4*	140 Grams
Black pepper	0.25 Tsp

Allergens: *10 Wheat, *11 Gluten, *4 Milk, *13 Mustard

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1. Prep

Preheat the oven to 180C fan. Finely chop the **chives**. Place the **butter** in the freezer. In a large bowl, combine the **flour**, **baking powder**, **salt**, **garlic powder**, **thyme** and half of the chopped **chives** (reserving the rest for the **cream cheese**)

Tip! Freezing the butter makes it much easier to rub into the dry ingredients.



2. Rub butter

Grate the chilled **butter** into the dry ingredients until it resembles small bread crumbs.



3. Make dough

Grate in the **cheddar cheese** (reserving some for topping). Add the **milk** and knead until a dough just forms.

Tip! Do not over knead the scone dough as it will make them tough.



4. Bake

Melt 10g **butter** in the microwaveFlatten the dough with clean hands or a rolling pin to a 2 cm thickness. Using a round cutter, or a glass (xcm) cut 8-10 rounds. Place the rounds onto a lined **baking** tray. Brush with the melted **butter** and sprinkle over the remaining grated **cheese**. Bake for 18-20 min.



5. Make chive cream cheese.

In a bowl, combine the **cream cheese**, **sour cream** and remaining **chives**. Season with **salt** and **pepper** to taste.



6. Serve/Storage

Indian Seabream

with Gunpowder Potatoes and Green Beans

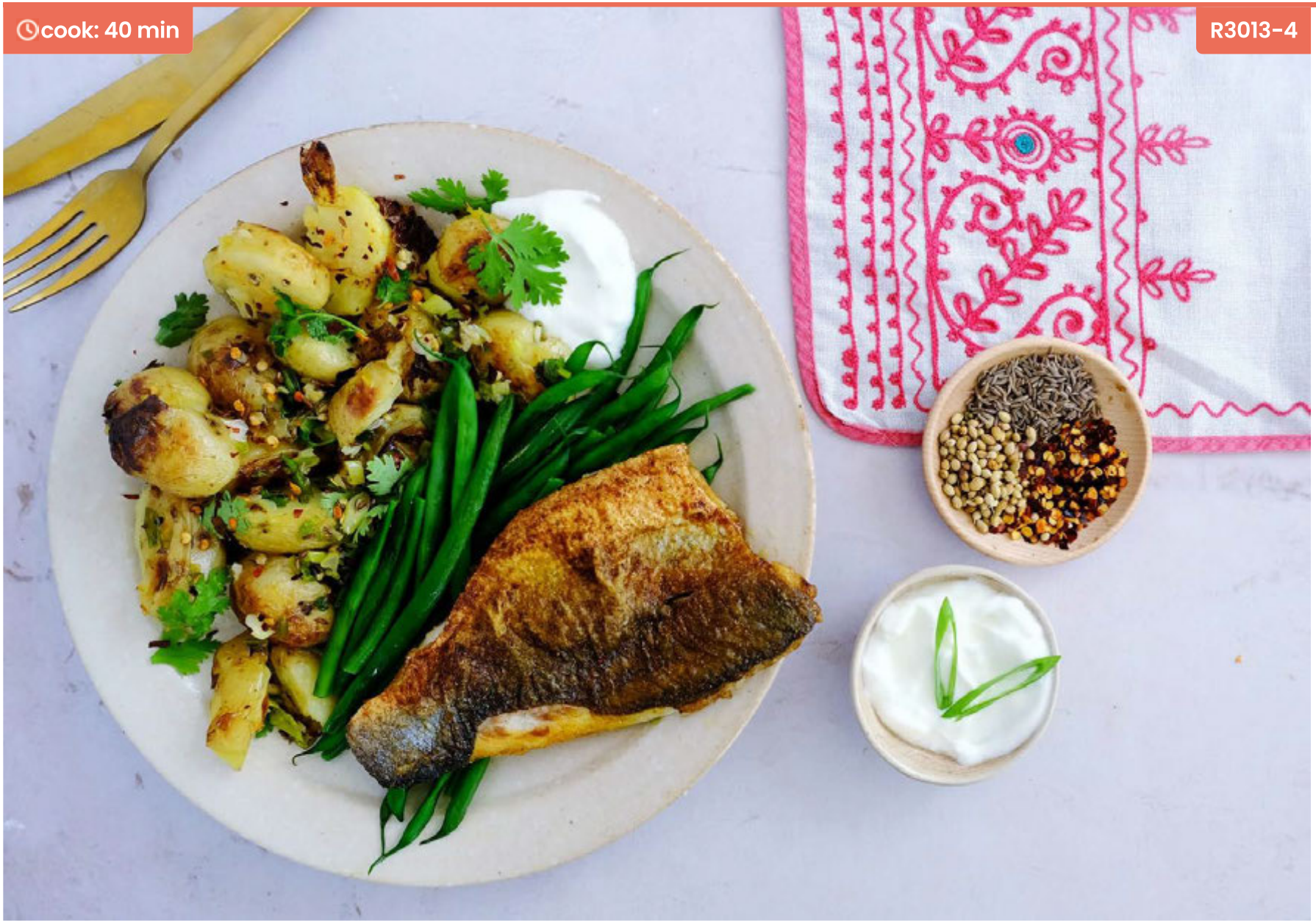
Although potatoes and chillies are two of India's most-used ingredients, they were only introduced to the country in the early 17th century by the Portuguese!

549 calories | 52 protein | 77 carbs | 7 fat

Global Eats | Calorie Smart

cook: 40 min

R3013-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2292 / 549
Fats (g)	7
of which saturated (g)	2.3
Carbohydrates (g)	77
of which sugars (g)	13.9
Fibers (g)	11.7
Proteins (g)	51.5
Salt (g)	0.3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Seabass	
Seabream 6*	660 Grams
Curry powder	8 Grams
Salt	1 Tsp
Vegetable oil	1 Tbsp

Potatoes	
New potatoes	1000 Grams
Salt	1 Tsp
Spring onion	80 Grams
Vegetable oil	2 Tbsp
Coriander seeds	4 Grams
Cumin seeds	4 Grams
Chilli flakes	2 Grams
Lime	2 Piece
Fresh coriander	15 Grams

Sides	
Green beans	500 Grams
Salt	1 Tsp
Natural yogurt 4*	340 Grams

Allergens: *6 Fish, *4 Milk

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1. Boil potatoes

- Preheat the oven to 220°C/200°C fan.
- Thoroughly wash the **potatoes**.
- Chop them in half.
- Cook them in a pot of salted boiling water for 15-20 min or until tender.
- Once cooked, drain and leave them to steam dry in a colander.



2. Make oil

- Meanwhile, finely chop the **spring onion**.
- Heat a pan over a medium heat with a generous drizzle of **oil**.
- Once hot, add the **coriander seeds**, **cumin seeds** and **chilli flakes** (spicy!).
- Fry for 1-2 min.



3. Bake potaoes

- Place the drained **potatoes** on a baking tray and crush them with a fork.
- Season with **salt**.
- Bake in the oven for 15 min.
- After 15 min, pour the **oil** over the **potatoes**, sprinkle with the **spring onions** and toss.
- Bake for 5-10 min further or until crisp.
- Once crisp, remove the tray from the oven.
- Squeeze the **lime** juice over and tumble with the **fresh coriander** leaves.



4. Boil green beans

- Meanwhile, trim the **green beans**.
- Cook them in a pot of salted boiling water for 3-4 min or until tender.
- Drain once cooked.



5. Fry seabream

- Pat the **seabream** dry and season on both sides with the **curry powder** and a pinch of **salt**.
- Heat a pan with a drizzle of **oil** over a medium-high heat.
- Once hot, add the **seabream**, skin-side down.
- Fry for 4 min or until crispy.
- Once crispy, flip and cook for 1 min further.



6. Serve

- Serve the **Indian Seabream** with **Gunpowder Potatoes** and **Green Beans**.
- Garnish with a dollop of **yogurt** to the side.

Lemon and Blueberry Loaf Cake

with Cream Cheese Drizzle

Enjoy this tender, moist lemon cake bursting with fresh berries and topped with a zesty cream cheese drizzle — perfect for tea time!

hellochef

394 calories | 6 protein | 55 carbs | 17 fat

Family Friendly

cook: 60 min

R4733-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1643 / 394
Fats (g)	17.4
of which saturated (g)	10.7
Carbohydrates (g)	55
of which sugars (g)	34.5
Fibers (g)	1.8
Proteins (g)	6
Salt (g)	0.7

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven | Box grater

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 8 servings

Dry ingredients	
Plain flour 10*,11*	180 Grams
Corn starch	15 Grams
Baking powder	8 Grams
Salt	0.25 Tsp
Blueberries	125 Grams

Wet ingredients	
Butter 4*	100 Grams
Organic Eggs 5*	2 Piece
Lemon	2 Piece
White sugar	200 Grams
Olive oil	2 Tbsp
Sour cream 4*	90 Grams

Lemon glaze	
Cream cheese 4*	120 Grams
Icing sugar	50 Grams

Allergens: *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs

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1. Mix dry ingredients

- Remove the **butter** and **eggs** from the fridge so they come to room temperature.
- Preheat the oven to 175°C (no fan).
- Grease and line a 20x10cm loaf pan with **baking paper**.
- In a medium bowl, sift or whisk the **flour**, **corn starch**, **baking powder**, and **salt**.

Tip! You could also use a 20cm square or round pan.



2. Make lemon sugar

- Using a box grater, zest the **lemons** into another large bowl, making sure to avoid the bitter white pith.
- Add the **sugar** to the **lemon zest**.
- Using your fingers, rub the **sugar** and the **lemon zest** together for 1 min until it resembles wet sand.
- Cut the **lemon** in half, and squeeze the **juice** into a jug or smaller bowl. Set aside.

Tip! Rubbing the sugar crystals will help the lemon release its natural oils, which will make the loaf zesty!



3. Mix wet ingredients

- Add the **butter** and **oil** to the **lemon sugar**. Beat or whisk for 2-3 min until well incorporated, and most of the **sugar** has dissolved and the **butter** has softened.
- Crack one **egg** in, and beat until well incorporated into the **butter**, before adding the next.
- Using a spatula, scrape the mixture down in between to ensure it's mixed well.
- Finally, stir in the **sour cream** just until combined.



4. Combine batter

- Add half of the **dry ingredients** into the bowl. Mix on low speed to combine.
- Add **4 Tbsp** of **lemon juice** (reserving the rest for the glaze), and mix until combined.
- Add the remaining **dry ingredients** and using a spatula, stir to combine.
- Add half of the **blueberries**, and fold in gently.

Tip! Avoid overmixing the batter as it will result in a tough texture.



5. Bake

- Spread the **cake batter** into the prepared loaf pan, and top with the remaining **blueberries**.
- Bake in the center of the oven for 50 to 55 minutes, until it's risen and looks golden on top. (check tip).
- Check if the **cake** is done by inserting a toothpick in the center. It should come out clean without any raw batter.
- Remove the **cake** from the oven and set aside to cool completely in the pan for 20 min.

Tip! If the cake is browning too quickly, loosely cover the pan with a sheet of foil or baking paper halfway through baking.



6. Make cream cheese drizzle

- Meanwhile, in a small bowl, add the **cream cheese** and whisk until softened.
- Sift in the **icing sugar** and whisk until combined.
- Add **1 Tbsp** of **lemon juice**, and mix through.
- Place in the fridge to set until the **cake** cools completely.
- Remove the **cake** to a plate or board, and spread the **cream cheese** on top.

Tip! You can slice and store slices of unglazed cake in the freezer, perfect for lunchboxes and on-the-go snacks!

One-pot Prawn Laksa

with Rice Noodles and Snow Peas

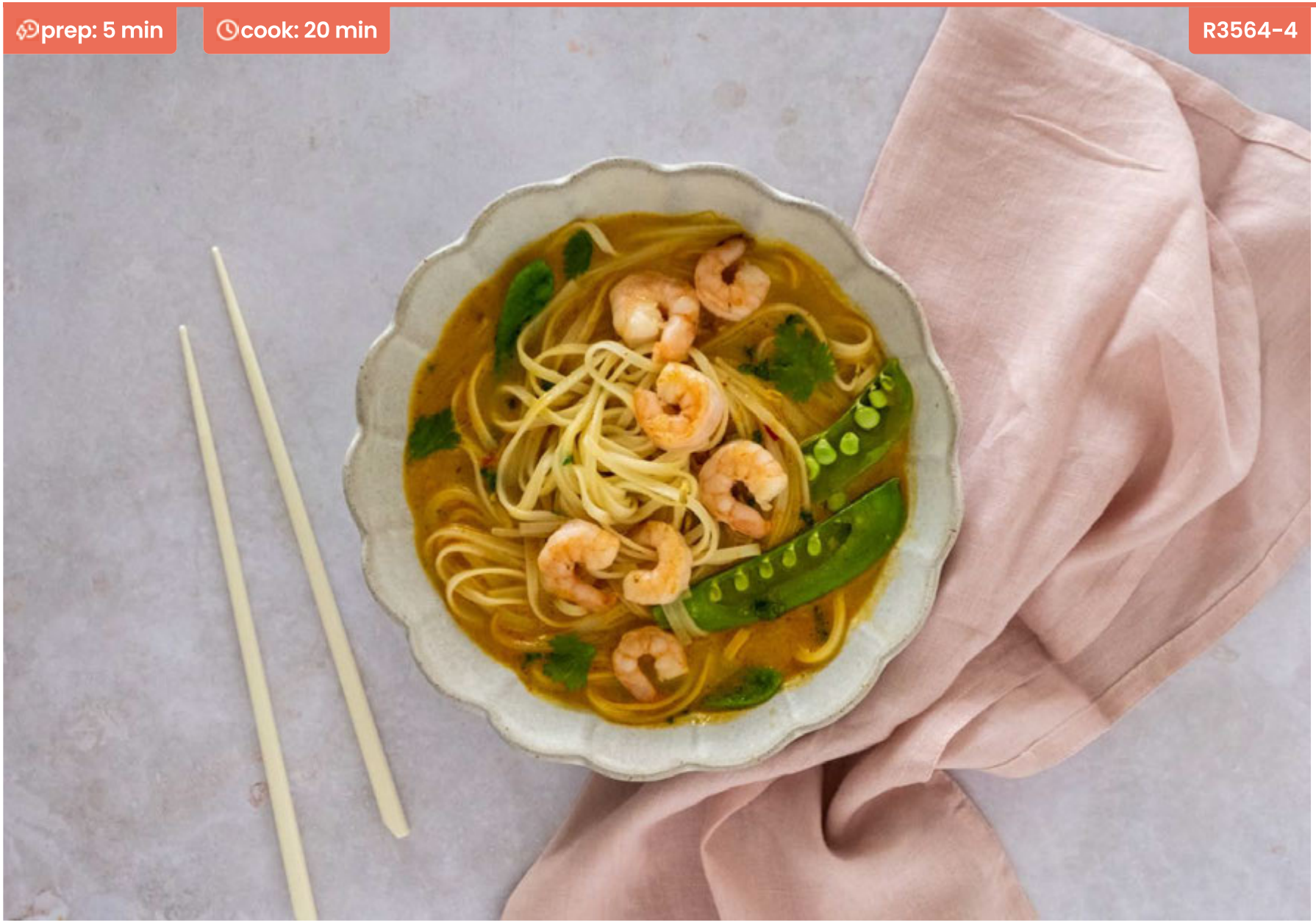
Laksa originates from South East Asia and is a spicy noodle soup, served with a curry flavoured broth. Ours is an easy one pot meal with prawns, snow peas and bean sprouts!

hello chef

477 calories | 30 protein | 28 carbs | 27 fat

Global Eats | Quick Prep | Calorie Smart | Speedy

prep: 5 min | cook: 20 min | R3564-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1995 / 477
Fats (g)	26.7
of which saturated (g)	12.6
Carbohydrates (g)	28
of which sugars (g)	3.6
Fibers (g)	6.7
Proteins (g)	29.6
Salt (g)	5.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Prawns 7*	700 Grams
Snow peas	200 Grams
Fresh coriander	15 Grams
Rice noodles	200 Grams
Vegetable oil	2 Tbsp
Red curry paste 7*	20 Grams
Ginger garlic paste	40 Grams
Curry powder	8 Grams
Turmeric powder	4 Grams
Coconut milk	400 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Water	800 ML
Sambal oelek	20 Grams
Lime leaves	6 Piece
Bean sprouts	100 Grams
Fish sauce 6*,10*	20 ML
Sesame oil 3*,9*	30 ML
Lime	2 Piece

Allergens: *7 Crustaceans, *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *6 Fish, *10 Wheat, *3 Sesame Seeds

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1. Prep

- Boil a kettle.
- Slice the **snow peas** in half.
- Finely chop the **coriander leaves**.
- Add the **rice noodles** to a large bowl.
- Cover them with boiling water.
- Leave to soak for 5 min.



2. Fry

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **red curry paste** (spicy!), **ginger garlic paste**, **curry powder** and **turmeric**.
- Fry for 2 min or until fragrant.

Tip! Swap the ginger garlic paste for freshly grated ginger and garlic for an even more fragrant broth.



3. Simmer

- Add the **coconut milk**, 1 **stock cube**, **measured water**, **sambal oelek** (spicy!) and **lime leaves**.
- Bring to a simmer.



4. Boil

- Once simmering, add the **snow peas** and **prawns** to the bubbling broth.
- Reduce the heat to medium-low.
- Cook for 3 min stirring occasionally.
- Remove the pan from the heat.



5. Finish

- After the **noodles** have soaked for 5 min, drain and add to the broth.
- Stir in the **bean sprouts**, **fish sauce**, **sesame oil**, **coriander leaves** and a squeeze of **lime** juice (reserve some **coriander** and a wedge of **lime** for garnish!).

Tip! Make sure to pick out the lime leaves before serving.



6. Serve

- Serve the **One-pot Prawn Laksa** with **Rice Noodles** and **Snow Peas**.
- Spoon the broth over the top.
- Garnish with any remaining **coriander leaves** and **lime** wedges.

Korean Crispy Chicken Bao Buns with Sesame Slaw and Pickled Cucumbers

-

-

905 calories | 60 protein | 109 carbs | 26 fat

Global Eats

cook: 45 min

R4665-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3788 / 905
Fats (g)	26.2
of which saturated (g)	4.7
Carbohydrates (g)	109
of which sugars (g)	37.8
Fibers (g)	8.9
Proteins (g)	59.8
Salt (g)	3.2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Vegetable oil	4 Tbsp
Ginger garlic paste	20 Grams
Gochujang 9*	20 Grams
Sweet soy sauce 9*,10*,11*,14*	40 ML
Rice vinegar	30 ML
Panko bread crumbs 10*,11*,12*	60 Grams
Sesame oil 3*,9*	30 ML
Sesame seeds 3*	5 Grams
Bao buns 10*,11*	8 Piece

Sesame slaw	
Carrot	2 Piece
Red cabbage	200 Grams
Spring onion	80 Grams
Lime	2 Piece
Sesame dressing 3*,5*,9*,10*,11*	80 Grams
Fresh coriander	15 Grams

Pickled cucumber	
Cucumber	1 Piece
Rice vinegar	30 ML
White sugar	10 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *12 Lupin, *3 Sesame Seeds, *5 Eggs

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1. Bake chicken

Slice the **chicken** into long strips. In a large bowl, mix the mayonnaise, flour, a pinch of salt and pepper. Add the **chicken**, and stir to coat. On a large plate, mix the **panko bread crumbs** with the remaining flour and black and **white sesame seeds**, and a pinch of salt and pepper. One by one, press each **chicken strip** into the seasoned **bread crumbs**. Add the **chicken** to a lined baking tray, drizzle with a touch of **vegetable oil** and bake for 18-20 min or until golden and crispy.

2. Make salad

Meanwhile, peel the **carrot** into thin sticks. Chop the **cucumber** into thin sticks. Finely slice or shred the **red cabbage**. Pick the mint leaves. Slice the **lime** into wedges. In a large bowl, combine the **sweet soy sauce**, tahini, **sesame oil**, and a squeeze of **lime** juice to taste. Mix until combined. Add the **cucumber**, **carrots**, and **red cabbage** into the bowl and toss into the **dressing**.

3. Make glaze

In a **sauce** pan, add the **ginger garlic paste**, **gochujang**, honey, and **soy sauce**. Bring to a simmer and cook for 2 min until thickened.

4. Toss chicken

Once the glaze has thickened, pour over the baked **chicken** and toss to combine and coat in the sticky glaze. Set aside.

5. Steam bao buns

Boil water in a saucepan with a lid. Add parchment paper into a strainer over and place over the saucepan. Add the boa **buns**, cover with a lid (or plate), and gently steam for 3-5 minutes until soft and fluffy.

Tip! Alternatively, use a bamboo or other steamer to steam the bao buns.

6. Serve

Serve the **Korean fried chicken** with the and **slaw** to the side. Garnish with the **sesame seeds** and the **spring onions**.

Tip! If cooking for kids, plate the plain chicken, cucumber, carrot and rice separately. Serve the sesame seeds, spring onion and the reserved sesame dressing to the side.

'VIRAL' Pistachio and Chocolate Dessert Pots

with Lotus Biscuits and Cornflakes

Our inspired take on the viral social media knafeh chocolate - just as incredibly rich and indulgent. Not for the faint-hearted!

hello chef

642 calories | 10 protein | 44 carbs | 49 fat

Family Friendly

cook: 40 min

R4831-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2678 / 642
Fats (g)	48.5
of which saturated (g)	17.4
Carbohydrates (g)	44
of which sugars (g)	25.8
Fibers (g)	3.7
Proteins (g)	10.3
Salt (g)	0.3

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What You'll Need

- Blender
- Food processor

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Dessert	
Coconut oil	40 ML
Peeled pistachios 2*	120 Grams
Brown sugar	10 Grams
Olive oil	2 Tbsp
Lotus biscuits 9*,10*,11*	75 Grams
Whipping cream 4*	150 ML
Milk chocolate 4*,9*	50 Grams
Belgian dark chocolate 9*	50 Grams

To serve	
Cornflakes 11*	25 Grams

Allergens: *2 Tree Nuts, *9 Soya, *10 Wheat, *11 Gluten, *4 Milk

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1. Blend

- In a small bowl, melt the **coconut oil** in a microwave.
- In a small blender, combine the **pistachios**, **brown sugar** and **melted coconut oil**. Blend for 1-2 min.
- Make sure to scrape the **pistachios** as close to the blade as possible for the first 1-2 min as it will initially form into a dry, thick crumb before blending into a paste.
- Add the **olive oil**. Blend for 4-5 min further or until a smooth paste has formed.

Tip! The consistency of the paste should be thick yet still slightly runny - if it is still too thick, add a drizzle or two more of olive oil.



2. Make crumb

- Using a food processor, blitz the **Lotus biscuits** for 1-2 min to form a fine crumb.

Tip! Don't have a food processor? Place the Lotus biscuits into a large ziplock bag and crush with a rolling pin.



3. Combine

- In a large bowl, combine the **pistachio paste** and **Lotus biscuit crumb**.



4. Make ganache

- Add the **whipping cream** into a separate large microwave-safe bowl.
- Microwave for 1-2 min or until bubbles start forming around the edges. Do not let it boil.
- Add the **milk chocolate** and **dark chocolate** to the **warmed cream** and let it sit for 1 min.
- Using a spoon or spatula, mix until the **chocolate** is fully incorporated.

Tip! The ganache is done when it becomes completely smooth and glossy - it will initially have a thin consistency.



5. Layer

- Gather containers of your choice. Divide the **pistachio Lotus biscuit crumb** between the containers and press down to form an even layer. Filling the container only a third of the way.
- Pour or spoon the **chocolate ganache** over the **biscuit crumb**.
- Cover the **dessert pots** with clingfilm and place in the refrigerator overnight.

Tip! Don't have individual containers? Make it in one single dish. Refrigerating overnight is very important as it will give the ganache a fudgy, mousse-like texture.



6. Serve

- Just before serving, roughly crush the **cornflakes**.
- Garnish each **Pistachio and Chocolate Dessert Pot** with the **crushed Cornflakes**.

Masala Chickpea Curry

with Cauliflower Rice

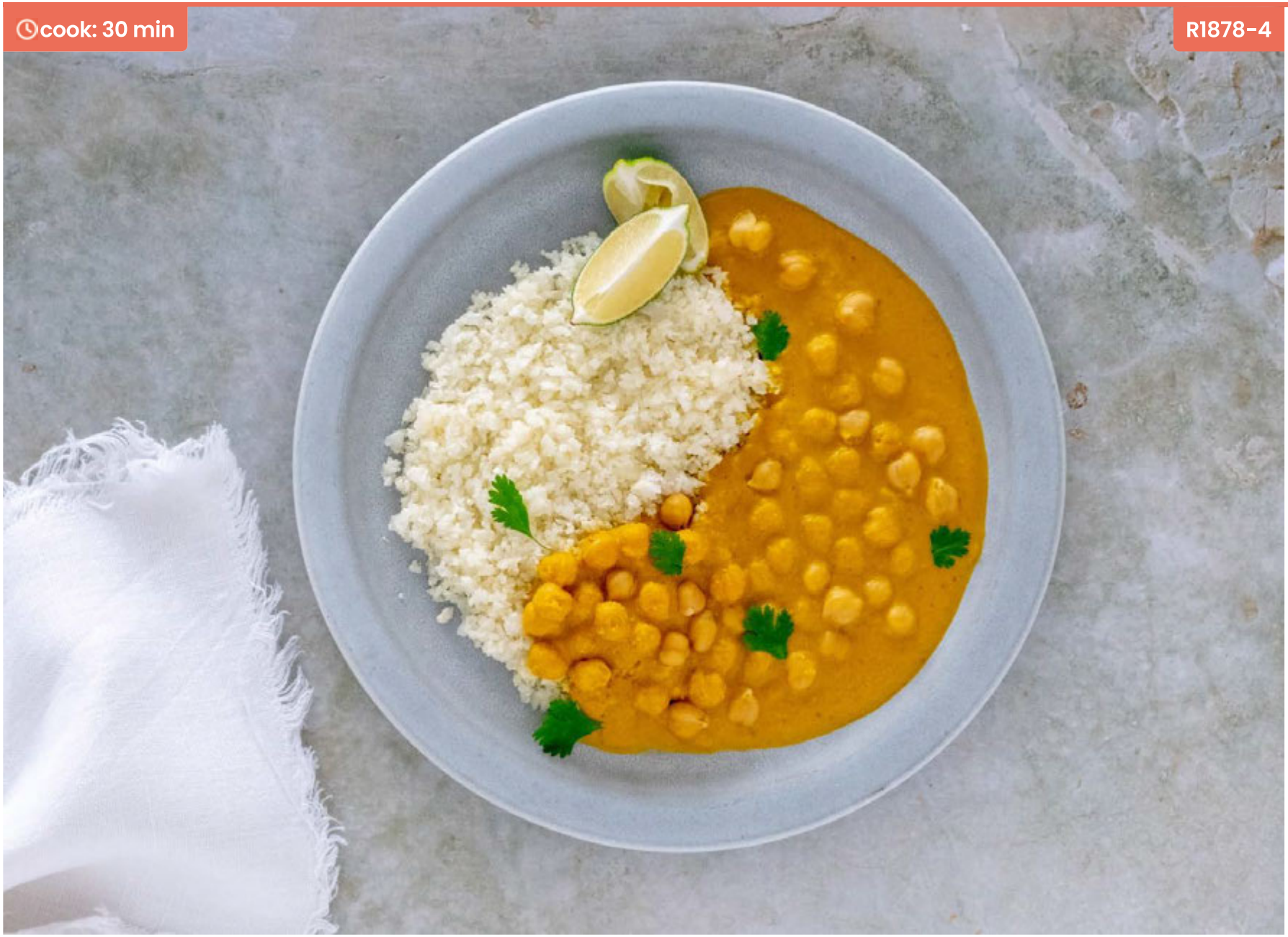
Vegan comfort food at its best!

hello chef

719 calories | 19 protein | 88 carbs | 38 fat

cook: 30 min

R1878-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3006 / 719
Fats (g)	37.5
of which saturated (g)	21.1
Carbohydrates (g)	88
of which sugars (g)	22.6
Fibers (g)	24.2
Proteins (g)	19
Salt (g)	1.6

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What You'll Need

- Food processor

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Red onion	2 Piece
Garlic cloves	6 Piece
Ginger	60 Grams
Carrot	4 Piece
Chickpeas	480 Grams
Vegetable oil	4 Tbsp
Salt	1 Tsp
Garam masala	16 Grams
Chilli powder	4 Grams
Turmeric powder	4 Grams
Coriander cumin powder	8 Grams
Black pepper	1 Tsp
Coconut milk	800 ML
Water	200 ML
Vegetable stock cube 15*	1 Piece
Brown sugar	20 Grams

Cauliflower rice	
Cauliflower	800 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

To serve	
Lime	4 Piece
Fresh coriander	15 Grams

Allergens: *15 Celery

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1. Prep

- Peel and finely chop the **onion** and **garlic**.
- Peel and finely grate the **ginger** and **carrots**.
- Drain and rinse the **chickpeas**.

Tip! Use a spoon to peel the ginger.



2. Fry

- Heat a pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **onion**, **carrot**, **garlic** and **ginger** with a pinch of **salt**.
- Fry for 5 min.
- Add the **garam masala**, **chilli (spicy!)**, **turmeric**, **coriander**, **cumin** and **black pepper**.
- Cook for 1 min further.



3. Simmer

- Add the **coconut milk**, **measured water**, 1 **vegetable stock cube** and **brown sugar**.
- Bring to a simmer, cover with a lid.
- Cook for 15 min or until the **carrots** are soft.
- Once soft, blitz with a hand-held blender or food processor until smooth.
- Add a splash of **water** if the sauce looks too thick.
- Put this **curry sauce** aside.



4. Prep cauli rice

- Meanwhile, using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains.



5. Fry cauli rice

- Heat a large non-stick pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **cauliflower** with a pinch of **salt**.
- Fry for 5 min.



6. Serve

- Add the drained **chickpeas** to the **curry sauce**.
- Cover and simmer for 3 min further.
- Finally squeeze a generous amount of **lime** juice into the **curry**.
- Slice the remaining **lime** into wedges.
- Season to taste.
- Serve the **Masala Chickpea Curry** with **Cauliflower Rice**.
- Garnish with **fresh coriander** leaves and a wedge of **lime**.

Hoisin Beef 'Spring Rolls'

with Sugar Snap Peas, Baby Corn and Sweet Chilli Dipping Sauce

A fantastic option for a leftover lunch! Packed with flavour and veg.

hello chef

783 calories | 47 protein | 87 carbs | 27 fat

Family Friendly

cook: 40 min

R4766-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3304 / 783
Fats (g)	26.6
of which saturated (g)	9.4
Carbohydrates (g)	87
of which sugars (g)	28.5
Fibers (g)	5.5
Proteins (g)	46.9
Salt (g)	6.3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

Box grater

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Filling	
Lean beef mince	700 Grams
Soy sauce 9*,10*,11*	30 ML
Hoisin sauce 3*,9*,10*	80 Grams
Ginger garlic paste	20 Grams
Carrot	2 Piece
Corn starch	30 Grams
6" tortilla wraps 10*,11*	12 Piece

Sides	
Sugar snap peas	200 Grams
Fresh baby corn	200 Grams

To serve	
Sweet chilli sauce	120 ML

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Prep

- Preheat the oven to 200°C/ 180°C fan.
- Peel and grate half the **carrot**, cut the remaining half into rounds.
- Cut the **sugar snap peas** in half.
- Chop the **baby corn** in half, lengthways.



2. Make filling

- To a large bowl, add the chicken **mince**, grated **carrot**, **garlic ginger paste**, **hoisin sauce** and **soy sauce**.
- Add 4 Tsp of the **corn starch**.
- Mix well to combine.



3. Fill

- Add your tortillas to a clean board and spoon the **spring roll filling** evenly between them, in the lower half of the tortillas, leaving space around the edges to fold.
- Fold the sides of each **tortilla** in and wrap the bottom over the filling, tucking it in tightly.
- Roll the **tortilla** to form a tight wrap.

Tip! Go light on the filling on your first one so that you don't overfill the wraps.



4. Bake

- Add the **wraps** to a baking paper-lined baking tray (seam-side down).
- Bake for 20-25 min, until cooked through and the tortillas are golden-brown and crispy.



5. Fry veg

- Meanwhile, heat a frying pan over a medium-high heat with a drizzle of oil.
- Fry the **carrot**, **baby corn** and **sugar snap peas** with a pinch of salt for 5-6 min until tender.

Tip! Add a splash of water during cooking to help the veg cook faster.



6. Serve

- Serve the **Hoisin Beef** Spring Rolls with **Sugar Snap Peas** and **Baby Corn** with the **Sweet Chilli sauce** on the side for dipping.

Tip! These spring rolls are perfect for healthy leftover lunches, just pack them in a lunch box with some veggies and dip and you're ready to go!

Bbq Beef Meatballs
with Stir-Fried Veggies

hello chef

775 calories | 34 protein | 32 carbs | 57 fat

Low Carb | Quick Prep

prep: 5 min | cook: 30 min | R4045-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3272 / 775
Fats (g)	56.8
of which saturated (g)	20.2
Carbohydrates (g)	32
of which sugars (g)	20
Fibers (g)	7.6
Proteins (g)	33.5
Salt (g)	4.5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meatballs and Sauce	
Beef mince	700 Grams
Garlic paste	20 Grams
Soy sauce 9*,10*,11*	20 ML
Tomato passata	500 Grams
Barbecue sauce 11*,13*	80 Grams
Water	200 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Brown sugar	20 Grams
Black pepper	1 Tsp
Salt	1 Tsp
Fresh parsley	15 Grams
Sesame seeds 3*	20 Grams

Vegetables	
Sugar snap peas	200 Grams
Fresh baby corn	225 Grams
Broccoli	400 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Black pepper	0.5 Tsp

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *13 Mustard, *4 Milk, *5 Eggs, *15 Celery, *3 Sesame Seeds

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1. Prep meatballs

In a large bowl, mix together the **beef mince**, **garlic paste** and **soy sauce**. With clean hands, knead until all the ingredients are fully combined. Divide the mixture into 20 pieces and shape each piece into a **meatball**.

Tip! To stop the beef mince from sticking to your hands when shaping them into meatballs, wet your hands with water before shaping each portion of the mixture.



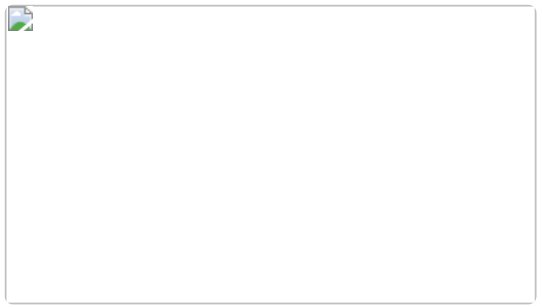
2. Prep vegetables

Trim the **sugar snap peas**. Halve the **baby corn** lengthwise. Separate the **broccoli** to florets. Chop the **parsley**.



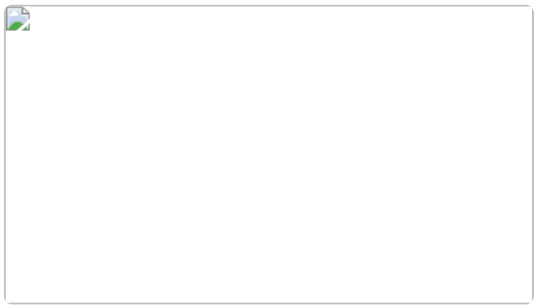
3. Fry

Heat a large pan over a medium heat with a drizzle of **oil**. Once hot, add the **meatballs** (in batches) and fry for 5-7 min or until browned all over.



4. Add

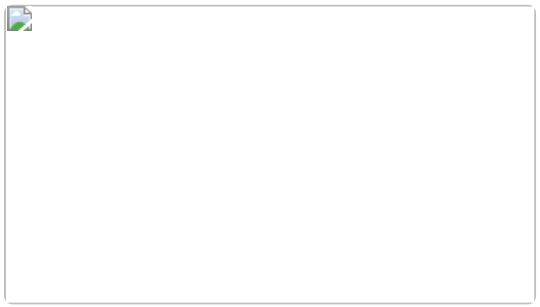
Reduce the heat to low, and add the **tomato passata**, **barbecue sauce**, measured **water**, **stock cube** and **brown sugar**. Simmer over low heat for 5-7 min. Season with a pinch of **salt** and **black pepper**.



5. Stir-fry

Meanwhile, heat a second pan over medium high heat with a drizzle of **oil**. Once hot, add the **sugar snap peas**, **baby corn** and **broccoli**, and stir fry for 3-4 min. Season with a pinch of **salt**.

Tip! Did you know that broccoli contains as much calcium gram per gram as milk? It's also supercharged with vitamins A, C, and E, as well as many other antioxidants and fibre. While broccoli is one of the healthiest vegetables you can put on the dinner table, make sure not to overcook it or it will lose much of its goodness!



6. Serve

Garnish the **meatball sauce** with the **sesame seeds** and the chopped **parsley**. Serve with the **stir-fried vegetables**.

Tip! Serve with crusty bread - perfect for sauce mopping!

No-Bake Fresh Strawberry Cheesecake

Rich and decadent, this easy-to-make cheesecake will satisfy your sweet tooth!

hellofresh

657 calories | 9 protein | 49 carbs | 48 fat

Family Friendly

cook: 60 min

R4603-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2731 / 657
Fats (g)	47.5
of which saturated (g)	22.4
Carbohydrates (g)	49
of which sugars (g)	29.6
Fibers (g)	3.7
Proteins (g)	8.9
Salt (g)	1.1

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Whisk
- Food processor

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 6 servings

Cheesecake	
Butter 4*	75 Grams
Digestive biscuits 10*	150 Grams
Whipping cream 4*	200 ML
Cream cheese 4*	320 Grams
Icing sugar	75 Grams
Vanilla essence	5 ML
Lemon	4 Piece

Lemon curd	
Organic Eggs 5*	2 Piece
White sugar	50 Grams
Butter 4*	50 Grams

Allergens: *4 Milk, *10 Wheat, *5 Eggs

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1. Make crumb

Melt the **butter** in a pan over a low heat. Add the Lotus **biscuits** to a food processor and blitz to form a fine crumb. In a bowl, combine the melted **butter** and biscuit crumbs (reserving some for topping at the end). Mix to form a texture similar to wet sand.

Tip! Don't have a food processor? Place the Lotus biscuits into a large ziplock bag and crush with a rolling pin.



2. Layer base

Add the **Lotus crumb** to a loose-bottom 20x20 cm cake or tart tin. Using the back of a spoon, compact the crumb to the bottom.

Tip! Alternatively, divide the crumb between a selection of cups, jars, or bowls (whatever you have on hand will work).



3. Make filling

In a large bowl, use a whisk or electric beater to whip the **cream** to form stiff peaks. In another large bowl, add the **cream cheese**, **icing sugar**, **vanilla** extract, and 2 tsp of **lemon juice** (reserve the rest for the coulis). Using a spatula, beat the ingredients together until smooth. Fold the **whipped cream** into the **cream cheese mixture** until smooth.

Tip! Stiff peaks refers to when you remove the whisk or beaters the peak that forms will keep its shape.



4. Layer filling

Spread the **filling** over the crumb and smooth the top. Cover the **cheesecake** with a lid or clingfilm and place in the refrigerator for 3-4 hours, or as long as overnight.

Tip! Strapped for time? Set the cheesecakes in the freezer for 30 mins.



5. Make coulis

Meanwhile, remove the top of the strawberries and cut them into quarters. To a pan add the strawberries, **white sugar** and 2 Tbsp of **lemon** juice. Heat over a medium heat for 10 min stirring regularly, until the strawberries have started to break down to form a thick sauce. Refrigerate until serving.



6. Serve

Remove the set **Cheesecake** from the tin and top with the **strawberry coulis**.

Tip! Cover cheesecakes with a lid or cling film. Store in the refrigerator and consume within 4 days.

Masala Bean Burgers

with Curried Sweet Potato Wedges

Packed with Indian-inspired spices!

hello chef

698 calories | 28 protein | 127 carbs | 10 fat

Family Friendly

cook: 40 min

R4131-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2923 / 698
Fats (g)	10.1
of which saturated (g)	2.7
Carbohydrates (g)	127
of which sugars (g)	33.9
Fibers (g)	21.3
Proteins (g)	27.8
Salt (g)	2.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Sweet Potato Wedges	
Sweet potatoes	800 Grams
Curry powder	8 Grams
Sesame seeds 3*	20 Grams
Vegetable oil	2 Tbsp
Salt	0.5 Tsp

Bean Burgers	
Red onion	2 Piece
Red kidney beans	480 Grams
Garam masala	4 Grams
Coriander cumin powder	8 Grams
Ginger garlic paste	20 Grams
Onion powder	4 Grams
Panko bread crumbs 10*,11*,12*	40 Grams
Vegetable oil	2 Tbsp

Salad	
Baby gem lettuce	2 Piece
Lime	2 Piece
Fresh mint	10 Grams

Coriander Yoghurt	
Fresh coriander	15 Grams
Natural yogurt 4*	340 Grams
Salt	0.5 Tsp

To Serve	
Burger bun 3*,4*,10*,11*	4 Piece
Tomatoes	2 Piece
Mango chutney	100 Grams

Allergens: *3 Sesame Seeds, *10 Wheat, *11 Gluten, *12 Lupin, *4 Milk

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1. Bake wedges

- Preheat oven to 220°C/200°C fan.
- Cut the **sweet potatoes** into wedges.
- In a large bowl, combine the **curry powder** and **sesame seeds** with a generous drizzle of **oil** and a pinch of **salt**.
- Add the **sweet potato wedges** to the bowl and coat in the **spices**.
- Place the **seasoned wedges** on a lined baking tray.
- Bake for 25-30 min, until crispy.



2. Make patties

- Peel and finely dice half of the **onions** (retaining the rest for the **salad**).
- Drain and rinse the **kidney beans**.
- To a large bowl, add the **kidney beans**, **onion**, **garam masala**, **coriander cumin**, **ginger garlic paste**, **onion powder** and **bread crumbs**.
- Knead until all the ingredients are fully combined.
- Divide the mixture into 8 **patties**, and shape each piece into a **burger patty**.
- Place the **patties** on a plate and refrigerate until cooking.



3. Make salad

- Peel and finely slice the remaining half of the **red onions**.
- Chop the **lettuce** into bite-sized pieces.
- Cut the **lime** into wedges.
- Pick and finely chop the **mint**.
- To a bowl, add the **red onion** and **lettuce** with a squeeze of **lime** juice and the **mint**.
- Mix and set aside.

Tip! Squeeze in the lime juice just before serving to prevent the salad going soggy.



4. Make coriander yogurt

- Pick and finely chop **coriander**.
- In a small bowl, combine the **yogurt** and **coriander**.
- Mix well and season with a pinch of **salt** to taste.



5. Fry Burgers

- Heat a large non-stick frying pan over a medium-high heat.
- Once hot, add the **burger buns** and toast until golden.
- Remove the **buns** from the pan and set aside.
- Add a drizzle of **oil** to the same pan.
- Once hot, add the **patties**.
- Fry for 3-4 min each side until golden and cooked through.
- Once cooked, set aside on a separate plate.



6. Serve

- Slice the **tomato**.
- To the base of the **bun** add a dollop of the **coriander yogurt** and a spoonful of the **salad**.
- Top with the **patties**, **tomato** slices and some of the **mango chutney**.
- Serve the **Masala Bean Burgers** with **Curried Sweet Potato Wedges**.
- Serve any excess **salad** and **yogurt** on the side.

Quick Tomato and Mozzarella Gnocchi

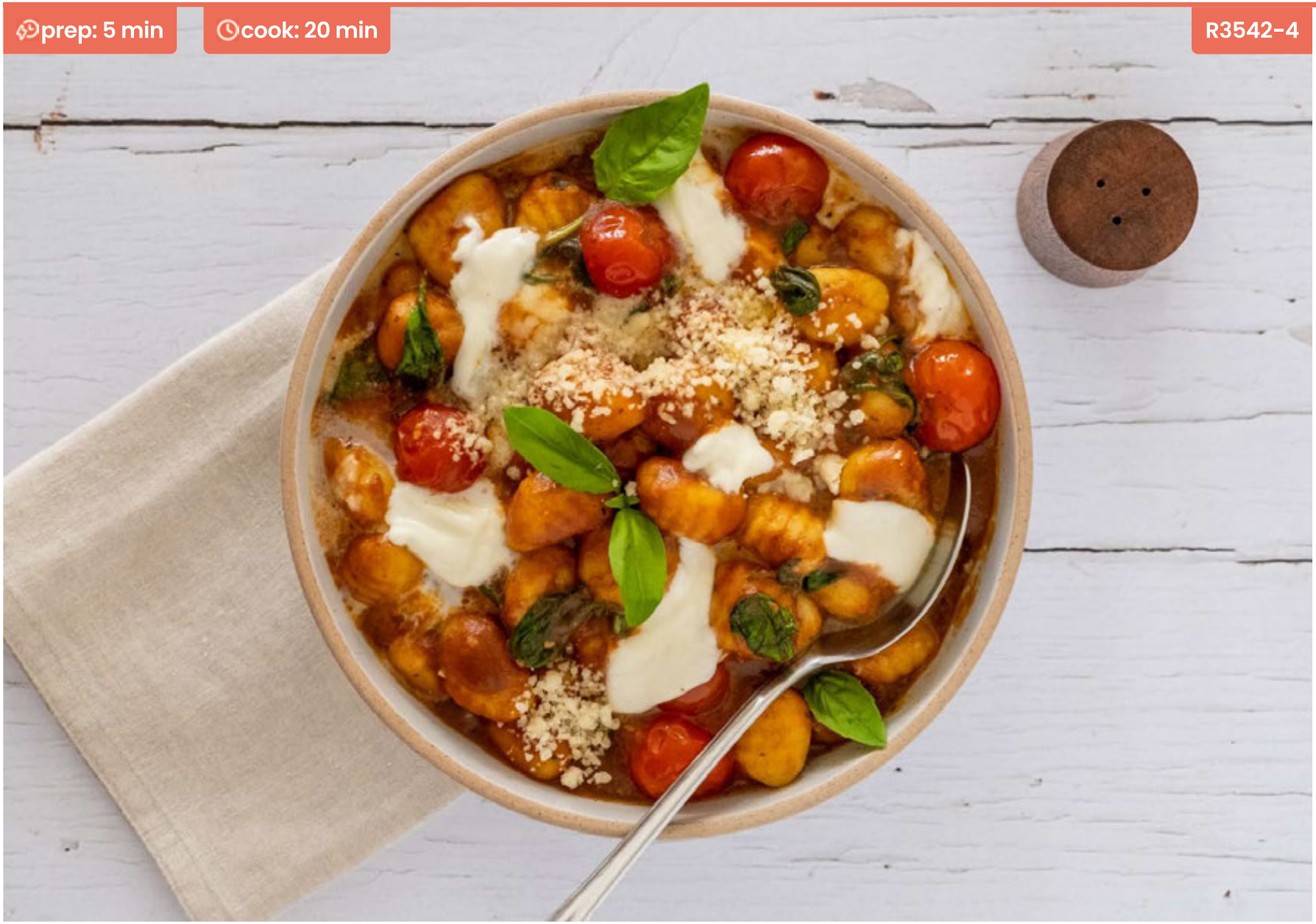
This recipe is a simple one pan meal that takes everyone's favourite Italian dish to the next level! Plenty of Parmesan and mozzarella make this dish extra delicious.

hellochef

692 calories | 35 protein | 96 carbs | 19 fat

Family Friendly | Quick Prep | Speedy

prep: 5 min | cook: 20 min | R3542-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2922 / 692
Fats (g)	18.7
of which saturated (g)	8
Carbohydrates (g)	96
of which sugars (g)	10.3
Fibers (g)	8.5
Proteins (g)	35.1
Salt (g)	2.8

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Gnocchi	
Olive oil	2 Tbsp
Tomato passata	400 Grams
Vegetable stock cube 15*	2 Piece
Tomato paste	50 Grams
Brown sugar	10 Grams
Dried oregano	4 Grams
Water	400 ML
Garlic onion powder	8 Grams
Cherry tomatoes	300 Grams
Fresh basil	15 Grams
Mozzarella ball 4*	250 Grams
Gnocchi 4*,5*,9*,10*,11*	1000 Grams
Baby spinach	90 Grams
Grated Parmesan 4*	60 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *15 Celery, *4 Milk, *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten

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1. Start sauce

- Heat a large pan over a medium-high heat with a drizzle of **olive oil**.
- Once hot, add the **tomato passata**, **vegetable stock cube**, **tomato paste**, **brown sugar**, **dried oregano**, **measured water**, **garlic onion powder** and **cherry tomatoes**.
- Bring to a simmer and reduce the heat to medium.
- Simmer, covered, for 8 min.



2. Prep

- Meanwhile, pick the **basil** leaves.
- Drain the **mozzarella** and tear into bite-sized pieces.



3. Add gnocchi

- After 8 min, add the **gnocchi** to the pan and simmer, covered, for 5 min or until the **gnocchi** is cooked through.

Tip! Gnocchi is cooked through when tender and no longer dense and chewy.



4. Add cheese

- Once the **gnocchi** is cooked through, add the **baby spinach** and cook for 1 min further.
- Sprinkle the **grated Parmesan** (reserve some for garnish) and the **mozzarella** on top of the **gnocchi**.
- Cover the pan once more and simmer for 1 min further or until the **cheese** begins to melt.
- Remove from the heat and season with **salt** and **pepper** to taste.



5. Serve

- Serve the **Tomato Gnocchi** garnished with fresh **Basil** and remaining **grated Parmesan**.

(on hold) Back to School Italian Sausage Rolls

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1586 calories 82 protein 157 carbs 67 fat

Family Friendly

cook: 60 min

R4525-4



Nutritional information

	per serving*
Energy (kJ/kcal)	6663 / 1586
Fats (g)	66.9
of which saturated (g)	12.6
Carbohydrates (g)	157
of which sugars (g)	10.1
Fibers (g)	12.6
Proteins (g)	82.1
Salt (g)	9.8

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What You'll Need

Oven

Box grater

Rolling pin

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pie	
Italian sausage 10*	600 Grams
Red onion	1 Piece
Carrot	2 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Tomato paste	70 Grams
Dried thyme	2 Grams
Black pepper	1 Tsp
Fresh breadcrumbs 4*,10*	40 Grams
Salt	1 Tsp
Cheddar cheese 4*,10*,11*,13*	200 Grams

puff	
Ciabatta 10*,11*	4 Piece
Organic Eggs 5*	1 Piece
Sesame seeds 3*	5 Grams

Allergens: *10 Wheat, *4 Milk, *11 Gluten, *13 Mustard, *5 Eggs, *3 Sesame Seeds

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1. Boil potatoes



2. Prep

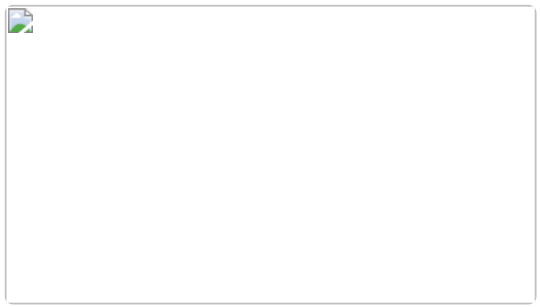
Meanwhile, peel and finely chop the **onion** and garlic. Peel and grate the **carrot**. chop the potatoes



3. Fry

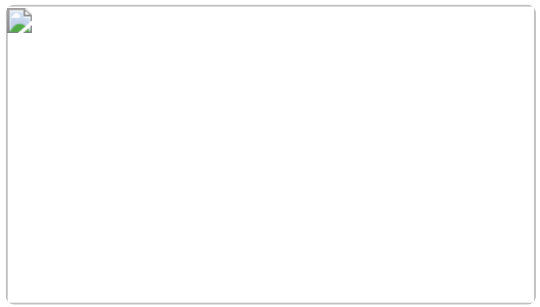
Heat a pan over a medium-high heat with a drizzle of **oil**. Fry the beef mince, **onion**, and potatoes with a pinch of **salt** for 5-7 min. Add the garlic and **tomato paste**. Add the grated **carrots**,
measured water, stock cube, Worcestershire, s ugar and **pepper**. Reduce the heat to medium-low. Cover with a lid and simmer for 10 min. Add the green peas.

Tip! Make sure the pan is hot before adding the beef. This will ensure it browns nicely!



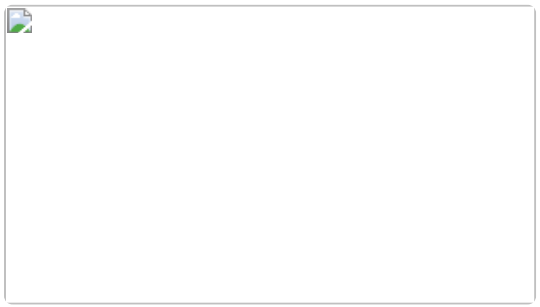
4. Make pies

Roll out dough and cut into squares. Add stuffing to each square, fold the dough over and pinch to seal.



5. Bake

Top each pastry with grated parmesan and bake.



6. Serve

Once baked, set the **pie** aside to rest for 5 min, then serve.

Spicy Mexican Bean Soup

with Chicken Mince and Nachos

Warming and indulgent!

1031 calories | 77 protein | 84 carbs | 45 fat

Family Friendly | Low Carb

cook: 40 min

R4771-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4315 / 1031
Fats (g)	44.7
of which saturated (g)	14.2
Carbohydrates (g)	84
of which sugars (g)	18.9
Fibers (g)	16.8
Proteins (g)	76.7
Salt (g)	6.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Soup	
Chicken mince	800 Grams
Tomatoes	2 Piece
Red onion	2 Piece
Garlic cloves	6 Piece
Jalapeno slices	45 Grams
Red kidney beans	480 Grams
Sweet corn kernels	244 Grams
Vegetable oil	2 Tbsp
Chicken stock cube 4*,5*,9*,15*	2 Piece
Salt	2 Tsp
Taco seasoning	20 Grams
Chipotle powder	4 Grams
Tomato paste	100 Grams
Brown sugar	20 Grams
Water	1000 ML
Black pepper	1 Tsp
Lime	2 Piece
Grated cheddar 4*	120 Grams

To serve	
Nachos	160 Grams
Fresh coriander	15 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Prep vegetables

- Chop the **tomatoes**.
- Peel and chop the **onion** and **garlic**.
- Chop the **jalapeno slices**.
- Rinse and drain the **red kidney beans** and **sweet corn** in a colander.



2. Start soup

- Heat a large soup pot over medium-high heat with a drizzle of **vegetable oil**.
- Once hot, add the **chicken mince** and **onion** and fry with a pinch of **salt** for 5 min.
- Add the **garlic**, **tomatoes**, **tomato paste**, **taco seasoning** (spicy!), a pinch of **chipotle** (spicy!) and **jalapeno** (spicy!), to taste.
- Cook for 2 min further.

Tip! Can't handle the heat? Go easy on the spices!



3. Simmer

- Crumble in the **stock cube**, **measured water**, **sugar**, **kidney beans**, **corn** and **black pepper**.
- Cover with a lid and simmer for 10 min.
- Finally, add the juice of half of the **limes**.
- Slice the remaining **limes** into wedges.
- Check the seasoning of the soup and add a pinch of **salt** if needed.



4. Serve

- Divide the **soup** among bowls.
- Sprinkle with the **grated cheese** and let it melt.
- Serve the **soup** with the **nachos**, **fresh coriander** leaves and **lime** wedges.

Tip! Use the broiler/ grill to finish off the soups. The cheese will not only melt, but will also turn golden brown and start bubbling!

Sticky Roasted Eggplant with Bulgar Wheat
and Gochujang Peanut Dressing

Eggplant loves peanut flavours and this combination, inspired by Asian cuisines, has a moreish appeal.

774 calories | 28 protein | 119 carbs | 27 fat

Global Eats

cook: 45 min

R4366-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3236 / 774
Fats (g)	26.9
of which saturated (g)	3.9
Carbohydrates (g)	119
of which sugars (g)	26.3
Fibers (g)	31.1
Proteins (g)	27.6
Salt (g)	6.1

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Vegetables	
Ginger garlic paste	20 Grams
Soy sauce 9*,10*,11*	30 ML
Sesame oil 3*,9*	30 ML
Brown sugar	10 Grams
Eggplant	2 Piece
Large zucchini	2 Piece
Yellow pepper	2 Piece
Cherry tomatoes	300 Grams
Chinese 5 spice	8 Grams
Olive oil	1 Tbsp
Salt	1 Tsp
Black pepper	0.5 Tsp

Dressing	
Lime	1 Piece
Peanut butter 1*,9*	60 Grams
Gochujang 9*	30 Grams
Agave syrup	20 Grams
Water	60 ML

Bulgar wheat	
Fresh coriander	15 Grams
Fresh mint	10 Grams
Bulgur wheat 10*,11*	360 Grams
Vegetable stock cube 15*	2 Piece
Water	700 ML

To serve	
Salted peanuts 1*	80 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds, *1 Peanuts, *15 Celery

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1. Prep marinade

- Preheat oven to 220°C/200°C fan.
- In a small bowl, combine the **ginger garlic paste**, **soy sauce**, **sesame oil** and **brown sugar**.
- This is the **marinade** for the **eggplant**.



2. Prep vegetables

- Trim the top of the **eggplant**, cut in half and score the surface of each half with a sharp knife.
- Roughly chop the **zucchini**.
- Deseed the **yellow pepper** and cut into bite-sized chunks.
- Zest the **lime** and cut in half.
- Cut the **cherry tomatoes** in half. P
- ick and roughly chop **coriander** and **mint leaves**.
- Roughly chop the **peanuts**.



3. Cook vegetables

- Add the **eggplant**, **zucchini**, **peppers** and **cherry tomatoes** to a lined baking tray.
- Coat with a drizzle of **oil**, **Chinese 5 spice**, **salt** and **pepper**.
- Baste the **eggplant** with the **marinade**, reserving half for re-basting half way through cooking. Roast for 12-15 min.
- Halfway, baste the **eggplant** with reserved **marinade**.
- Roast for 12-15 min until the **eggplant** is cooked through and **vegetables** are nicely browned.



4. Cook bulgur wheat

- Meanwhile, rinse the **bulgur wheat** and drain.
- Add the **stock cube** in a pan with the **measured water**.
- Bring to the boil over medium-high heat to dissolve.
- Add the **bulgur wheat**, cover and lower the heat.
- Simmer for 10-15 min until tender.
- Once cooked, drain any remaining **water** and toss through the **coriander**, **mint** and **lime zest**.

Tip! Add the herbs to the bulgur just before serving to avoid them darkening in colour.



5. Make dressing

- In a small bowl, combine **peanut butter**, **gochujang (spicy!)**, **agave syrup**, **lime juice** to taste, and add 1-2 Tbsp **water** to achieve a runny consistency.

Tip! Can't handle the heat? Go easy on the gochujang!



6. Serve

- Serve the **Sticky Roasted Eggplant** along with the other **vegetables** over a bed of **Bulgar Wheat** and top with a drizzle of the **Gochujang Peanut Dressing** and a sprinkling of chopped **peanuts**.

Orange Chicken with Sesame Broccoli

and Cauliflower Rice

No need to order in! This sticky chicken with a zesty orange kick comes together in no time!

helló chef

592 calories | 58 protein | 64 carbs | 13 fat

Calorie Smart

cook: 35 min

R4290-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2472 / 592
Fats (g)	13.4
of which saturated (g)	2.5
Carbohydrates (g)	64
of which sugars (g)	24.4
Fibers (g)	12
Proteins (g)	58.4
Salt (g)	3.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Food processor

hello@hellochef.com
04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Corn starch	40 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Vegetable oil	3 Tbsp

Orange sauce	
Water	100 ML
Orange	2 Piece
Ginger paste	20 Grams
Rice vinegar	30 ML
Soy sauce 9*,10*,11*	40 ML
Sweet chilli sauce	80 ML
Orange juice	360 ML
Fresh chives	15 Grams

Cauliflower Rice	
Cauliflower	800 Grams
Vegetable oil	1 Tbsp
Salt	1 Tsp

Broccoli	
Broccoli	600 Grams
Sesame oil 3*,9*	30 ML
Salt	0.5 Tsp
Sesame seeds 3*	10 Grams
Black sesame seeds 3*	5 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Make cauli rice

Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains. Heat a saucepan over a medium heat with a drizzle of **oil**. Once hot, add the **cauliflower** with a pinch of **salt** and stir-fry for 5 min.



2. Mix sauce

Meanwhile, in a mixing bowl, whisk 3 Tbsp of **water** with 4 tsp of **corn starch** until smooth. Juice the **fresh orange**. Add the **ginger paste**, **rice vinegar**, **soy sauce**, **sweet chilli sauce**, and the box of **orange juice**. Set aside.

Tip! Love a zingier orange flavour? Add in some orange zest to the sauce!



3. Prep

Trim and chop the **broccoli** into florets. Trim and finely slice the **chives**. Chop the **chicken** into bite-sized pieces. Place the remaining **corn starch** on a plate and season with a good pinch of **salt** and **pepper**. Turn the **chicken** in the **corn starch** and set aside.



4. Stir-fry

Heat a large pan over a medium-high heat. Once hot, add the **sesame oil** and **broccoli** with a pinch of **salt** and stir fry for 3 min until lightly crispy. Add the **black** and **white sesame seeds** and fry with the **broccoli** until toasted. Transfer the **broccoli** to a plate. Add another drizzle of **oil**, add the coated **chicken** and fry for 4-5 min until golden and crispy on each side.



5. Mix

Once the **chicken** is crispy and golden, add the **orange sauce**. Turn up the heat and cook down the **sauce** for 2-3 min until reduced and thickened.

Tip! Adjust the thickness of the sauce to your desired consistency by either cooking it further for a stickier glaze, or keeping it thinner for a saucier finish for rice.



6. Serve

Divide the **cauliflower rice** amongst bowls, and serve with the **orange chicken** and **sesame broccoli** alongside. Garnish with the **chives**.

Halloumi Burger

with Tomato Jam and Rosemary Potatoes

Sweet tomatoes and salty cheese pair perfectly in this Mediterranean-inspired supper.

hellochef

742 calories | 41 protein | 78 carbs | 32 fat

Family Friendly

cook: 35 min

R2855-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3099 / 742
Fats (g)	32.2
of which saturated (g)	25.9
Carbohydrates (g)	78
of which sugars (g)	12.8
Fibers (g)	12.6
Proteins (g)	40.9
Salt (g)	36.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Burger	
Boston lettuce	2 Piece
Burger bun 3*,4*,10*,11*	4 Piece
Halloumi 4*	400 Grams

Jam	
Cherry tomatoes	300 Grams
Chilli flakes	2 Grams
Red vinegar	60 ML
Brown sugar	20 Grams
Water	200 ML

Potatoes	
Potatoes	1200 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Parmesan 4*	60 Grams
Fresh rosemary	20 Grams

Allergens: *3 Sesame Seeds, *4 Milk, *10 Wheat, *11 Gluten

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1. Make jam

- Preheat the oven to 200°C/180°C fan.
- Place the **cherry tomatoes**, a pinch of **chilli flakes (spicy!)**, the **red vinegar**, and **brown sugar** in a small saucepan with a splash of **water**.
- Heat over a medium-low heat.
- Simmer for 20 min, stirring occasionally.
- Once sticky and thickened, remove the saucepan from the heat.
- Set the **tomato jam** aside.



2. Roast potatoes

- Meanwhile, chop the **potatoes** (skins on) into cubes.
- Add the **potatoes** to a large baking tray with a drizzle of **vegetable oil** and a generous pinch of **salt**.
- Toss the **potatoes** in the **oil** until they are fully coated.
- Roast in the oven for 25 min or until starting to turn golden and crisp.



3. Prep

- Meanwhile, separate and wash the **Boston lettuce** leaves.
- Grate the **Parmesan**.
- Finely chop the **rosemary**.
- Slice each **halloumi** into 8 slices.
- Split the **burger buns** (toast them briefly on the inside if you like, but be careful not to burn them).



4. Finish potatoes

- After 25 min, sprinkle the **potatoes** with the **Parmesan** and **rosemary**.
- Return the tray to the oven for a further 5 min.



5. Fry halloumi

- Meanwhile, heat a large non-stick pan over a medium heat.
- Once hot, add the **halloumi**.
- Fry for 2-3 min on each side until golden.

Tip! Don't fry the halloumi on too high a heat. It should be golden on the outside and soft on the inside.



6. Serve

- Load the **burger buns** with the fried **halloumi**, **tomato jam** and **lettuce** leaves.
- Serve the **Halloumi Burger with Tomato Jam** with **Rosemary Potatoes** on the side.

Smoked Salmon & Mango

Poke Bowl

Poke bowls are native to Hawaii and commonly feature raw fish.

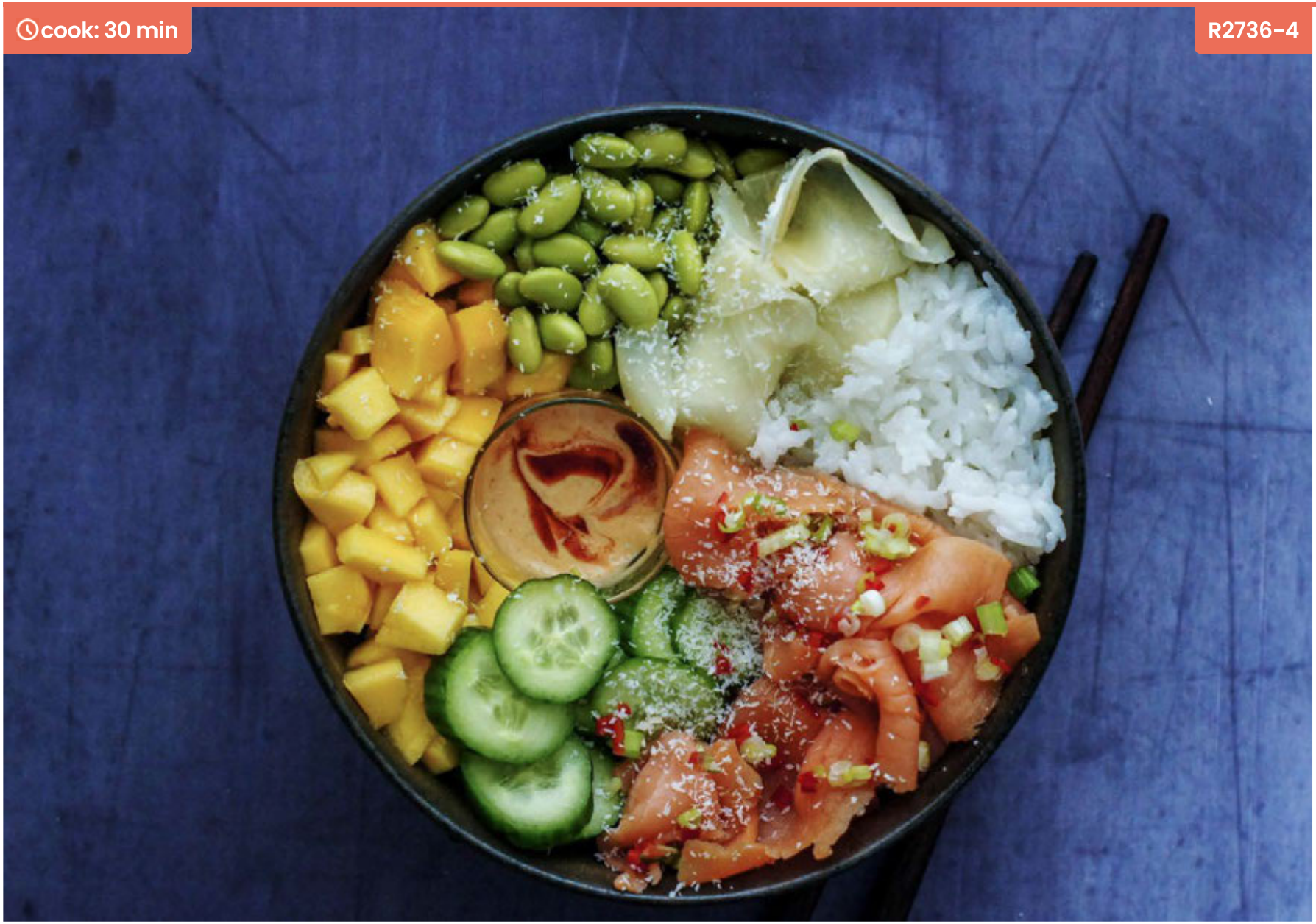
hellofresh

832 calories | 39 protein | 109 carbs | 30 fat

Family Friendly

cook: 30 min

R2736-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3470 / 832
Fats (g)	30.4
of which saturated (g)	4.8
Carbohydrates (g)	109
of which sugars (g)	32.5
Fibers (g)	9.1
Proteins (g)	38.5
Salt (g)	4.2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Poke bowl	
Smoked Salmon Slices [6*]	400 Grams
Cucumber	2 Piece
Edamame beans [9*]	200 Grams
Mango	2 Piece
Sushi ginger	80 Grams

Dressing and garnish	
Fresh chives	45 Grams
Large red chilli	2 Piece
Lime	4 Piece
Soy sauce [9*,10*,11*]	60 ML
Sesame oil [3*,9*]	30 ML
Brown sugar	10 Grams

Sushi rice	
Sushi rice	300 Grams
Water	600 ML
Rice vinegar	30 ML
Salt	1 Tsp
White sugar	10 Grams
Coconut flakes	20 Grams

Sriracha mayo	
Sriracha sauce	28 Grams
Mayonnaise [5*,9*,13*]	60 Grams

Allergens: *6 Fish, *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds, *5 Eggs, *13 Mustard

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1. Boil rice

Add the rinsed **sushi rice** and the measured **water** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the **water** is absorbed and the **rice** is cooked. Remove the pan from the heat and keep covered until step 4.



2. Prep dressing

Meanwhile, very finely chop the **chives** and **red chilli**. Juice the **limes** into a bowl or jar. Add the **chives**, **chilli** (spicy!), **soy sauce**, **sesame oil** and **brown sugar** and whisk or shake until fully combined - this is your dressing.



3. Prep

Tear the **smoked salmon** into bite-size pieces. Slice the **cucumber** as finely as possible. Rinse the **edamame**. Peel and dice the **mango**.



4. Prep sriracha mayo

In a small bowl, combine the **sriracha** with the **mayonnaise**.



5. Dress sushi rice

In a small bowl combine the **rice vinegar** with the **salt** and **sugar**. Stir until the **sugar** and **salt** have dissolved. Pour the **rice vinegar** solution over the **rice** and fold it in immidiately,.



6. Serve

Divide the **sushi rice** among bowls and top it with the **edamame**, **mango**, **sushi ginger**, **cucumber** and **salmon**. Drizzle the dressing over the **salmon** and garnish with the **coconut flakes**. Serve the **sriracha mayonnaise** on the side.

Pulled Beef Chilli con Carne

Did someone say one-pot wonder, please?

hello chef

633 calories | 46 protein | 67 carbs | 20 fat

Low Carb | Speedy

cook: 20 min

R3160-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2653 / 633
Fats (g)	20.3
of which saturated (g)	8.3
Carbohydrates (g)	67
of which sugars (g)	25.1
Fibers (g)	16.5
Proteins (g)	46.4
Salt (g)	4.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chilli	
Pulled beef	400 Grams
Brown onion	2 Piece
Garlic cloves	4 Piece
Red pepper	2 Piece
Red kidney beans	480 Grams
Sweet corn kernels	244 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Cumin powder	4 Grams
Chipotle powder	4 Grams
Smoked paprika powder	4 Grams
Tomato paste	70 Grams
Tomato passata	500 Grams
Honey	30 Grams
Sriracha sauce	14 Grams
Water	300 ML
Beef stock cube 4*,5*,9*,11*,15*	2 Piece
Black pepper	1 Tsp
Lime	2 Piece

Toppings	
Fresh coriander	15 Grams
Sour cream 4*	120 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *11 Gluten, *15 Celery

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1. Prep

- Peel and finely chop the **onion**.
- Peel and mince the **garlic**.
- Deseed and finely chop the **pepper**.
- Drain and rinse the **kidney beans** and **sweet corn**.



1. Serve

- Serve the **Pulled Beef Chilli con Carne** topped with a dollop of **Sour Cream**.
- Garnish with remaining **coriander**.



2. Fry

- Heat a large pan or pot over medium heat with a drizzle of **oil**.
- Once hot, fry the **onion**, **garlic** and **red pepper** with a pinch of **salt** for 5-6 min or until softened.
- Add the **cumin**, **chipotle (spicy!)**, **smoked paprika** and **tomato paste**.
- Fry for 2 min further.

Tip! Sensitive to spice? Go easy on the chipotle.



3. Simmer

- Add the **pulled beef**, **tomato passata**, **brown** sugar, **sriracha (spicy!)**, **measured water**, **1 stock cube**, **kidney beans**, **sweet corn**, **salt** and **pepper**.
- Cover with a lid, reduce the heat to low and simmer for 10-15 min, stirring occasionally.
- If the stew thickens too much, add a splash of water.

Tip! The longer this one stews for, the better! Cook the chilli for up to one hour to allow the flavours to really develop.



4. Prep garnishes

- Finely chop the **coriander** leaves.
- Cut the **lime** into wedges.
- Stir half the **coriander** through the **chilli**.
- Top with a dollop of **sour cream**.
- Add a squeeze of **lime** juice, to taste.

Spiced Shakshuka

with Chickpeas, Eggs and Feta

Save this one for the weekend and treat yourself to a delicious Saturday brunch!

hello chef

616 calories | 34 protein | 60 carbs | 27 fat

Low Carb | Global Eats

cook: 30 min

R3631-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2582 / 616
Fats (g)	26.7
of which saturated (g)	10.5
Carbohydrates (g)	60
of which sugars (g)	20.6
Fibers (g)	13.6
Proteins (g)	34.3
Salt (g)	7.4

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Shakshuka	
Brown onion	2 Piece
Garlic cloves	4 Piece
Red pepper	2 Piece
Chickpeas	480 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Smoked paprika powder	4 Grams
Coriander cumin powder	8 Grams
Harissa paste	40 Grams
Chopped tomatoes	800 Grams
Water	400 ML
Vegetable stock cube 15*	1 Piece
Honey	30 Grams
Organic Eggs 5*	8 Piece
Black pepper	1 Tsp

Garnish	
Fresh parsley	15 Grams
Feta cheese 4*	200 Grams
Kalamata olives	80 Grams

Allergens: *15 Celery, *5 Eggs, *4 Milk

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1. Prep

- Peel and finely chop the **onion**.
- Peel and mince the **garlic**.
- Deseed and finely chop the **peppers**.
- Drain and rinse the **chickpeas**.



2. Fry

- Heat a large pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **onions** and **peppers** with a pinch of **salt**.
- Fry for 7 min until softened.
- Add the **garlic**, **smoked paprika**, **coriander cumin powder** and **harissa paste** (spicy!).
- Fry for 1 min further.



3. Simmer

- Add the **chopped tomatoes**, **measured water**, 1 **vegetable stock cube**, **honey** and **chickpeas**.
- Simmer for 10 min.
- After 10 min, check the seasoning.



4. Prep garnish

- Meanwhile, roughly chop the **parsley** leaves.
- Crumble the **feta**.



5. Finish

- After 10 min, use a spoon to make 8 grooves in the **tomato** and **chickpea** mix.
- Crack an **egg** into each groove and season with **salt** and **pepper**.
- Cover the pan with a lid.
- Cook **Shakshuka** for 3-5 min or until the **eggs** are cooked to your liking.



6. Serve

- Serve the **Spiced Shakshuka** with **Chickpeas**, **Eggs** and **Feta**.
- Top with the **olives**, **feta** and **parsley**.

Cuban-Style Picadillo: Beef Stew and Jasmine Rice

with Cucumber and Cherry Tomato Salad

A classic Latin comfort dish, made with ground beef simmered in a rich tomato sauce with a flavourful combination of warm spices, green olives, and raisins.

hellochef

838 calories | 50 protein | 119 carbs | 24 fat

Global Eats | Tips for Kids

cook: 40 min

R3949-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3507 / 838
Fats (g)	24
of which saturated (g)	7.9
Carbohydrates (g)	119
of which sugars (g)	23
Fibers (g)	12.5
Proteins (g)	50
Salt (g)	3.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef	
Lean beef mince	700 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Green pepper	2 Piece
Potatoes	300 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp
Cumin powder	4 Grams
Dried oregano	4 Grams
Chilli flakes	4 Grams
Green olives	100 Grams
Golden raisins 14*	60 Grams
Tomato passata	500 Grams
Water	300 ML
Dried bay leaves	2 Piece

Salad	
Lime	2 Piece
Cucumber	2 Piece
Cherry tomatoes	300 Grams
Fresh coriander	15 Grams
Salt	1 Tsp

Jasmine rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML

Allergens: *14 Sulphur Dioxide

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1. Boil rice

Rinse the **jasmine rice**. Add the **rice** with **salt** and **measured water** to a pot with a lid and bring to a boil. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pot from the heat and keep covered until serving.



2. Prep

Meanwhile, peel and finely chop the **red onion**. Peel and mince the **garlic**. Deseed and finely chop the **green pepper**. Peel and chop the **potatoes** into small bite-sized pieces.



3. Fry

Heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **onion** and **garlic** and fry for 2 min or until softened. Add the **beef mince** with a pinch of **salt** and **pepper** and fry for 5-7 min until browned. Add the **green pepper**, **cumin**, **oregano** and a pinch of **chilli flakes (spicy!)**. Fry for 2-3 min further.

Tip! If cooking for kids, leave out the chilli flakes.



4. Simmer

Meanwhile, chop the **green olives** in half. Add the **green olives** to the **beef mince** with the **potatoes**, **golden raisins**, **tomato passata**, **measured water**, and **bay leaves**. Add **salt** and **pepper**. Simmer, covered, for 12-15 min until the **sauce** has thickened and the **potatoes** are cooked through.

Tip! If cooking for kids, reserve a portion of the beef stew without the green olives and raisins. Serve them as "sprinkles" to the side.



5. Make salad

Meanwhile, slice the **lime** into wedges. Chop the **cucumber** into half moons. Chop the **cherry tomatoes** in quarters. Pick and finely chop the **coriander leaves**. In a bowl, combine the **cucumber**, **cherry tomatoes**, **coriander** and a squeeze of **lime** juice. Season with a pinch of **salt** and mix well.



6. Serve

Divide the **jasmine rice** and **beef stew** between plates. Serve the **cucumber** and **cherry tomato salad** alongside. Garnish with the remaining **lime wedges**.

Tip! If cooking for kids, serve the beef stew, salad, and rice separately. Serve the green olives and raisins as 'sprinkles' to the side.

Breakfast Egg Strata

with Beef Bacon, Broccoli, and Cheddar Cheese

A strata is a make-ahead egg and bread casserole loaded with your favourite toppings for a satisfying weekend breakfast.

hellofresh

378 calories | 20 protein | 21 carbs | 24 fat

Family Friendly

cook: 35 min

R4521-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1580 / 378
Fats (g)	24.1
of which saturated (g)	8.6
Carbohydrates (g)	21
of which sugars (g)	4.2
Fibers (g)	1.7
Proteins (g)	20.1
Salt (g)	1.8

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What You'll Need

Oven

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Strata	
Ciabatta 10*,11*	1 Piece
Beef bacon	90 Grams
Sun dried tomatoes	30 Grams
Plain flour 10*,11*	30 Grams
Paprika powder	4 Grams
Dried thyme	2 Grams
Grated cheddar 4*	60 Grams

Wet ingredients	
Organic Eggs 5*	6 Piece
Green pesto 2*,4*	30 Grams
Salt	0.25 Tsp
Black pepper	0.25 Tsp
Whole milk 4*	200 ML
Whipping cream 4*	100 ML

Allergens: *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs, *2 Tree Nuts

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1. Prep

Preheat the oven to 180/200C. Slice the **ciabatta** in half, lengthwise, then chop into bite-sized cubes. Trim and chop the broccoli into small pieces. Slice the **beef bacon** into strips. Finely chop the **sun dried tomatoes**.

Tip! Have fussy eaters? Finely chop the broccoli so they're more of a hidden veggie in the batter!



2. Fry

In a large pan over medium heat, add the **beef bacon** and fry for 2-3 min until the fat renders, and it's halfway cooked through. Transfer the fried **bacon** to a bowl. And the broccoli with a pinch of **salt** and **pepper**, and cook for 4-5 min in the **bacon** fat, or just until they soften. Set aside to cool.



3. Whisk

Meanwhile, in a large bowl, whisk together the **eggs** and **pesto**. Add the **whole milk**, **whipping cream**, **thyme**, **paprika**, **flour**, a pinch of **salt** and **pepper** - this is your **egg mixture**



4. Layer

Grease a X by X baking dish with some olive oil. Spread the cubed **ciabatta** and top with half the **grated cheddar**. Add the **bacon**, **sun dried tomatoes**, and broccoli. Pour the **egg mixture** evenly over the top, and finish with the remaining **grated cheddar**. Set aside for 5 min for the bread to absorb the **egg mixture**.

Tip! You can also prep this ahead, refrigerate overnight, and bake in the morning!



5. Bake

Bake for 30-35 min until the egg mixture has set, it's golden brown and bubbly along the edges, the cheese is melted. The strata is ready when a toothpick or skewer inserted in the center of the dish, comes out dry and not wet. Let the strata stand for about 5 min before slicing and serving

Tip! If the dish has been refrigerated overnight, let it sit on the counter for 30 min to warm up, prior to baking.



6. Serve

Cut the **Breakfast Egg Strata with Beef Bacon, Broccoli, and Cheddar Cheese** into squares, and serve with sriracha sauce **(spicy!)** on the side for a spicy kick!

Tip! Got kids? Leave out the sriracha sauce!

Breakfast Egg Strata

with Mushrooms, Red Pepper, and Monterey Jack Cheese

A strata is a make-ahead breakfast casserole

318 calories | 17 protein | 20 carbs | 19 fat

cook: 30 min

R4555-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1331 / 318
Fats (g)	19
of which saturated (g)	5.6
Carbohydrates (g)	20
of which sugars (g)	4
Fibers (g)	2
Proteins (g)	17.2
Salt (g)	0.9

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What You'll Need

Oven

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Strata	
Ciabatta 10*,11*	1 Piece
Red pepper	1 Piece
Mushroom	250 Grams
Plain flour 10*,11*	20 Grams
Paprika powder	4 Grams
Dried oregano	2 Grams
Grated Monterey Jack 4*	90 Grams

Wet ingredients	
Organic Eggs 5*	6 Piece
Red pesto 2*,4*,5*	30 Grams
Salt	0.25 Tsp
Black pepper	0.25 Tsp
Whole milk 4*	200 ML
Whipping cream 4*	100 ML

Allergens: *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs, *2 Tree Nuts

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1. Prep

Preheat the oven to 180/200C. Slice the **ciabatta** in half, lengthwise, then chop into bite-sized cubes. Trim and chop the broccoli into small pieces. Slice the beef bacon into strips. Finely chop the sun **dried** tomatoes.



2. Fry

In a large pan over medium heat, add the beef bacon and fry for 2-3 min until the fat renders, and it's halfway cooked through. Transfer the fried bacon to a bowl. And the broccoli with a pinch of **salt** and **pepper**, and cook for 5 min in the bacon fat, or just until they soften. Set aside to cool.



3. Whisk

Meanwhile, in a large bowl, whisk together the **eggs** and **pesto**. Add the **whole milk**, **whipping cream**, thyme, **paprika**, **flour**, a pinch of **salt** and **pepper** - this is your **egg mixture**



4. Layer

Grease a X by X baking dish with some olive oil. Spread the cubed **ciabatta** and top with half the cheddar cheese. Add the bacon, sun **dried** tomatoes, and broccoli. Pour the **egg mixture** evenly over the top, and finish with the remaining cheddar cheese. Set aside for 10 min for the bread to absorb the **egg mixture**.

Tip! You can also prep this ahead, refrigerate overnight, and bake in the morning!



5. Bake

Bake the casserole for 30-35 min. It's done when a toothpick comes out clean when you test the center. Let the strata stand for about 5 minutes before slicing and serving

Tip! If the dish has been refrigerated overnight, let it sit on the counter for 30 min prior to baking.



6. Serve

Cut the **Breakfast Egg Strata with Beef Bacon, Broccoli, and Cheddar Cheese** into squares, and serve with sriracha sauce **(spicy!)** on the side for a spicy kick!

Tip! Leave out the sriracha sauce for the kids

Ramy's Easy Cheesy Chicken Fajita Fries Traybake

–

-

hellóchef

852 calories | 77 protein | 64 carbs | 34 fat

Family Friendly

cook: 45 min

R4649-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3558 / 852
Fats (g)	33.8
of which saturated (g)	19.4
Carbohydrates (g)	64
of which sugars (g)	14.6
Fibers (g)	12.2
Proteins (g)	76.6
Salt (g)	1.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Potatoes	900 Grams
Cheddar cheese 4*,10*,11*,13*	200 Grams
Grated mozzarella 4*	120 Grams
Fajita seasoning	20 Grams
Brown onion	1 Piece
Green pepper	1 Piece
Fresh coriander	15 Grams
Sweet corn kernels	122 Grams
Smoked paprika powder	2 Grams
Lime	1 Piece
Sour cream 4*	120 Grams

Allergens: *4 Milk, *10 Wheat, *11 Gluten, *13 Mustard

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1. Prep

Slice the **chicken** into strips. Add to a bowl. Drizzle oil, **fajita seasoning**, salt and **pepper**. Set aside.



2. Prep

Slice **onion**, **pepper**, **potatoes** into wedges / fries. Chop **coriander**.



3. Prep

Line a baking tray with parchment. Add the **chicken**, **peppers**, **onions**, **potatoes**, and **corn**. Drizzle oil, **smoked paprika**, salt and **pepper**.



4. Bake

Bake for 25min until cooked through. Mix everything up.



5. Add cheese.

Grate the **cheese**, add to the loaded fries, bake for 5 min until melted.



6. Finish

Drizzle **sour cream**, squeeze of **lime**, and sprinkle of **fresh coriander**. Enjoy

Classic Margherita Pizza

with Rocket Salad and Balsamic Dressing

The classic margherita needs no explaining; tomato, mozzarella and fresh basil is a winner amongst everyone!

1105 calories | 48 protein | 144 carbs | 37 fat

Family Friendly

cook: 40 min

R3190-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4620 / 1105
Fats (g)	36.6
of which saturated (g)	15.7
Carbohydrates (g)	144
of which sugars (g)	8.7
Fibers (g)	2.5
Proteins (g)	47.5
Salt (g)	1.5

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What You'll Need

Oven | Rolling pin

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Toppings	
Grated mozzarella 4*	240 Grams
Olive oil	1 Tbsp
Mozzarella ball 4*	250 Grams
Fresh basil	15 Grams

Tomato sauce	
Tomato passata	400 Grams
Olive oil	2 Tbsp
Garlic powder	4 Grams
Dried oregano	4 Grams
Brown sugar	10 Grams
Salt	1 Tsp

Pizza base	
Semolina 10*,11*	60 Grams
Plain flour 10*,11*	20 Grams
Pizza dough ball 10*,11*	4 Piece

Rocket salad	
Balsamic vinegar 14*	30 ML
Olive oil	4 Tbsp
Salt	1 Tsp
Rocket	80 Grams

Allergens: *4 Milk, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide

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1. Make sauce

- Preheat the oven to 220°C/200°C fan.
- Preheat your baking trays.
- In a bowl, combine the **tomato passata**, **olive oil**, **garlic powder**, **dried oregano** and **brown sugar** with the **salt**.
- This is the **tomato sauce**.

Tip! Remove the pizza dough from the fridge at least 10 min before cooking. Allowing the dough to come to room temp makes it easier to roll out.



2. Roll pizza

- Sprinkle half of the **semolina** onto a clean surface.
- Sprinkle the **flour** onto a rolling pin and roll out the **dough balls**, then allow them to rest for 3 min.
- After 3 min, continue to roll out the **dough** until roughly the size of a dinner plate.
- Sprinkle the remaining **semolina** onto the pre-heated baking trays.
- Carefully transfer the rolled out **dough** onto the trays.
- Spoon over the **tomato sauce**.



3. Bake

- Top the **pizza base** with the **grated mozzarella**.
- Brush the crust with **olive oil**.
- Bake for 15-20 min or until the crust begins to crisp and brown.



4. Make dressing

- Meanwhile, in a small bowl, whisk together the **balsamic vinegar**, **olive oil** and **salt**.
- This is the **dressing**.



5. Serve

- Drain the **fresh mozzarella** and tear it into smaller pieces.
- Once the **pizza** is ready, toss the **rocket salad** with the **dressing**.
- Add the **fresh mozzarella** to the hot **pizza**.
- Tear the **basil** onto the **pizza**.
- Slice the **Classic Margherita Pizza** and serve immediately with **Rocket Salad** and **Balsamic Dressing**.

Zucchini Cannelloni

Stuffed with Ricotta

Cannelloni is a tube-shaped pasta which is stuffed and topped with sauce. To keep things low-carb, we're replacing pasta with zucchini.

hello chef

892 calories | 45 protein | 32 carbs | 66 fat

Low Carb

cook: 35 min

R2662-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3708 / 892
Fats (g)	66.1
of which saturated (g)	36.6
Carbohydrates (g)	32
of which sugars (g)	23.5
Fibers (g)	4.8
Proteins (g)	44.9
Salt (g)	2.7

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven | Blender

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Sauce	
Red onion	2 Piece
Garlic cloves	6 Piece
Olive oil	2 Tbsp
Tomato passata	500 Grams
Water	100 ML
Vegetable stock cube 15*	2 Piece
Honey	30 Grams
Cooking cream 4*	200 ML

Cannelloni	
Large zucchini	2 Piece
Fresh basil	45 Grams
Grated Parmesan 4*	120 Grams
Ricotta 4*	500 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Topping	
Grated mozzarella 4*	120 Grams
Grated cheddar 4*	120 Grams

Allergens: *15 Celery, *4 Milk

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1. Make sauce

- Preheat the oven to 200°C/180°C fan.
- Peel and chop the **red onion** and **garlic**.
- Heat a saucepan over a medium-low heat with a drizzle of **olive oil**.
- Once hot, add the **onion**.
- Cook for 5-6 min or until softened.
- Add the **garlic**, **tomato passata**, measured **water**, crumbled **vegetable stock cube** and **honey**.
- Simmer for 10 min.



2. Prep

- Meanwhile, using a peeler, carefully shave the **zucchini** until you are left with a pile of **zucchini** ribbons..
- Chop the **basil** leaves finely.

Tip! Use a sharp peeler to shave the zucchini as thickly as possible.



3. Make filling

- Add the **Parmesan**, chopped **basil** and **ricotta** to a bowl with a generous pinch of **salt** and **pepper**.
- Give everything a good mix.



4. Roll zucchini

- Using two teaspoons, divide the **ricotta** filling between the **zucchini** strips.
- Roll the stuffed **zucchini** strips up and arrange them in an oiled baking dish, seam-side down.
- Set aside.



5. Blitz sauce

- Remove the **tomato sauce** from the heat, add the measured **cooking cream** and puree with a blender until smooth.

Tip! If you end up with leftover cream, use it for weekend omelettes or scrambled eggs!



6. Bake cannelloni

- Pour the **tomato sauce** over the **zucchini cannelloni** and top with the **grated mozzarella** and **cheddar** cheese.
- Bake for 15-20 min or until the **cheese** is golden and bubbling.
- Serve the **Zucchini Cannelloni Stuffed** with **Ricotta**.

Tip! For a carby version, scrap the zucchini and use shop-bought cannelloni shells instead.

Pulled Hoisin Chicken Burger

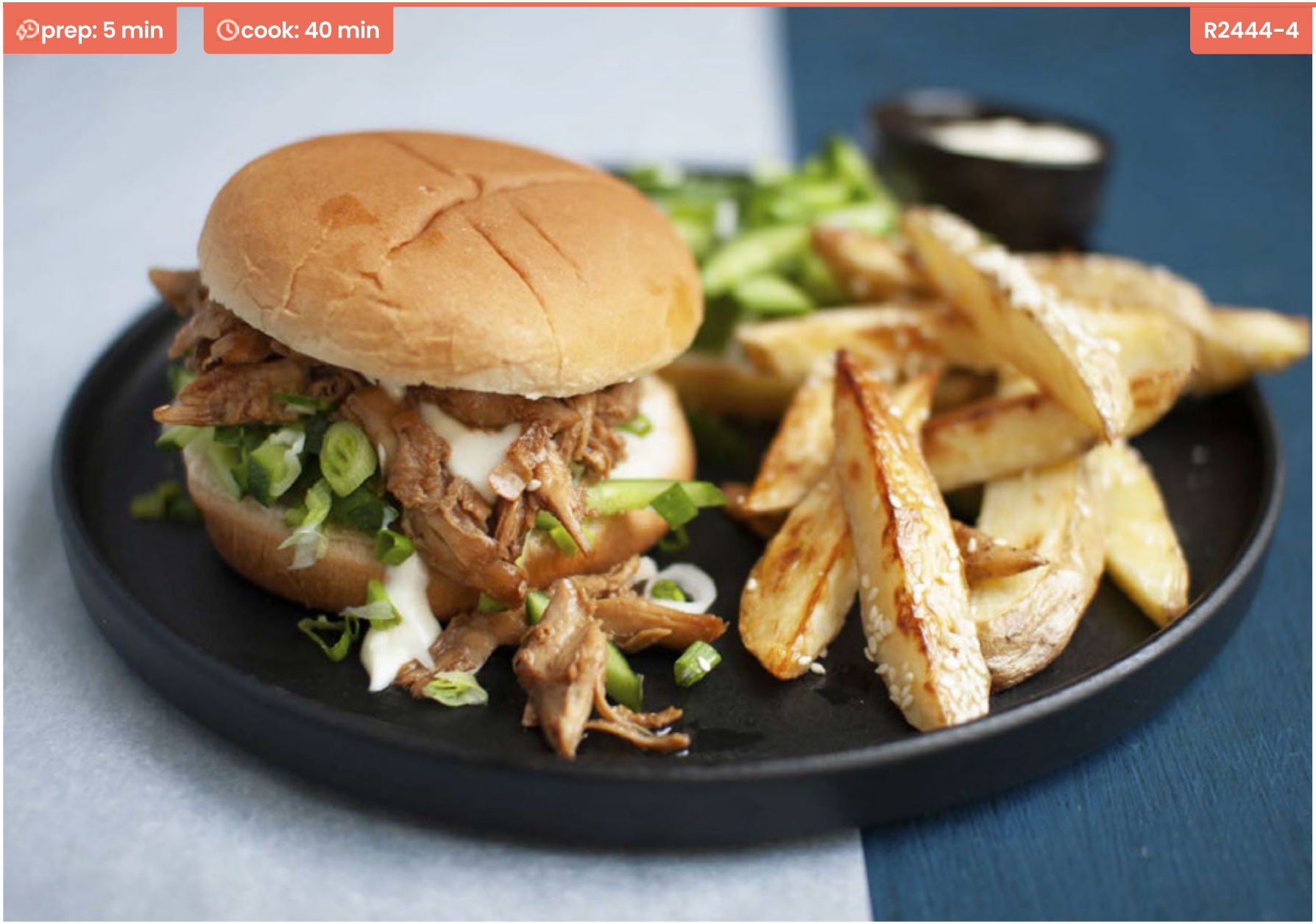
with Sesame Fries

If duck pancakes and BBQ chicken burgers had a child, this would probably be it...

828 calories | 57 protein | 80 carbs | 33 fat

Family Friendly | Quick Prep

prep: 5 min | cook: 40 min | R2444-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3466 / 828
Fats (g)	32.9
of which saturated (g)	5.9
Carbohydrates (g)	80
of which sugars (g)	11.4
Fibers (g)	12.2
Proteins (g)	56.8
Salt (g)	5

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What You'll Need

Oven

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pulled chicken	
Skinless boneless chicken thighs	800 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Soy sauce 9*,10*,11*	60 ML
Hoisin sauce 3*,9*,10*	60 Grams

Fries	
Potatoes	1200 Grams
Vegetable oil	4 Tbsp
Salt	3 Tsp
Sesame seeds 3*	20 Grams

To serve	
Cucumber	2 Piece
Spring onion	80 Grams
Burger bun 3*,4*,10*,11*	4 Piece

Lime mayo	
Mayonnaise 5*,9*,13*	100 Grams
Lime	2 Piece
Salt	0.5 Tsp

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds, *4 Milk, *5 Eggs, *13 Mustard

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1. Bake fries

- Preheat the oven to 200°C/180°C fan.
- Slice the **potatoes** (skins on) into **fries**.
- Add the **fries** to a large baking tray with a drizzle of **vegetable oil** and a generous pinch of **salt**.
- Toss the **fries** in the **oil** until fully coated.
- Roast in the oven for 30 min or until golden and crisp.



2. Cook chicken

- Meanwhile, heat a pan over a medium heat with a drizzle of **vegetable oil**.
- Once hot, add the **chicken thighs** with a pinch of **salt**.
- Cook for 3 min on each side until golden.
- Add the **soy sauce** and a splash of water to the pan, cover with a lid.
- Cook for 10-12 min further.

Tip! The longer and slower you cook the chicken for, the easier it will be to pull!



3. Prep cucumber salad

- Meanwhile, slice the **cucumber** into discs, then slice each individual **cucumber** disc into matchsticks.
- Trim the **spring onions** and finely slice them.



4. Prep mayo

- Add the **mayonnaise** to a bowl and add a squeeze of **lime** juice.
- Season with a pinch of **salt**.



5. Add seeds

- When the fries are ready, remove the tray from the oven and sprinkle them with **sesame seeds**.
- Add the **burger buns** to one side of the tray.
- Return the tray to the oven for 2 min or until the **sesame seeds** are starting to toast and the **buns** are warmed through.

Tip! Don't like sesame? Leave it out!



6. Pull chicken

- Once the **chicken** is cooked, using two forks, pull the **chicken** until it's fully shredded.
- Add the **hoisin sauce** to the pan.
- Cook for 1 min further.
- Build your **Pulled Hoisin Chicken Burger** with the pulled **chicken**, **spring onion**, **cucumber** and **lime mayonnaise**.
- Serve the **Sesame Fries** to the side.

Fajita Chicken

with Cheesy Mexican Rice, Salsa and Sour Cream

Enjoy this hearty Mexican dish packed with flavour and paired with a light and refreshing salsa.

hello chef

801 calories | 68 protein | 98 carbs | 20 fat

Tips for Kids

cook: 35 min

R3819-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3349 / 801
Fats (g)	20.2
of which saturated (g)	9.9
Carbohydrates (g)	98
of which sugars (g)	14.4
Fibers (g)	8
Proteins (g)	67.8
Salt (g)	2.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fajita Chicken	
Chicken breast	600 Grams
Vegetable oil	2 Tbsp
Tomato paste	70 Grams
Fajita seasoning	20 Grams
Water	200 ML
Honey	30 Grams
Salt	1 Tsp
Black pepper	1 Tsp

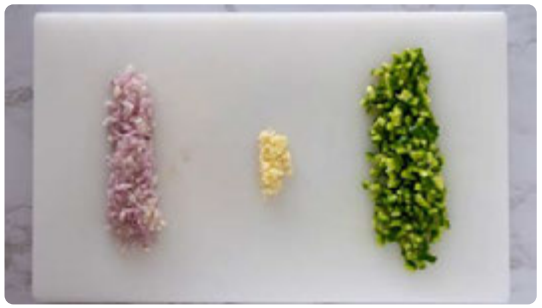
Rice	
Red onion	2 Piece
Garlic cloves	4 Piece
Green pepper	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Taco seasoning	20 Grams
Smoked paprika powder	4 Grams
Basmati rice	300 Grams
Water	500 ML
Black pepper	1 Tsp
Grated cheddar 4*	120 Grams

Salsa	
Tomatoes	2 Piece
Cucumber	2 Piece
Fresh coriander	15 Grams
Salt	1 Tsp
Black pepper	1 Tsp

To serve	
Sour cream 4*	120 Grams

Allergens: *4 Milk

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1. Prep

- Peel and finely chop the **red onion**.
- Peel and mince the **garlic**.
- Deseed and finely chop the **green pepper** into cubes.



2. Fry

- Heat a pot over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion** with a pinch of **salt** and fry for 5 min.
- Add the **garlic**, **green pepper**, **taco seasoning** (spicy!) and **smoked paprika** and fry for 1 min further.

Tip! Sensitive to spice? Go easy on the taco seasoning.



3. Simmer

- Add the **rice** and fry for 1 min further, stirring to coat the grains in the **oil**.
- Add the **measured water** to the pot with a lid and bring to a boil over high heat.
- Lower heat, cover and cook for 12-15 min, until the **water** is absorbed and the **rice** is tender.
- Once cooked, season with **salt** and **pepper** to taste.



4. Make salsa

- Meanwhile, chop the **tomatoes** and **cucumber** into cubes.
- Pick and finely chop the **coriander** leaves.
- In a small bowl, combine the **tomatoes**, **cucumber** and half of the **coriander** (reserve the rest for garnish) with a pinch of **salt** and **pepper** to taste.

Tip! If cooking for kids, slice a portion of the cucumbers into rounds and set aside. Set aside a portion of the tomatoes and coriander to use as 'sprinkles'.



5. Fry chicken

- Chop the **chicken** into bite-sized pieces.
- Heat a large pan over medium-high heat with a drizzle of **oil**.
- Fry the **chicken** for 2-3 min on each side until browned.
- Reduce the heat to medium and add the **tomato paste** and **fajita seasoning**. Fry for 1 min.
- Add the **measured water** and **honey**.
- Simmer for 5 min further or until the sauce generously coats the **chicken**.
- Season with **salt** and **pepper** to taste.

Tip! If cooking for kids, fry a portion of the chicken for 5-7 min or until fully cooked and set aside.



6. Serve

- Once the **rice** has cooked, divide it among bowls and sprinkle with the **grated cheddar**.
- Serve the **Fajita Chicken** with **Cheesy Mexican Rice** and **Salsa** alongside.
- Garnish with dollops of the **sour cream** and remaining **coriander**.

Tip! If cooking for kids, serve the plain cooked chicken, tomatoes, cucumber and rice separately. Serve the sour cream, cheddar cheese and coriander as 'sprinkles' to the side.

Breakfast Zucchini and Cheese Sheet Tray Muffins

with Sour Cream

-

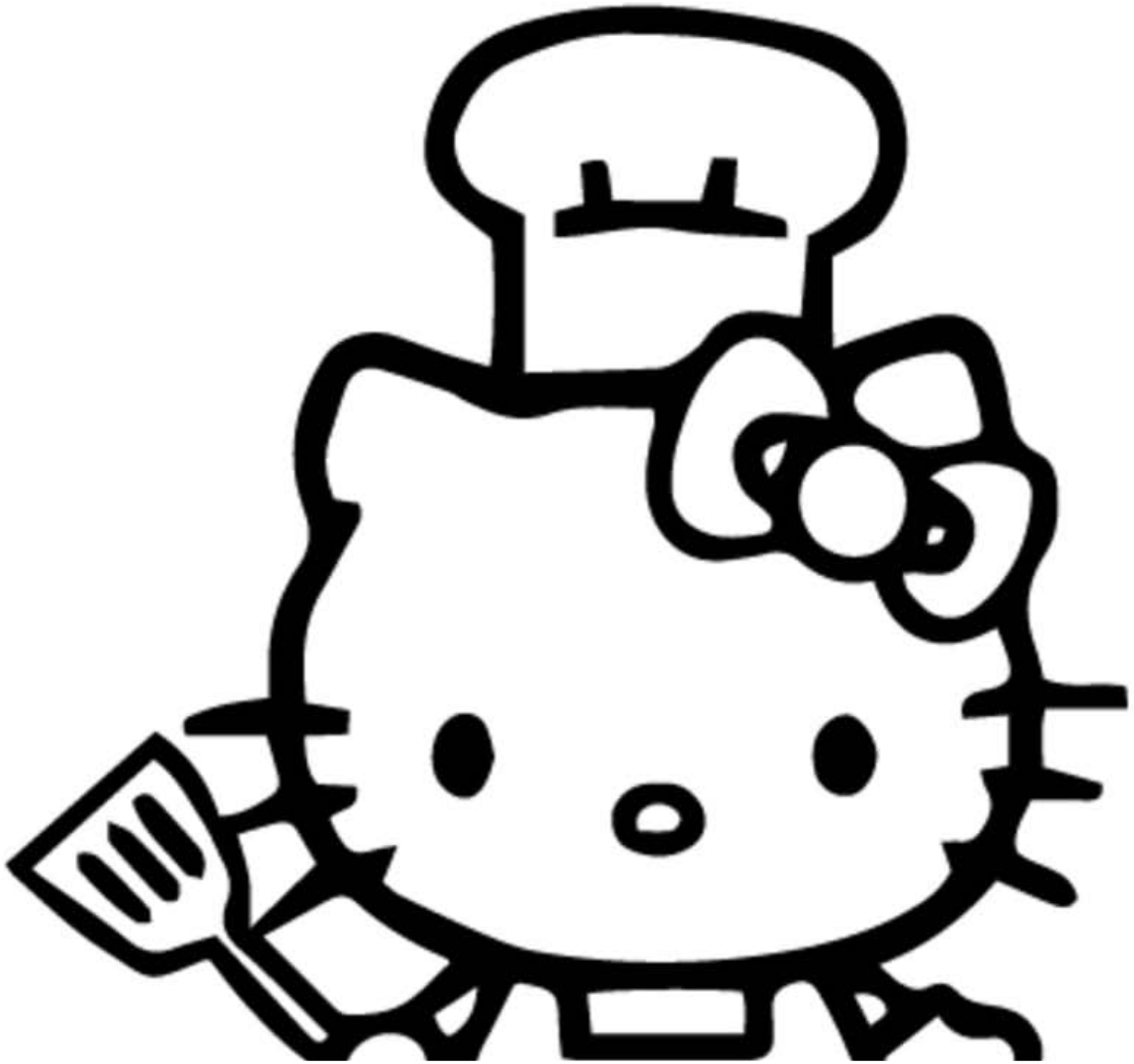
hello chef

1171 calories | 51 protein | 98 carbs | 67 fat

Family Friendly

cook: 30 min

R4541-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4876 / 1171
Fats (g)	66.9
of which saturated (g)	40.8
Carbohydrates (g)	98
of which sugars (g)	6.6
Fibers (g)	4.6
Proteins (g)	50.5
Salt (g)	4.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Ingredients	
Small zucchini	5 Piece
Salt	0.25 Tsp
Cheddar cheese 4*,10*,11*,13*	150 Grams
Parmesan 4*	30 Grams
Dry ingredients	
Plain flour 10*,11*	200 Grams
Plain flour 10*,11*	15 Grams
Baking powder	8 Grams
Baking soda	5 Grams
Salt	0.25 Tsp
Wet ingredients	
Garlic cloves	1 Piece
Butter 4*	50 Grams
Whole milk 4*	200 ML
Organic Eggs 5*	1 Piece
White vinegar	15 ML
serve	
Dried oregano	2 Grams
Sour cream 4*	90 Grams
Lemon pepper seasoning 13*,15*	2 Grams

Allergens: *4 Milk, *10 Wheat, *11 Gluten, *13 Mustard, *5 Eggs, *15 Celery

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1. Prep

Preheat the oven to 200°C/180°C fan. Lightly grease a 23 x 33cm / 9 x 13" metal pan with **butter**. Line with paper with overhang (so you can lift it out later). Grate the large **zucchini** using a box grater. Toss with the **salt** then set aside for 20 minutes. Grab handfuls and squeeze out excess liquid. You should have 2 very tightly packed cups. Set aside.



2. Prep

Finely slice the **small zucchini** however you want, to decorate the top of the bread. Cut the **zucchini** in half then into long strips. Thin coins is also nice. Toss with the oil and **pepper**.



3. Prep

In a large bowl, whisk the dry ingredients; **flour**, **baking powder**, **baking soda**, **salt**, **pepper**. Make a well in the centre. Whisk the wet ingredients in a separate bowl until combined. Pour the Wet into the Dry ingredients. Mix using a wooden spoon until the **flour** is mostly incorporated but there's still **flour** visible.



4. Mix

Add **zucchini** and **cheese** then mix through. Some **flour** lumps is fine. Minimise mixing else the crumb will be tough. The batter will be thick – the **zucchini** will sweat more in the oven. Scrape into the prepared pan and smooth the surface. Top with the **zucchini** slices.



5. Bake

Bake for 40 minutes or until a skewer inserted in the middle comes out clean. Cool in the pan for 10 min, then carefully remove onto a board or cooling rack.



6. Serve

Cut into pieces, serve.

Rustic Meatloaf

with Mash and Mushroom Gravy

A classic for a reason!

1273 calories | 48 protein | 87 carbs | 82 fat

Family Friendly

cook: 30 min

R2308-4



Nutritional information

	per serving*
Energy (kJ/kcal)	5320 / 1273
Fats (g)	82.2
of which saturated (g)	37.7
Carbohydrates (g)	87
of which sugars (g)	29.1
Fibers (g)	13.4
Proteins (g)	47.6
Salt (g)	3.4

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meatloaf	
Beef mince	700 Grams
Carrot	2 Piece
Red onion	2 Piece
Fresh parsley	15 Grams
Worcestershire sauce 6*,11*	30 ML
Fresh breadcrumbs 4*,10*	40 Grams
Organic Eggs 5*	2 Piece
Ketchup	32 Grams
Salt	2 Tsp
Black pepper	1 Tsp

Mash	
Potatoes	1200 Grams
Butter 4*	40 Grams
Whole milk 4*	200 ML
Salt	2 Tsp

Gravy	
Water	800 ML
Beef stock cube 4*,5*,9*,11*,15*	1 Piece
Chestnut mushrooms	500 Grams
Butter 4*	40 Grams
Dried thyme	2 Grams
Plain flour 10*,11*	20 Grams
Sour cream 4*	120 Grams
Cranberry sauce	50 Grams

Allergens: *6 Fish, *11 Gluten, *4 Milk, *10 Wheat, *5 Eggs, *9 Soya, *15 Celery

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1. Mix and season

Preheat the oven to 200°C/180°C fan. Peel and grate the **carrot**. Peel and **mince** the **onion**. Finely chop the **parsley**. In a bowl, combine the **beef mince** with the **carrot**, **onion**, **parsley**, **Worcestershire sauce**, **breadcrumbs**, **eggs** and **ketchup**. Season with **salt** and **pepper**. Mix well.



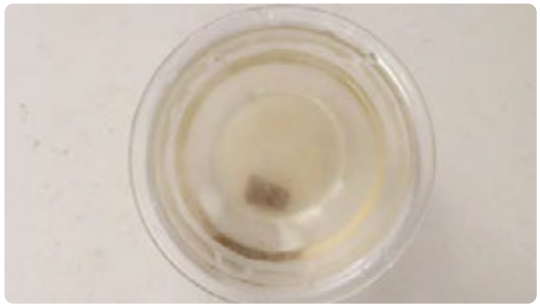
2. Roast dish

Place the meat mixture on a large piece of baking paper. Shape it into a loaf and transfer it to a loaf tin or to a regular roasting dish. Bake in the oven for 25-30 min.



3. Make mash

Meanwhile, peel and chop the **potatoes**. Boil for 15-18 min or until soft. Drain and mash the **potatoes** using a fork or a potato masher. Add the **butter** and **milk**, adjusting the amount of **milk** to achieve the desired consistency. Season with **salt** to taste. Keep warm.



4. Mix beef stock

Boil the measured **water** and dissolve the **beef stock cube** in it.



5. Fry and season

Slice the **mushrooms**. Melt the **butter** in a pan over a medium-high heat. Once hot, add the **mushrooms** and fry for 4-5 min. Add the **thyme** and **flour**. Gradually add the **beef stock** to the pan, continuously whisking, until the **sauce** thickens.



6. Simmer and serve

Add the **sour cream** and simmer for 1-2 min. Add the **cranberry sauce**. Season with **salt** and **pepper** to taste. Serve the meatloaf with the mash and mushroom gravy to the side.

Prawn and Chorizo Spaghetti

with Green Peas

This comforting prawn and chorizo pasta dish is full of vibrant flavours!

hello chef

593 calories | 49 protein | 80 carbs | 8 fat

Calorie Smart

cook: 30 min

R4605-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2487 / 593
Fats (g)	8.3
of which saturated (g)	4
Carbohydrates (g)	80
of which sugars (g)	11.3
Fibers (g)	7.1
Proteins (g)	49
Salt (g)	1.4

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef chorizo **4***	80 Grams
Prawns **7***	700 Grams
Spaghetti **5*,10*,11***	375 Grams
Garlic cloves	4 Piece
Fresh parsley	15 Grams
Olive oil	1 Tbsp
Tomato paste	70 Grams
Smoked paprika powder	4 Grams
Lemon pepper seasoning **13*,15***	8 Grams
Onion powder	4 Grams
Peeled plum tomatoes	800 Grams
Green peas	200 Grams

Allergens: *4 Milk, *7 Crustaceans, *5 Eggs, *10 Wheat, *11 Gluten, *13 Mustard, *15 Celery

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1. Cook spaghetti

- Bring a large pot of salted water to the boil.
- Once boiling, add the **spaghetti**.
- Cook for 8-10 min until 'al dente' or cooked to your liking.
- Drain and reserve 1 cup of **pasta water** for step 4.



2. Prep

- Meanwhile, chop the **chorizo** into small bite-sized pieces.
- Peel and finely chop the **garlic**.
- Pick and finely chop the **parsley**.



3. Fry prawns

- Pat dry the **prawns**.
- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Fry the **prawns** for 2-3 min until cooked.
- Remove the **prawns** from the pan and set aside.
- Reserve the pan.



4. Make sauce

- Return the pan to the heat.
- Fry the **chorizo** for 2-3 min until slightly crispy.
- Add the **garlic**, **tomato paste**, **smoked paprika**, **lemon pepper seasoning** and **onion powder**.
- Fry for 1 min.
- Add the **peeled plum tomatoes** (breaking them up) and 200 ml of the reserved **pasta water**.
- Mix and simmer for 6-8 min until slightly reduced.



5. Finish

- Add the cooked **prawns** and **peas**.
- Mix and cook for 1-2 min until warmed through.
- Add the cooked **spaghetti** and toss to coat in the **sauce**.



6. Serve

- Serve the **Prawn and Chorizo Spaghetti with Green Peas** .
- Garnish with **parsley**.

9 oz Beef Fillet with Potato Corn Cakes and Broccolini

This recipe pairs crispy corn cakes with tender fillet steak.

868 calories | 72 protein | 54 carbs | 45 fat

Gourmet | Family Friendly

cook: 30 min

R3270-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3629 / 868
Fats (g)	45.1
of which saturated (g)	24.6
Carbohydrates (g)	54
of which sugars (g)	8.2
Fibers (g)	7.8
Proteins (g)	72.3
Salt (g)	2.3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Oven
- Potato masher

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steak	
Fillet steak	1000 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Chicken jus 15*	300 ML
Worcestershire sauce 6*,11*	30 ML
Butter 4*	50 Grams

Corn cakes	
Potatoes	600 Grams
Salt	2 Tsp
Sweet corn kernels	244 Grams
Spring onion	80 Grams
Grated orange cheddar 4*	120 Grams
Garlic onion powder	8 Grams
Panko bread crumbs 10*,11*,12*	120 Grams
Black pepper	1 Tsp
Vegetable oil	2 Tbsp

Sides	
Tenderstem broccoli	300 Grams
Smoked sea salt	4 Grams

Allergens: *15 Celery, *6 Fish, *11 Gluten, *4 Milk, *10 Wheat, *12 Lupin

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1. Boil

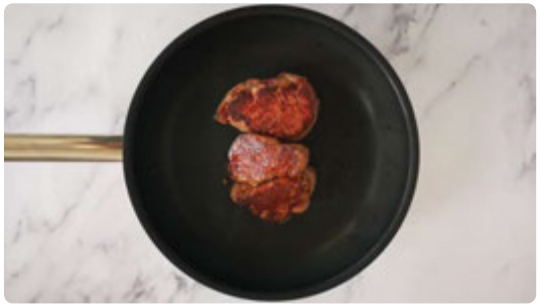
- Preheat the oven to 200°C/180°C fan.
- Remove the **steaks** from the refrigerator.
- Peel and chop the **potatoes** into bite-size pieces.
- Add them to a pan of boiling water with a generous pinch of **salt**.
- Cook the **potatoes** for 15 min or until soft.
- Drain the **potatoes** and return them to the pan.
- Mash until smooth.
- Meanwhile, drain the **corn**.
- Chop the **spring onion**.



2. Make corn cakes

- Add the **spring onion**, **cheddar cheese**, **garlic onion powder**, **salt**, **panko bread crumbs**, **black pepper** and **corn** to the mashed **potatoes**.
- Fold until combined.
- Shape into 12 patties.
- Refrigerate.

Tip! Don't overwork the corn cake dough or it will become gloopy!



3. Fry steaks

- Pat the **steaks** dry with kitchen paper.
- Rub them with **vegetable oil** and season with **salt**.
- Heat a pan over a high heat.
- Once very hot, add the **steaks**.
- Fry for 3 min on each side.
- Place on a baking tray.
- Finish cooking them in the oven for 8-10 min or until cooked to your liking (reserve the pan).
- Transfer the **steaks** to a plate.
- Leave them to rest for 10 min.



4. Pan sauce

- Meanwhile, return the pan to a high heat.
- Add the **chicken jus** and **Worcestershire sauce**.
- Simmer for 5 min or until reduced by half.
- Remove from the heat.
- Add the salted **butter**.
- Whisk.

Tip! Adding a knob of cold butter to a sauce at the very end, helps it thicken and adds extra shine!



5. Fry corn cakes

- Meanwhile, heat a second pan over a medium-high heat with a generous drizzle of **oil**.
- Once hot, add the **potato corn cakes**.
- Fry for 3 min on each side until golden.



6. Serve

- Meanwhile, cook the **tenderstem broccoli** in salted boiling water for 5 min or until tender.
- Drain once cooked.
- Serve the **9 oz Beef Fillet** with **Potato Corn Cakes** and **Broccolini**.
- Drizzle with the **pan sauce**.
- Season with the **smoked salt**.

Creamy Chicken Korma with Basmati Rice
and Green Beans

This mild curry is a great way of introducing kids to curry.

990 calories | 65 protein | 106 carbs | 40 fat

Family Friendly

cook: 30 min

R2220-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4140 / 990
Fats (g)	39.7
of which saturated (g)	25.8
Carbohydrates (g)	106
of which sugars (g)	19.8
Fibers (g)	10.9
Proteins (g)	64.6
Salt (g)	4.2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Chicken breast	600 Grams
Red onion	2 Piece
Cardamom pods	8 Piece
Vegetable oil	2 Tbsp
Ginger garlic paste	20 Grams
Coriander cumin powder	8 Grams
Garam masala	8 Grams
Turmeric powder	4 Grams
Chilli powder	4 Grams
Tomato paste	70 Grams
Mango chutney	100 Grams
Chicken stock cube 4*,5*,9*,15*	1 Piece
Coconut cream	400 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Almond flakes 1*,2*	60 Grams
Fresh coriander	15 Grams

Rice	
Basmati rice	300 Grams
Salt	1 Tsp
Water	600 ML

Green beans	
Green beans	375 Grams
Butter 4*	20 Grams
Nigella seeds 3*,13*	10 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *1 Peanuts, *2 Tree Nuts, *3 Sesame Seeds, *13 Mustard

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1. Boil rice

- Rinse the **rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.



2. Fry

- Meanwhile, peel and finely chop the **red onion**.
- Split the **cardamom pods** open with the back of a knife.
- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion**. Fry for 5 min until softened.
- Add the **ginger garlic paste**, **cardamom pods**, **coriander cumin powder**, **garam masala**, **turmeric** and a pinch of **chilli powder** (spicy!).
- Fry for 1 min further.

Tip! Sensitive to spice? Go easy on the chilli powder.



3. Simmer

- Add the **tomato paste**.
- Fry for 1 min further.
- Add the **mango chutney**, 1 **chicken stock cube** and **coconut cream**.



4. Add chicken

- Chop the **chicken** into bite-sized pieces and add them to the pan.
- Simmer for 12-15 min further or until the **chicken** is cooked through.
- Season with **salt** and **pepper** to taste.



5. Cook green beans

- Meanwhile, bring a pot of salted boiling water to the boil.
- Trim the **green beans**.
- Once the water Is boiling, add the **green beans**.
- Cook for 3-4 min or until tender.
- Drain once cooked.
- Return the **green beans** to the pot with the **butter** and **nigella seeds**.
- Stir until the **butter** melts through.
- Season with **salt** and **pepper** to taste.



6. Serve

- Serve the **Creamy Chicken Korma** with **Basmati Rice** and **Green Beans**.
- Garnish with the **almond flakes** and **fresh coriander leaves**.

Beef Moussaka Traybake

with Eggplant and Potatoes

Hearty Moussaka flavours, done easy & healthy! Baking the potatoes and eggplants in the oven makes for a quicker take on the classic Greek treat.

hello chef

596 calories | 53 protein | 44 carbs | 25 fat

Calorie Smart

cook: 50 min

R4018-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2491 / 596
Fats (g)	25.1
of which saturated (g)	11.3
Carbohydrates (g)	44
of which sugars (g)	13.2
Fibers (g)	13.4
Proteins (g)	52.6
Salt (g)	0.9

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What You'll Need

Oven

hello@hellochef.com
04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meat	
Lean beef mince	700 Grams
Red onion	1 Piece
Garlic cloves	2 Piece
Olive oil	3 Tbsp
Tomato paste	70 Grams
Water	200 ML
Cumin powder	4 Grams
Paprika powder	4 Grams
Cinnamon powder	2 Grams
Dried oregano	4 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Grated mozzarella 4*	120 Grams

Roast	
Potatoes	600 Grams
Eggplant	2 Piece
Olive oil	2 Tbsp
Salt	1 Tsp

Salad	
Cucumber	3 Piece
Fresh mint	10 Grams
Olive oil	1 Tbsp
Apple cider vinegar	15 ML
Salt	0.5 Tsp

Allergens: *4 Milk

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1. Prep and bake

Preheat the oven to 220°C/200°C fan. Scrub the **potatoes** clean. Cut the **potatoes** (skin on) and **eggplants** into 1 cm slices. Add the **eggplant slices** onto a lined oven tray. Top with the **potato slices**. Drizzle generously with **olive oil** and sprinkle generously with **salt**. Bake for 25-30 min.

Tip! If you are cooking for 3 or 4, you might wish to use 2 trays and a forced fan function.



2. Prep

Meanwhile, peel and chop the **onion**. Peel and mince the **garlic**.



3. Fry beef

Heat a large non-stick pan over a medium high heat with a drizzle of **oil**. Once hot, add the **beef mince** and the **onion**, and fry for 5-7 min until browned. Add the **garlic**, **tomato paste**, the **measured water**, **cumin powder**, **paprika powder**, **cinnamon powder**, **oregano**, **salt** and **pepper**. Fry for a final 1-2 min.

Tip! If bubbles appear when a small piece of onion is placed in the oil, it's hot enough to fry.



4. Bake

Once the **potatoes** and **eggplants** have baked for 25-30 min, top them with the **beef mix**. Sprinkle with the **grated mozzarella**. Return the tray into the oven and bake for a final 8-10 min or until golden brown on top.

Tip! Make sure the potatoes have softened nicely before adding the meat mix. If not, give them an additional 5 min in the oven.



5. Prep salad

Meanwhile, chop the **cucumber** into half moons. Pick and finely chop the **mint** leaves (reserving a few small leaves for garnish). In a large bowl, combine the **cucumber** with the **mint**, **olive oil**, **apple cider vinegar** and a pinch of **salt**. Mix well.



6. Serve

Divide the **moussaka traybake** among plates. Garnish with the reserved **mint**. Serve the **cucumber mint salad** alongside.

Tuscan Scallops in Sundried Tomato Sauce

with Mashed Potatoes

-

573 calories 50 protein 55 carbs 18 fat

Global Eats

cook: 35 min

R4809-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2390 / 573
Fats (g)	18.4
of which saturated (g)	11.4
Carbohydrates (g)	55
of which sugars (g)	13.4
Fibers (g)	10.1
Proteins (g)	50.2
Salt (g)	2.2

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What You'll Need

Box grater

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Jumbo prawns 7*	450 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Plain flour 10*,11*	30 Grams
Dried thyme	4 Grams
Olive oil	2 Tbsp

Sauce	
Shallots	1 Piece
Garlic cloves	2 Piece
Sun dried tomatoes	60 Grams
Fresh basil	15 Grams
Parmesan 4*	60 Grams
Olive oil	2 Tbsp
Tomato paste	70 Grams
Vegetable stock cube 15*	1 Piece
Water	300 ML
Cooking cream 4*	200 ML

Mash	
Potatoes	900 Grams

Allergens: *7 Crustaceans, *10 Wheat, *11 Gluten, *4 Milk, *15 Celery

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1. Prep

- Trim the broccoli florets and cut into bite-sized pieces.
- Peel and finely chop the onion.
- Peel and finely chop the **garlic**.
- Roughly chop the **sun dried tomatoes**.
- Pick the **basil** leaves.

2. Prep chicken

- Pat the chicken breasts dry with paper towel.
- Slice each chicken breast in half as if you were cutting a burger bun, so you are left with two thinner chicken escalopes.
- Season the chicken with **salt** and **pepper**.
- Combine the **flour** and **dried thyme** on a plate.
- Coat the chicken in the **flour**.

3. Fry chicken

- Heat a large pan over a medium-high heat with a generous drizzle of **olive oil**.
- Once hot, carefully add the coated chicken breasts (in batches).
- Fry for 2-3 min on either side or until golden and crispy.
- Set aside on a plate.
- Reserve the frying pan.

Tip! Avoid overcooking the chicken at this step as it will continue to cook in the cream sauce in step 5.

4. Boil pasta

- Meanwhile, bring a large pot of salted water to a boil.
- Add the linguine.
- Cook for 12-15 min or until cooked to your liking.
- During the last 5 min, add the broccoli.
- Cook until blanched.
- Drain and set aside.

5. Make sauce

- Grate the **parmesan** and set aside.
- Heat the reserved frying pan to medium heat with another drizzle of **olive oil**.
- Fry the onion and **garlic** for 4-5 min until softened.
- Add the **tomato paste**, and **sun dried tomato**. Fry for 1 min.
- Crumble 1 chicken **stock cube**, the **measured water**, and whisk in 200 of the **cooking cream**, and half the **parmesan**.
- Return the chicken to the pan.
- Gently cook for 3-4 min until the chicken is cooked through and the **sauce** is thickened.
- Tear in some of the **basil** leaves.

6. Serve

- Serve the **"Marry Me" Chicken in Sundried Tomato Sauce** with Linguine and Broccoli.
- Pour that delicious **cream sauce** over each serving.
- Serve with any extra **parmesan** on the side.

Spring Salad

with Prawns, Eggs and Asparagus

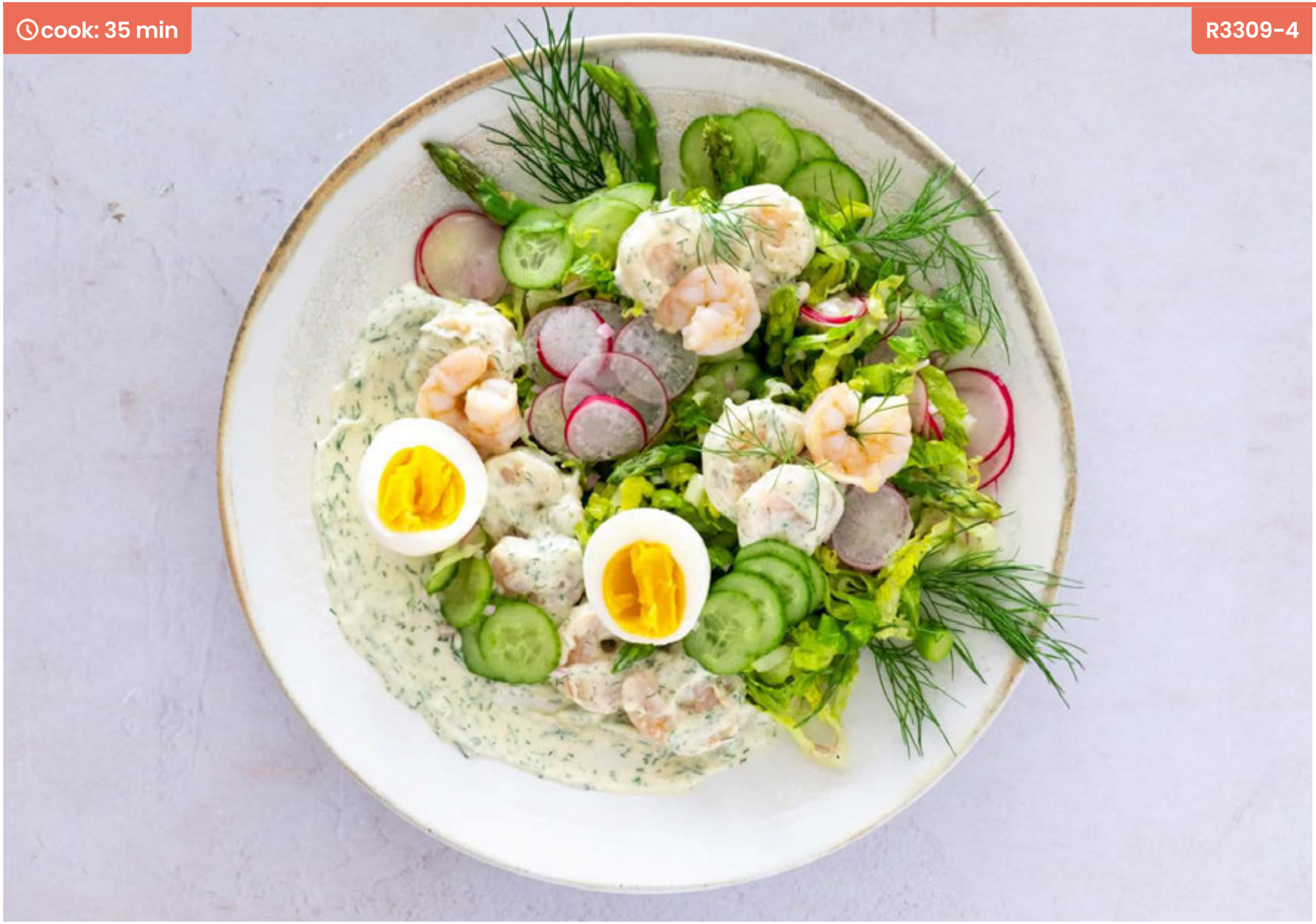
Welcome the warmer temperatures with a light, but filling salad.

558 calories | 40 protein | 31 carbs | 33 fat

Low Carb

cook: 35 min

R3309-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2338 / 558
Fats (g)	32.8
of which saturated (g)	9
Carbohydrates (g)	31
of which sugars (g)	14.2
Fibers (g)	10.6
Proteins (g)	40.2
Salt (g)	0.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

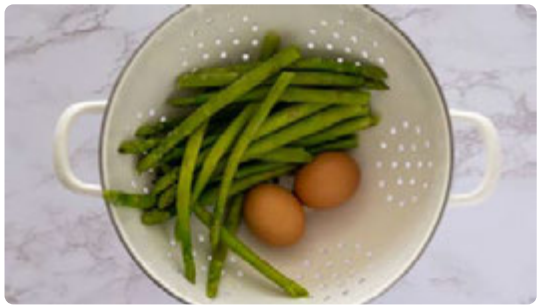
Salad	
Thin asparagus	500 Grams
Organic Eggs 5*	4 Piece
Fresh dill	15 Grams
Cucumber	2 Piece
Red radish	250 Grams
Romaine lettuce	600 Grams

Prawns	
Prawns 7*	700 Grams
Vegetable oil	2 Tbsp
Salt	2 Tsp
Sour cream 4*	120 Grams
Mayonnaise 5*,9*,13*	100 Grams
Dijon mustard 13*	12 Grams
Garlic onion powder	8 Grams
Lemon	1 Piece

Vinaigrette	
Shallots	2 Piece
White balsamic vinegar 14*	30 ML
Olive oil	4 Tbsp
Salt	2 Tsp
Black pepper	1 Tsp

Allergens: *5 Eggs, *7 Crustaceans, *4 Milk, *9 Soya, *13 Mustard, *14 Sulphur Dioxide

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1. Boil

Trim the **asparagus**. Cook the **eggs** in boiling water for 5-7 min or until cooked to your liking. Add the **asparagus** for the final 3 min. Drain, run under cold water and leave to cool.



2. Fry

Meanwhile, heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **prawns** and cook with a pinch of **salt** for 2-3 min until pink and cooked through. Transfer the **prawns** to a bowl and set aside.



3. Dress prawns

Meanwhile, pick and finely chop the **dill**. In a bowl, combine the **sour cream**, **mayonnaise**, **Dijon**, **dill** and **garlic onion powder** with a pinch of **salt**. Loosen with a squeeze of **lemon** juice. Add the **prawns** and set aside.



4. Prep

Peel and chop the **shallots** very finely. Slice the **cucumbers** and **radish**. Roughly chop the **lettuce**.



5. Make vinaigrette

Once cool, chop the **asparagus** into bite-sized pieces. In a large salad bowl, combine the **white balsamic vinegar**, **olive oil** and **shallots** with a generous pinch of **salt** and **pepper**. Add the **lettuce**, **cucumber**, drained **asparagus** and **radish** and toss.



6. Serve

Peel the **eggs** and slice them in half. Divide the salad among plates, top with the dressed **prawns** and halved **eggs**. Garnish with the reserved **dill**.

Vegan Spaghetti Puttanesca

with Pine Nut Gremolata

Traditionally made with anchovies, our vegan version swaps the little salty fish for a fresh nutty topping.

hellochef

716 calories | 27 protein | 115 carbs | 21 fat

cook: 30 min

R2633-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2996 / 716
Fats (g)	20.6
of which saturated (g)	2.1
Carbohydrates (g)	115
of which sugars (g)	14.1
Fibers (g)	11.5
Proteins (g)	27.3
Salt (g)	2.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Spaghetti	
Spaghetti 5*,10*,11*	500 Grams
Cherry tomatoes	500 Grams
Olive oil	6 Tbsp
Tomato paste	70 Grams
Red vinegar	30 ML
Chilli flakes	4 Grams
Dried oregano	4 Grams
Brown sugar	10 Grams
Salt	2 Tsp
Kalamata olives	80 Grams
Capers	80 Grams

Pine nut gremolata	
Pine nuts 2*	80 Grams
Lemon	1 Piece
Fresh parsley	15 Grams
Garlic cloves	2 Piece
Salt	1 Tsp

Allergens: *5 Eggs, *10 Wheat, *11 Gluten, *2 Tree Nuts

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1. Simmer tomatoes

- Chop the **cherry tomatoes** in half.
- Heat a non-stick pan over a low heat with the **olive oil**.
- Once hot, add the **cherry tomatoes**, **tomato paste**, **red vinegar**, **dried chilli flakes** (spicy!), **dried oregano**, **sugar** and **salt**.
- Simmer for 10-15 min or until the **tomatoes** have fallen apart.



2. Boil pasta

- Meanwhile, bring a large pot of salted water to the boil.
- Once boiling, add the **spaghetti**.
- Cook for 8-10 min until 'al dente' or cooked to your liking.
- Drain and reserve a cup of pasta water.



3. Toast pine nuts

- Meanwhile, toast the **pine nuts** in a hot, dry pan for 2 min or until browned.

Tip! Keep an eye on the nuts as they toast - they can go from golden brown to burnt in a matter of seconds!



4. Prep gremolata

- Chop the toasted **pine nuts**.
- Wash the **lemon** thoroughly and grate its zest with a fine blade, taking care to avoid its bitter white pith.
- Wash and chop the **parsley** finely.
- Peel and mince the **garlic**.
- Combine the **pine nuts**, **lemon** zest, **parsley**, **garlic** and **salt** .
- Keep the **gremolata** aside.



5. Serve

- Once the **tomatoes** have fallen apart, add the **olives**, **capers**, drained **spaghetti** and a splash of pasta water to the pan.
- Give everything a good mix up.
- Cook for 1 final min.
- Serve the **Vegan Spaghetti Puttanesca** with **Pine Nut Gremolata**.
- Garnish with the **gremolata**.

Sweet and Sour Tofu

with Jasmine Rice

Make the sweet and sour sauce from scratch - it's beyond restaurant quality!

892 calories | 42 protein | 151 carbs | 22 fat

Family Friendly | Weekly classic

cook: 35 min

R3696-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3738 / 892
Fats (g)	21.8
of which saturated (g)	3.2
Carbohydrates (g)	151
of which sugars (g)	52.7
Fibers (g)	13.2
Proteins (g)	41.8
Salt (g)	2.7

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Whisk

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Tofu	
Firm tofu 9*	600 Grams
Salt	1 Tsp
Corn starch	90 Grams
Vegetable oil	4 Tbsp

Sauce	
Orange	2 Piece
Pineapple juice	180 ML
Sweet chilli sauce	80 ML
Ketchup	80 Grams
Rice vinegar	30 ML
Apple cider vinegar	30 ML
Soy sauce 9*,10*,11*	40 ML
Brown sugar	10 Grams
Garlic powder	4 Grams

Stir-fry	
Green pepper	2 Piece
Red pepper	2 Piece
Spring onion	80 Grams
Pineapple chunks	280 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Cashew nuts 1*,2*	60 Grams

Rice	
Jasmine rice	300 Grams
Water	600 ML
Salt	1 Tsp

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *1 Peanuts, *2 Tree Nuts

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1. Prep sauce

- Juice the **orange**.
- Add 120 ml of **orange juice**, 180 ml of **pineapple juice**, the **sweet chilli sauce**, **ketchup**, both **vinegars**, **soy sauce**, **sugar** and **garlic powder** into a small saucepan.
- In a small glass, whisk 2 Tbsp of **water** with 4 tsp of **corn starch** until smooth.
- Add the **starch** mixture to the pot.



2. Cook sauce

- Place the saucepan over medium heat and cook, stirring continuously, until the mixture starts to bubble.
- Once bubbling, reduce the heat to low and cook, stirring, for 2-3 min further or until glossy and thickened a bit.
- Set aside.



3. Fry tofu

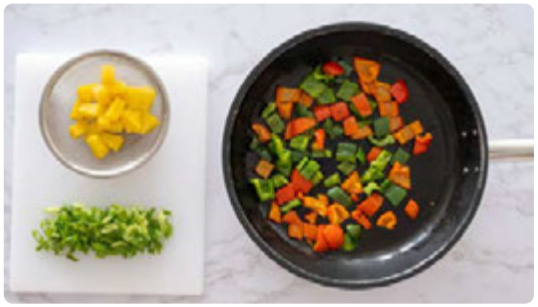
- Meanwhile, drain the **tofu** and pat dry with paper towel.
- Chop the **tofu** into cubes and sprinkle with **salt**.
- In a large bowl, add the remaining **corn starch** and toss the **tofu cubes**.
- Heat a generous amount of **oil** in a large pan over medium-high heat.
- Fry the coated **tofu cubes** for 10 min, turning occasionally, until crisp and golden.
- Once crisp, transfer the **tofu** to kitchen paper.
- Reserve the pan.

Tip! Fry the tofu in batches to avoid overcrowding the pan, as it will result in oily pieces of tofu.



4. Boil rice

- Meanwhile, rinse and drain the **jasmine rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat.
- Lower heat, cover and cook for 12-14 min, until **rice** is tender.
- Remove from the heat and keep covered until serving.



5. Stir-fry

- Deseed and chop the **peppers** into rough chunks.
- Trim and finely slice the **spring onion**.
- Drain the **pineapple chunks**.
- Heat the reserved pan over medium-high heat with another generous drizzle of **vegetable oil**.
- Fry the **peppers** with a pinch of **salt** for 3 min until slightly softened.



6. Serve

- Return the pan to medium heat.
- Add the **tofu**, **spring onion** (reserve some for garnish), **pineapple** and **cashew nuts**.
- Add the **sweet and sour sauce**.
- Simmer for a final 2-3 min, making sure to give everything a good mix up.
- Serve the **Sweet and Sour Tofu** over **Jasmine rice** and garnish with the remaining **spring onion**.

Market: Coleslaw

-

431 calories 4 protein 22 carbs 38 fat

cook: 30 min

R4610-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1802 / 431
Fats (g)	37.9
of which saturated (g)	6
Carbohydrates (g)	22
of which sugars (g)	11.6
Fibers (g)	6.1
Proteins (g)	3.5
Salt (g)	1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Slaw	
Red cabbage	150 Grams
White cabbage	150 Grams
Carrot	1 Piece
Spring onion	40 Grams
Mayonnaise 5*,9*,13*	100 Grams
Apple cider vinegar	22 ML
White sugar	5 Grams

Allergens: *5 Eggs, *9 Soya, *13 Mustard

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1. Prep

Finely slice both **cabbages**. Trim and finely slice the **spring onions**. Peel and grate the **carrot**.



2. Mix

To a large bowl add the veggies. Add the **mayonnaise**, **vinegar**, **sugar**. Mix well to coat and season with salt and pepper to taste.



3. Serve

Green Eggs and Ham

I do not like green eggs and ham

hellofresh

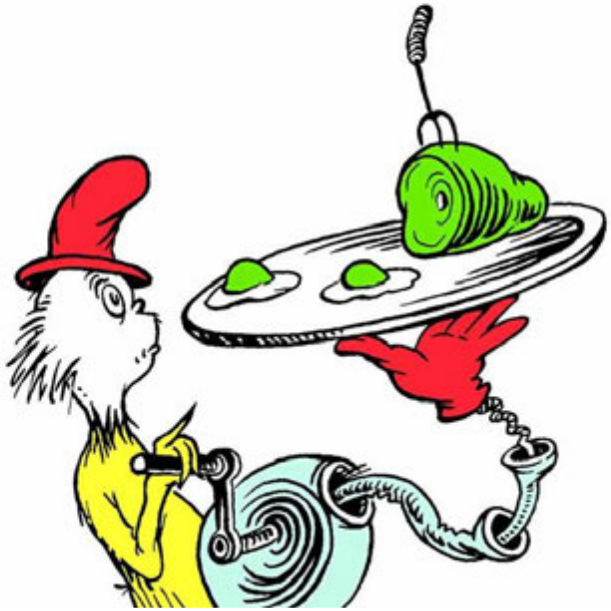
174 calories | 18 protein | 1 carbs | 11 fat

Family Friendly

cook: 30 min

R3284-4

I do not like them,
Sam-I-am.
I do not like
green eggs and ham.



12



13

Nutritional information

	per serving*
Energy (kJ/kcal)	729 / 174
Fats (g)	11.2
of which saturated (g)	4.1
Carbohydrates (g)	1
of which sugars (g)	0.2
Fibers (g)	0.8
Proteins (g)	17.8
Salt (g)	0.5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Spinach	200
Organic Eggs 5*	8

Allergens: *5 Eggs

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1.

spinach eggs

One-pot Vegan Pesto Pasta

with Peas, Spinach and Sun-dried Tomatoes

'Pesto' comes from the Genoese word 'pestâ', meaning to pound' or 'crush'. Pesto is traditionally made in a pestle and mortar.

hello chef

798 calories | 30 protein | 133 carbs | 23 fat

cook: 20 min

R3871-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3336 / 798
Fats (g)	22.7
of which saturated (g)	2.4
Carbohydrates (g)	133
of which sugars (g)	18.4
Fibers (g)	16.8
Proteins (g)	29.7
Salt (g)	2.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Pesto pasta	
Fusilli pasta [10*]	500 Grams
Garlic cloves	2 Piece
Fresh basil	60 Grams
Pine nuts [2*]	60 Grams
Cashew nuts [1*,2*]	80 Grams
Nutritional yeast	8 Grams
Lemon	2 Piece
Olive oil	8 Tbsp
Vegetable stock cube [15*]	1 Piece
Salt	1 Tsp
Sun dried tomatoes	120 Grams
Baby spinach	90 Grams
Green peas	500 Grams
Black pepper	1 Tsp

Allergens: *10 Wheat, *2 Tree Nuts, *1 Peanuts, *15 Celery

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1. Boil pasta

Bring a large pot of salted water to the boil. Once boiling, add the **pasta** and cook for 8-10 min until 'al dente' or cooked to your liking. Drain and return to the pot.



2. Prep

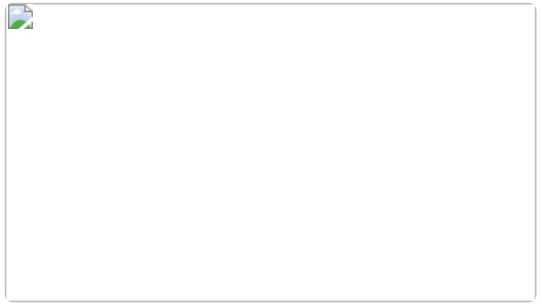
Meanwhile, pick the **basil** leaves. Peel the **garlic**. Slice the **lemon** into wedges. Roughly chop the **sun-dried tomatoes**.

Tip! Add a splash of water if the pesto needs help coming together!



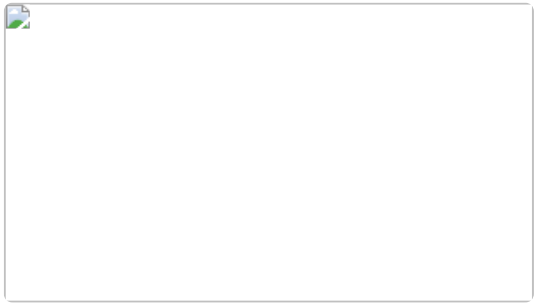
3. Blend pesto

To a food processor or blender, add the **basil** (reserve some for garnish), **pine nuts**, **cashew nuts**, **nutritional yeast**, **garlic cloves**, **olive oil**, crumbled 1 **vegetable stock cube**, a squeeze of **lemon** juice to taste (reserve the rest for garnish) and a pinch of **salt**. Blitz - this is your **pesto**.



4. Finish

Add the **pesto**, **baby spinach**, **sun-dried tomatoes** and **peas** to the cooked **pasta**. Mix thoroughly and warm over a low heat until the **spinach** has wilted and the **pasta** is warmed through. Season with **pepper** to taste.



5. Serve

Divide the **pesto pasta** among bowls and garnish with the remaining **basil** and **lemon** wedges.

Baked Miso Cod with Jasmine Rice

and Sugar Snap Peas

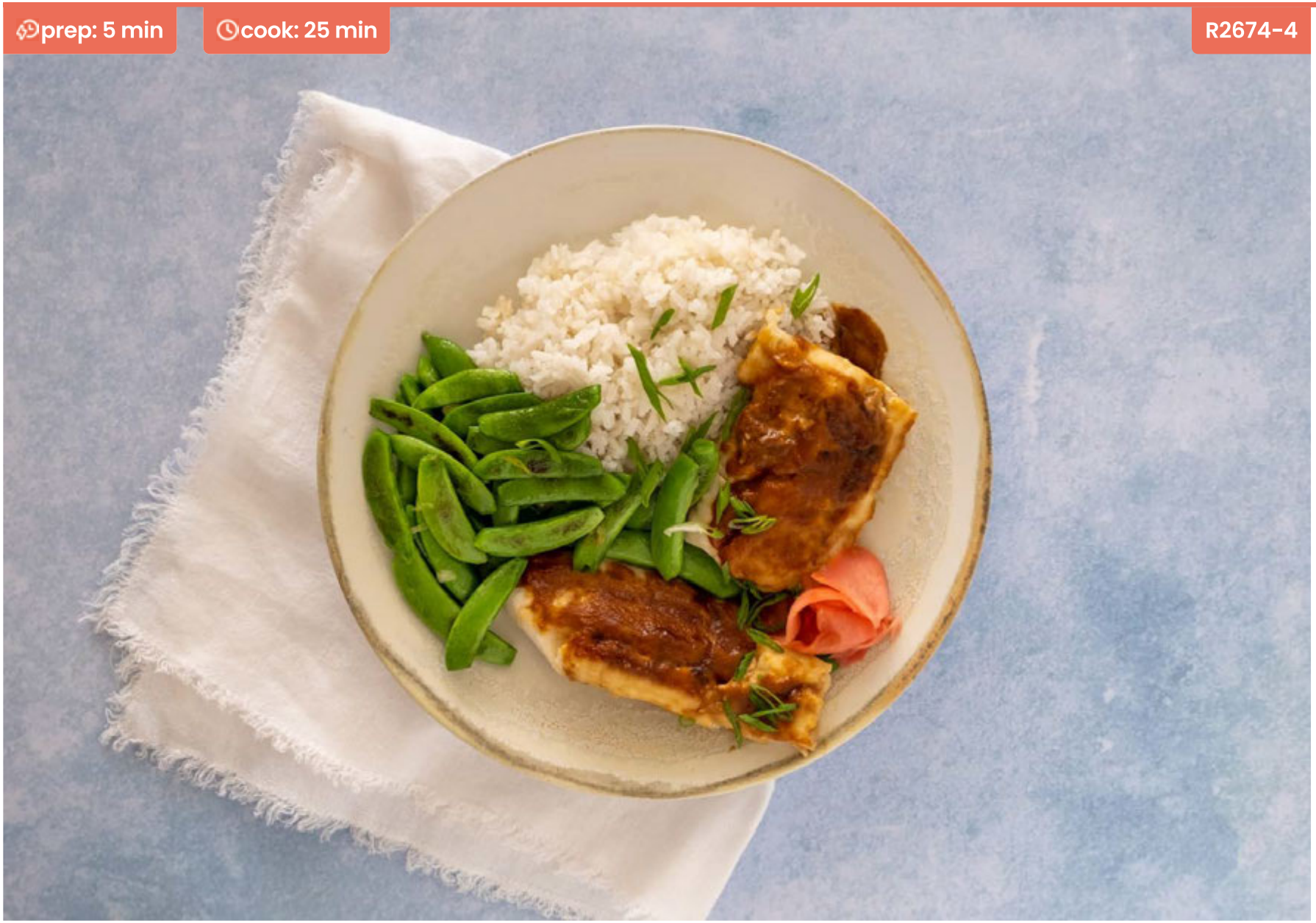
If you're quick, this one will be ready in under 20 minutes!

hellochef

577 calories | 45 protein | 87 carbs | 11 fat

Family Friendly | Quick Prep | Calorie Smart

prep: 5 min | cook: 25 min | R2674-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2410 / 577
Fats (g)	11.2
of which saturated (g)	6.2
Carbohydrates (g)	87
of which sugars (g)	9.3
Fibers (g)	4.5
Proteins (g)	44.7
Salt (g)	1.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven | Whisk

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Cod	
Cod fillet 6*	700 Grams
Butter 4*	50 Grams
Brown sugar	10 Grams
Miso paste 9*	80 Grams
Rice vinegar	30 ML

Rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML

Sides	
Spring onion	80 Grams
Sugar snap peas	300 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Sushi ginger	80 Grams

Allergens: *6 Fish, *4 Milk, *9 Soya

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1. Cook rice

Preheat the oven to 200°C/180°C fan. Rinse the **rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pot from the heat and keep covered until serving.



2. Prep

Finely chop the **spring onion**. Trim the **sugar snap peas**.



3. Prep miso

Meanwhile, add the **butter** to a small bowl and microwave in 30 sec intervals until melted. Add the **sugar**, **miso paste** and **rice vinegar** to the **butter** and whisk until the **sugar** has dissolved.



4. Bake cod

Place the **cod** onto a lined baking tray. Spoon over the **miso butter** and spread evenly among the **cod fillets**. Bake for 8-10 min or until the **cod** is cooked through.

Tip! You can tell when white fish is cooked by checking if the flesh flakes easily.



5. Fry sugar snap

Meanwhile, heat a small non-stick pan over medium-high heat with a drizzle of **oil**. Once hot, add the **sugar snap peas** with a pinch of **salt** and fry for 3-5 min.



6. Serve

Serve the **miso cod** over the **rice** with the **sugar snap peas** and **sushi ginger** to the side. Garnish with **spring onion**.

Shelf life box

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-

175 calories 15 protein 33 carbs 3 fat

cook: 30 min

R4746-4



Nutritional information

	per serving*
Energy (kJ/kcal)	730 / 175
Fats (g)	2.5
of which saturated (g)	0.2
Carbohydrates (g)	33
of which sugars (g)	11.5
Fibers (g)	14
Proteins (g)	15.1
Salt (g)	1.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fresh mint	10 Grams
Fresh parsley	15 Grams
Fresh dill	15 Grams
Bean sprouts	75 Grams
Cucumber	1 Piece
Fresh coriander	15 Grams
Spring onion	40 Grams
Tomatoes	2 Piece
Fresh basil	15 Grams
Romaine lettuce	200 Grams
Fresh chives	15 Grams
Baby spinach	40 Grams
Thick asparagus	250 Grams
Small zucchini	1 Piece
Celery	1 Piece
Thai basil	15 Grams

Allergens:

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1. -

Oven Baked Healthier Fish and Chips

with Mushy Peas

Everyone needs to have this every once in a while!

559 calories | 49 protein | 67 carbs | 13 fat

Family Friendly

cook: 35 min

R2283-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2336 / 559
Fats (g)	13
of which saturated (g)	7.9
Carbohydrates (g)	67
of which sugars (g)	4.8
Fibers (g)	10.9
Proteins (g)	48.5
Salt (g)	1

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fish	
Cod fillet 6*	700 Grams
Panko bread crumbs 10*,11*,12*	90 Grams
Organic Eggs 5*	2 Pieces
Plain flour 10*,11*	100 Grams
Salt	2 Tsp
Black pepper	1 Tsp
Chips	
Potatoes	1200 Grams
Olive oil	4 Tbsp
Salt	2 Tsp
Mushy peas	
Green peas	200 Grams
Butter 4*	40 Grams
Salt	0.5 Tsp
To serve	
Lemon	2 Pieces

Allergens: *6 Fish, *10 Wheat, *11 Gluten, *12 Lupin, *5 Eggs, *4 Milk

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1. Roast potatoes

Preheat the oven to 220°C. Scrub **potatoes** clean. Leave the skin on the **potatoes** and cut to chips, pat dry and lay on a baking sheet. Coat with **olive oil** and sprinkle with **salt**. Roast in the oven for about 15 minutes.



2. Prep coating

Meanwhile, pour **bread crumbs** to a plate. Beat **eggs** in a shallow bowl. Pour **flour** on another plate and season the **flour** with **salt** and **pepper**.



3. Coat fish

Pat dry **cod fillets** with kitchen paper. First, roll in the seasoned **flour**, then dip in the **eggs**, and finally roll in breadcrumbs.



4. Bake fish

Lay the coated fish pieces on top of the chips. Continue roasting the **potatoes** and the fish for 15 minutes until the fish crumb is golden and the **potatoes** are nicely roasted.



5. Boil peas

While fish and chips are in the oven, bring a pan of salted water to a boil and cook the **peas** for about 3 minutes.



6. Mash peas

Drain **peas**. Mash them with the **butter** and a pinch of **salt** in a bowl. Serve with the fish and chips, and **lemon** wedges.

Sticky Pomegranate Eggplant

with Roast Potatoes and Tenderstem Broccoli with Almonds

Inspired by flavours of Middle Eastern cuisine

hellofresh

437 calories | 18 protein | 75 carbs | 10 fat

Family Friendly

cook: 45 min

R4691-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1828 / 437
Fats (g)	10
of which saturated (g)	0.9
Carbohydrates (g)	75
of which sugars (g)	17.7
Fibers (g)	20.4
Proteins (g)	18.1
Salt (g)	0.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Eggplant	2 Piece
Pomegranate molasses	60 Grams
Balsamic vinegar 14*	30 ML
Garlic cloves	4 Piece
Fresh parsley	30 Grams
Coriander cumin powder	8 Grams
Red onion	2 Piece
Cardamom powder	4 Grams
Olive oil	4 Tbsp

Roast potatoes	
Potatoes	1200 Grams
Olive oil	2 Tbsp
Fresh rosemary	20 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp

Broccoli	
Almond flakes 1*,2*	60 Grams
Sumac	4 Grams
Tenderstem broccoli	300 Grams

Allergens: *14 Sulphur Dioxide, *1 Peanuts, *2 Tree Nuts

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1. Prep

- Preheat oven. **garlic**, **potatoes**,

Choco-Bliss Smoothie

with Belgian Dark Chocolate and Oats

Fuel up your day with this chocolate smoothie - with added richness from a touch of dark chocolate for some indulgence.

hellochef

426 calories | 11 protein | 62 carbs | 12 fat

Quick Prep | Speedy

cook: 5 min

R4832-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1781 / 426
Fats (g)	11.6
of which saturated (g)	4.7
Carbohydrates (g)	62
of which sugars (g)	46.7
Fibers (g)	6.3
Proteins (g)	10.8
Salt (g)	0.4

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What You'll Need

- Blender

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 2 servings

Smoothie	
Banana	1 Piece
Cocoa powder	5 Grams
Rolled oats	50 Grams
Belgian dark chocolate 9*	20 Grams
Natural yogurt 4*	170 Grams
Agave syrup	40 Grams
Almond milk 2*	480 ML

Allergens: *9 Soya, *4 Milk, *2 Tree Nuts

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1. Add

- Peel the **banana**.
- To a blender, add the **banana**, **cocoa powder**, **oats**, **dark chocolate**, **yogurt**, **agave syrup** and **almond milk**.

Tip! Prefer your smoothie slightly sweeter? Add a touch of your preferred sugar/sweetener.



2. Blend

- Blend everything on a high speed for 1-2 min or until smooth.

Tip! Feel free to add a scoop of protein powder of your choice before blending.



3. Serve

- Enjoy the **Choco-Bliss Smoothie** on-the-go.

Sweet and Spicy Korean Meatballs

with a Cucumber and Edamame Salad

In this recipe you'll be using Gochujang paste; a savoury, sweet and spicy fermented paste, popular in Korean cooking!

hellochef

881 calories | 37 protein | 33 carbs | 68 fat

Low Carb

cook: 25 min

R3650-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3684 / 881
Fats (g)	67.5
of which saturated (g)	21.7
Carbohydrates (g)	33
of which sugars (g)	15.5
Fibers (g)	7.7
Proteins (g)	37.1
Salt (g)	3.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meatballs	
Beef mince	700 Grams
Organic Eggs 5*	2 Piece
Ginger garlic paste	40 Grams
Soy sauce 9*,10*,11*	20 ML
Vegetable oil	2 Tbsp
Sesame seeds 3*	20 Grams

Glaze	
Sesame oil 3*,9*	30 ML
Rice vinegar	30 ML
Gochujang 9*	40 Grams
Honey	30 Grams
Ketchup	32 Grams

Salad	
Olive oil	2 Tbsp
Carrot	2 Piece
Cucumber	2 Piece
Baby gem lettuce	2 Piece
Edamame beans 9*	200 Grams
Lime	1 Piece
Fresh coriander	15 Grams

Allergens: *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Prep meatballs

In a large bowl, combine the **beef mince**, **eggs**, **ginger garlic paste** and **soy sauce**. Knead the mixture until combined. Shape into 20 **meatballs**.

Tip! Coat your hands in oil before shaping the meatballs; this way the mixture won't stick to your hands.



2. Fry meatballs

Heat a a non-stick pan over a medium heat with a drizzle of **oil**. Once hot, add the **meatballs** and fry for 5 min or until browned all over. Drain any excess fat.



3. Prep salad

Meanwhile, peel and chop the **carrot** into thin matchsticks. Chop the **cucumber** into matchsticks. Separate the **lettuce** leaves.

Tip! In a hurry? Chop the vegetables into bite-sized pieces.



4. Make glaze

Add the **rice vinegar**, **gochujang (spicy!)**, **honey** and **ketchup** to the **meatballs**. Cook for 2 min or until the glaze is thickened and the **meatballs** are cooked through. Remove from the heat and add the **sesame oil**.



5. Serve

Serve the **glazed meatballs** with the **lettuce**, **carrots**, **cucumber** and **edamame** alongside. Drizzle with **olive oil** and a generous squeeze of **lime** juice. Tear over the **coriander** leaves and sprinkle with the **sesame seeds**.

Tip! If you have time, add olive oil and lime to a bowl with a pinch of salt. Add the vegetables and toss.

Creamy Primavera Mushroom Risotto
with Parmesan

This comforting Italian staple is packed with vegetables!

hello chef

585 calories | 24 protein | 102 carbs | 15 fat

Family Friendly | Calorie Smart

cook: 30 min

R2537-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2448 / 585
Fats (g)	15.2
of which saturated (g)	9.2
Carbohydrates (g)	102
of which sugars (g)	7.7
Fibers (g)	7.9
Proteins (g)	23.7
Salt (g)	1.3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Box grater

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chestnut mushrooms	500 Grams
Shallots	2 Piece
Garlic cloves	4 Piece
Small zucchini	4 Piece
Parmesan 4*	60 Grams
Water	1700 ML
Vegetable stock cube 15*	2 Piece
Olive oil	4 Tbsp
Arborio rice	320 Grams
Lemon	2 Piece
Cream cheese 4*	160 Grams
Green peas	200 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp

Allergens: *4 Milk, *15 Celery

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1. Prep

- Clean the **mushrooms** and chop them roughly.
- Peel and finely chop the **shallots**.
- Peel and mince the **garlic**.
- Grate the **zucchini**.
- Grate the **Parmesan**.
- Boil the **measured water** and dissolve the **vegetable stock cube** in it.



2. Fry mushrooms

- Heat a large non-stick pan over a medium heat with a drizzle of **olive oil**.
- Once hot, add the **mushrooms**.
- Fry for 5 min until lightly browned.



3. Add

- Add the **shallots**, and grated **zucchini**.
- Fry for 3 min.
- Once softened, add the **garlic** and **arborio rice**.
- Cook for 1 min further, stirring to coat the grains in the **oil**.



4. Simmer

- Add 1/3 of the **stock** and stir continuously until it has absorbed.
- Continue to add the **stock**, a little at a time for 20 min or until all the **stock** is absorbed and the **rice** is cooked 'al dente'.
- If you run out of **stock**, add more water.



5. Serve

- Add a squeeze of **lemon** juice, the **cream cheese**, **green peas** and 3/4 of the grated **Parmesan**.
- Mix well.
- Cook for 2 min further.
- Season to taste with **salt** and **pepper**.
- Serve the **Creamy Primavera Mushroom Risotto** with **Parmesan**[b/].
- Garnish with the remaining grated **Parmesan**.

German Style Meatballs

with Braised Red Cabbage, New Potatoes and Gravy

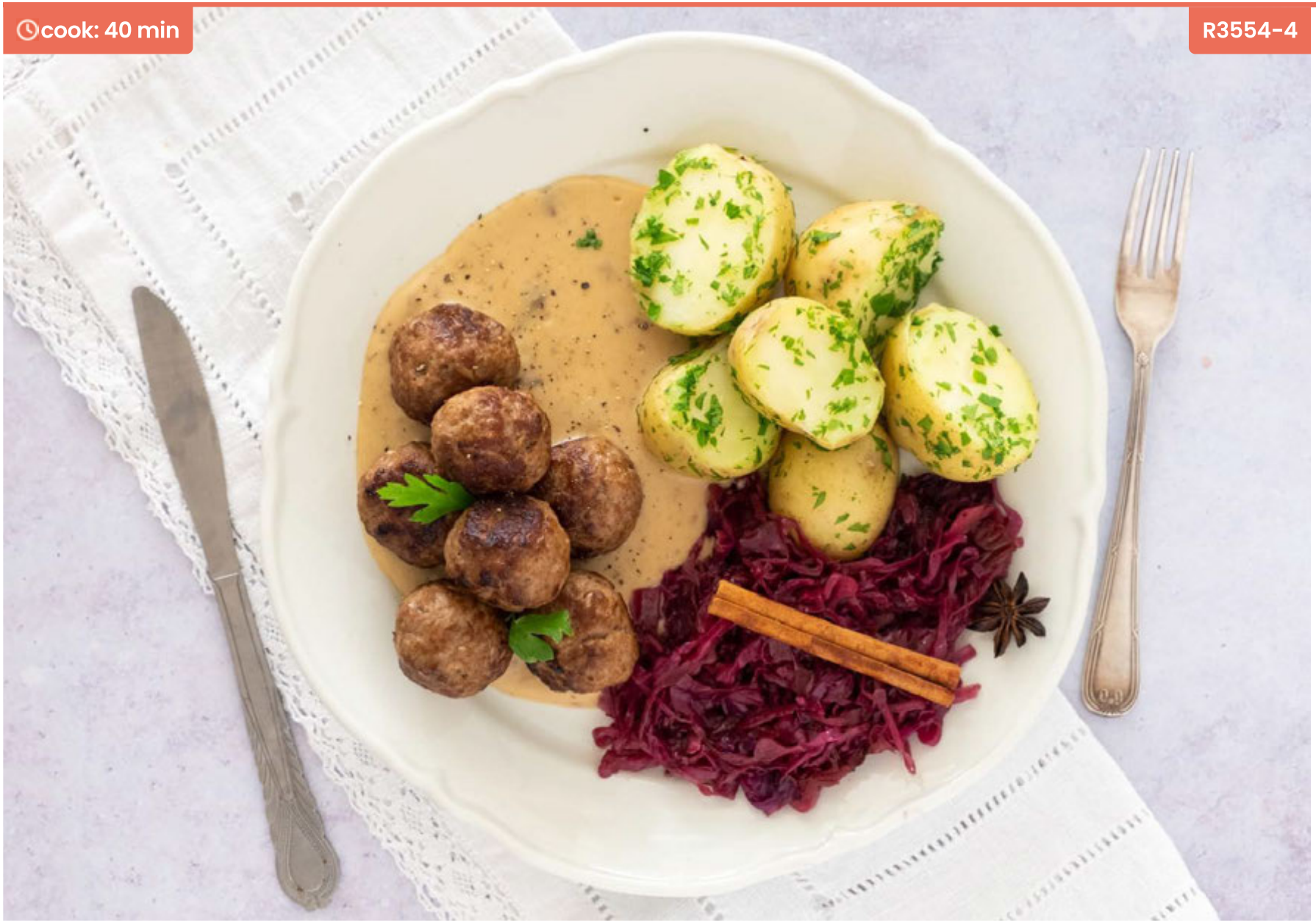
Bringing the warming flavours of winter to your plate with this delicious dish!

1423 calories | 50 protein | 119 carbs | 84 fat

Global Eats

cook: 40 min

R3554-4



Nutritional information

	per serving*
Energy (kJ/kcal)	5935 / 1423
Fats (g)	84.4
of which saturated (g)	38.7
Carbohydrates (g)	119
of which sugars (g)	37.3
Fibers (g)	14
Proteins (g)	49.8
Salt (g)	5.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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04-825-44-00
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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meatballs	
Beef mince	700 Grams
Shallots	2 Piece
Fresh breadcrumbs 4*,10*	40 Grams
Organic Eggs 5*	2 Piece
Dijon mustard 13*	12 Grams
Tamari 9*	30 ML
Garlic powder	4 Grams
Vegetable oil	2 Tbsp

Gravy	
Butter 4*	20 Grams
Plain flour 10*,11*	40 Grams
Low fat milk 4*	800 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Worcestershire sauce 6*,11*	30 ML

Potatoes	
New potatoes	1000 Grams
Fresh parsley	15 Grams
Salt	1 Tsp

Cabbage	
Red cabbage	900 Grams
Butter 4*	100 Grams
Cranberry sauce	100 Grams
Balsamic vinegar 14*	30 ML
Salt	1 Tsp
Water	200 ML
Star anise	2 Piece
Cinnamon stick	2 Piece

Allergens: *4 Milk, *10 Wheat, *5 Eggs, *13 Mustard, *9 Soya, *11 Gluten, *15 Celery, *6 Fish, *14 Sulphur Dioxide

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1. Red cabbage

Finely slice the **red cabbage**. Discard the stem. Heat a large pot over a medium heat with the large **butter**, **cranberry sauce**, **balsamic vinegar** and a pinch of **salt**. Once hot, add the **red cabbage**, **measured water** 2 **star anise** and the **cinnamon stick**. Simmer, covered, for 15 min. After 15 min, remove the lid and cook for 5 min further or until all the liquid has evaporated. Set aside and keep warm.



2. Boil potatoes

Meanwhile, chop the **potatoes** in half. Add them to a pan of salted boiling water. Cook the **potatoes** over a medium heat for 15-20 min until tender. Once tender, drain and add them to a bowl.



3. Make meatballs

Meanwhile, place the **beef mince** in a second large bowl. Peel and grate the **shallots**. Add the **beef mince**, **fresh breadcrumbs**, **shallots**, **eggs**, **Dijon mustard**, **tamari** and **garlic powder** to the bowl. With clean hands, knead the mixture well until soft and fully combined. Shape into small **meatballs**.

Tip! Fry the shallots before adding them to the meatball mixture.



4. Fry meatballs

Heat a large non-stick pan over a medium heat with a drizzle of **vegetable oil**. Once hot, add the **meatballs** and cook for 6 min or until browned. Once browned, transfer the **meatballs** to a plate. Reserve the pan. Meanwhile, finely chop the **parsley**.



5. Make gravy

Return the pan to medium heat. Add the remaining **butter** and the **flour** to the pan juices. Gradually whisk in the **milk**. Cook for 2-3 min until thickened. Once thickened, add the 1 **stock cube** and the **Worcestershire sauce**.



6. Serve

Top the **potatoes** with the **parsley** and a pinch of **salt**. Toss. Serve the **meatballs** with the **red cabbage** and **new potatoes** alongside. Pour the **gravy** over the top.

Prawn Fajitas with Salsa
and Sour Cream

It's fiesta time!

hellochef

601 calories | 35 protein | 75 carbs | 19 fat

Family Friendly | Speedy

cook: 20 min

R2438-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2512 / 601
Fats (g)	19.3
of which saturated (g)	7.6
Carbohydrates (g)	75
of which sugars (g)	10.9
Fibers (g)	7.1
Proteins (g)	35.1
Salt (g)	2.3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fajita mix	
Prawns 7*	700 Grams
Red onion	2 Piece
Red pepper	2 Piece
Yellow pepper	2 Piece
Fresh coriander	15 Grams
Olive oil	2 Tbsp
Fajita seasoning	20 Grams
Salt	1 Tsp
Black pepper	1 Tsp

To serve	
6" tortilla wraps 10*,11*	12 Piece
Lime	4 Piece
Mild tomato salsa	200 Grams
Sour cream 4*	120 Grams

Allergens: *7 Crustaceans, *10 Wheat, *11 Gluten, *4 Milk

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1. Prep vegetables

Peel and finely slice the **red onion**. Slice the **red** and **yellow** bell **peppers** into thin strips. Rinse and chop the **coriander**.



2. Fry vegetables

Heat a drizzle of **oil** in a large pan over a high heat. Fry the **onion** slices and bell **pepper** strips for 5 min until slightly softened.



3. Add prawns and spices

Add the **prawns** and **fajita seasoning** (spicy!) to the pan. Fry for 2-3 min further or until the **prawns** are cooked through but juicy (don't overcook them, or they might turn rubbery). Fold in the chopped **coriander**. Season with **salt** and **pepper** to taste.



4. Serve

Warm the tortillas. Slice the **lime** into wedges. Fill the tortillas with the prawn and vegetable mix. Serve with the **tomato salsa** and **sour cream**. Season the filling with a squeeze of **lime** juice as you're eating.

Chilli Beef Stir-fry

with Edamame Jasmine Rice

A takeaway classic that's on the table in no time!

hellóchef

789 calories | 61 protein | 103 carbs | 20 fat

Tips for Kids | Family Friendly | Speedy

cook: 20 min

R3676-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3299 / 789
Fats (g)	19.8
of which saturated (g)	4.8
Carbohydrates (g)	103
of which sugars (g)	13.6
Fibers (g)	8.1
Proteins (g)	61.2
Salt (g)	5.3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stir-fry	
Steak strips	700 Grams
Red pepper	2 Piece
Yellow pepper	2 Piece
Red onion	2 Piece
Honey	30 Grams
Rice vinegar	30 ML
Soy sauce 9*,10*,11*	80 ML
Sambal oelek	60 Grams
Chilli flakes	4 Grams
Corn starch	10 Grams
Vegetable oil	2 Tbsp
Ginger garlic paste	20 Grams
Salt	1 Tsp
Sesame oil 3*,9*	30 ML

Rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML
Edamame beans 9*	200 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Boil rice

- Rinse the **rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, stir the **edamame** through the **rice**.
- Remove from the heat.
- Keep covered until serving.

Tip! If cooking for kids, set aside a portion of the edamame and plain cooked rice before stirring through the remaining edamame.



2. Prep

- Meanwhile, deseed and finely slice the **peppers**.
- Peel and finely slice the **red onion**.
- In a small bowl, combine the **honey**, **rice vinegar**, **soy sauce**, **sambal oelek (spicy!)**, a pinch of **chilli flakes (spicy!)** and 4 tsp of **corn starch**.

Tip! If cooking for kids, leave out the sambal oelek and chilli flakes.



3. Fry steak

- Heat a large non-stick pan over a high heat with a drizzle of **oil**.
- Once hot, add the **steak strips**.
- Fry for 2-3 min until browned.
- Transfer the **steak strips** to a plate.
- Reserve the pan.

Tip! If the pan is looking crowded, fry the beef strips in batches. This will stop them from stewing, rather than frying.



4. Fry veg

- Return the reserved pan to a medium-high heat with another drizzle of **oil**.
- Once hot, add the **onion**, **peppers** and **ginger garlic paste** with a pinch of **salt**.
- Fry for 4-5 min until softened.

Tip! If cooking for kids, fry a plain portion of peppers first and set aside, before frying the remaining.



5. Finish

- Add the **steak strips** and **stir-fry sauce** to the pan.
- Fry for 1 min further until thickened.
- Remove from the heat.
- Add the **sesame oil**.



6. Serve

- Serve the **Chilli Beef Stir-fry** over the **Edamame Jasmine Rice**.

Tip! If cooking for kids, serve the cooked steak strips, cooked rice, edamame and peppers separately.

Tomato Sausage Pan

over Cauliflower Mash with Green Beans

Italian spiced sausages cooked in a rich tomato sauce - comfort food at its finest!

hellochef

882 calories | 55 protein | 44 carbs | 53 fat

Low Carb

cook: 30 min

R3491-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3694 / 882
Fats (g)	52.5
of which saturated (g)	6.9
Carbohydrates (g)	44
of which sugars (g)	23.5
Fibers (g)	15.1
Proteins (g)	54.7
Salt (g)	8

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What You'll Need

- Food processor

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stew	
Italian sausage 10*	800 Grams
Brown onion	2 Piece
Vegetable oil	2 Tbsp
Garlic paste	20 Grams
Tomato paste	70 Grams
Chopped tomatoes	800 Grams
Dried oregano	4 Grams
Marmite 11*,15*	16 Grams
Soy sauce 9*,10*,11*	20 ML
Brown sugar	10 Grams

Cauli mash	
Cauliflower	1200 Grams
Cream cheese 4*	160 Grams
Salt	2 Tsp
Black pepper	1 Tsp

Green beans	
Green beans	375 Grams
Salt	1 Tsp

Allergens: *10 Wheat, *11 Gluten, *15 Celery, *9 Soya, *4 Milk

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1. Start mash

- Chop the **cauliflower** into small florets.
- Bring a large pot of salted water to a boil.
- Add the **cauliflower**.
- Cook, covered, for 10-12 min until soft.
- Drain.



2. Prep

- Meanwhile, peel and roughly slice the **onion**.
- Remove the **sausages** from their casing by slicing them lengthwise.
- Discard the casing.
- Chop the **sausages** into small pieces.
- Trim the **green beans**.



3. Fry

- Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion** with a pinch of **salt**.
- Fry for 5 min.
- Add the **sausages** and **garlic paste**.
- Fry for 3 min further.



4. Simmer

- Reduce the heat to medium and add the **tomato paste**, **chopped tomatoes**, **oregano**, **marmite**, **soy sauce** and **brown sugar**.
- Simmer for 5 min.

Tip! Add a splash of water if the stew is too thick.



5. Cook beans

- Meanwhile, cook the **green beans** in a pot of salted boiling water for 3-4 min or until tender.
- Drain once cooked.



6. Finish mash

- Meanwhile, once soft, add the cooked **cauliflower** to a food processer with the **cream cheese**.
- Blitz until smooth.
- Season well with **salt** and **pepper**.
- Serve the **Tomato Sausage Pan** over **Cauliflower Mash** with **Green Beans** alongside.

Tip! This mash needs a lot of seasoning; make sure to taste as you go.

Korean Beef Bowl and Veggie Stir-fry

with Jasmine Rice

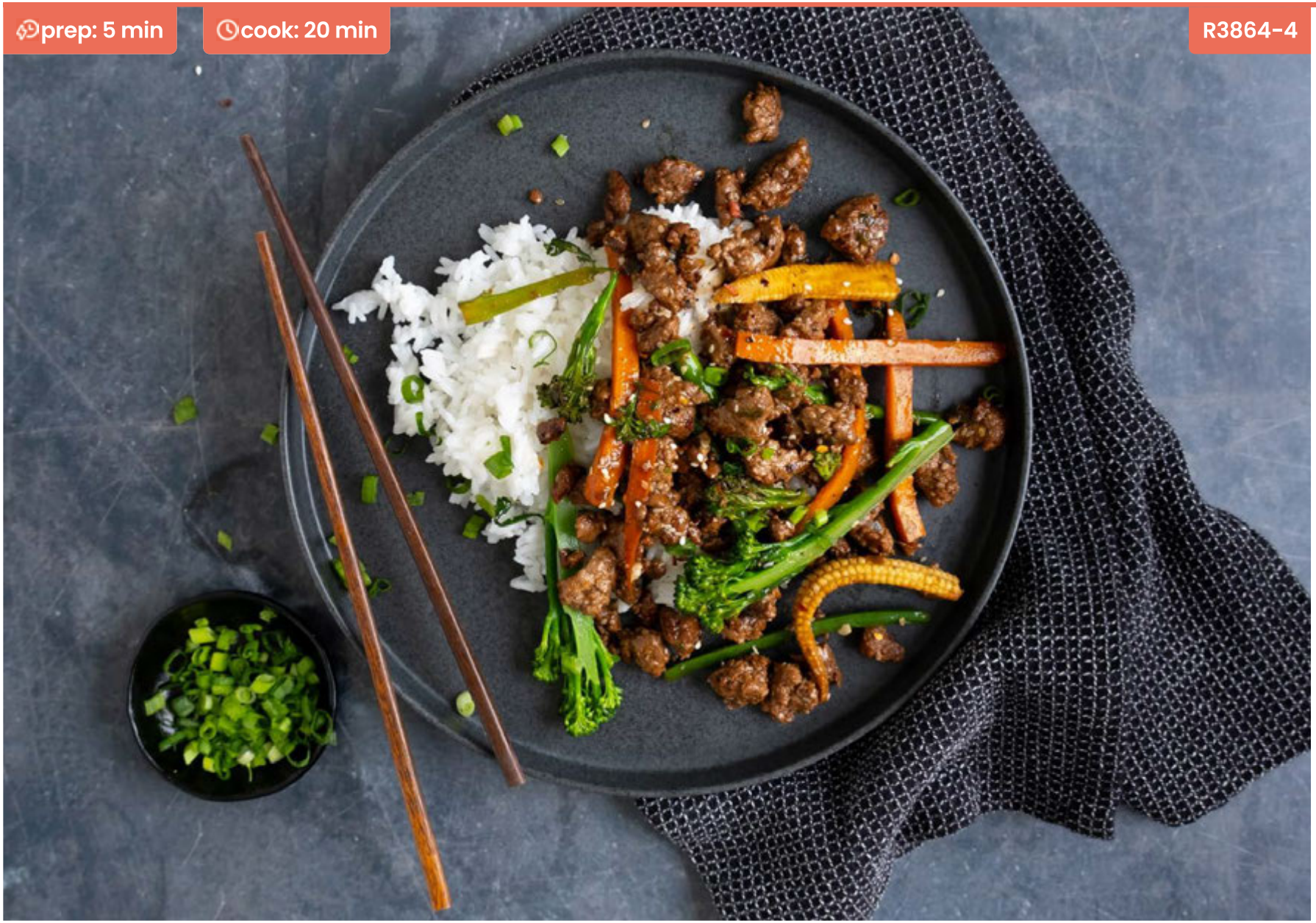
Rushing home hungry? This dinner will be ready in 20 minutes. If you have more time, add a fried egg on top - Korean style!

helló chef

752 calories | 48 protein | 88 carbs | 27 fat

Quick Prep

prep: 5 min | cook: 20 min | R3864-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3205 / 752
Fats (g)	27.1
of which saturated (g)	8.6
Carbohydrates (g)	88
of which sugars (g)	9.6
Fibers (g)	5
Proteins (g)	47.9
Salt (g)	4.3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef stir-fry	
Lean beef mince	700 Grams
Spring onion	80 Grams
Vegetable oil	2 Tbsp
Baby corn & mixed veg	400 Grams
Salt	1 Tsp
Ginger garlic paste	20 Grams
Gochujang 9*	20 Grams
Soy sauce 9*,10*,11*	80 ML
Brown sugar	30 Grams
Sesame seeds 3*	10 Grams
Sesame oil 3*,9*	30 ML
Chilli flakes	4 Grams

Jasmine rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Boil rice

Rinse the **rice**. Add the **rice** with a pinch of **salt** and **measured water** to a pot with a lid and bring to a boil. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pot from the heat and keep covered until serving.



2. Prep

Meanwhile, trim and finely slice the **spring onion**. Halve the **broccoli**, **carrots** and **baby corn**.



3. Fry vegetables

Heat a large non-stick pan over a high heat with a drizzle of **oil**. Add the **mixed veg** with a pinch of **salt** and fry for 2 min. Add a splash of water to the pan and cover immediately with a lid. Fry for 2 min further. Transfer to a plate and set aside. Wipe and reserve the pan.



4. Fry beef

Return the reserved pan to a high heat with a drizzle of **sesame oil**. Once the pan is hot, add the **beef mince** and fry for 5 min until well browned. Add the **ginger garlic paste**, **gochujang paste** (spicy!), **soy sauce**, **brown sugar**, **sesame seeds**, pinch of **chilli flakes** and a splash of **water**. Fry for 2-3 min further until well combined and desired sauciness is achieved.

Tip! Sensitive to spice? Go easy on the gochujang paste and chilli flakes.



5. Add vegetables

Add the **vegetables** and half of the **spring onion** (reserve the rest for garnish) to the pan and fry for a final 1 min, giving everything a good toss.



6. Serve

Divide the cooked **jasmine rice** and top with the **beef mince** and **vegetable stir-fry**. Garnish with the remaining **spring onion**.

Black Pepper Tofu

with Cauli Rice

The takeaway classic even quicker and tastier!

436 calories | 38 protein | 49 carbs | 16 fat

Calorie Smart

cook: 25 min

R4381-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1823 / 436
Fats (g)	16.4
of which saturated (g)	2.5
Carbohydrates (g)	49
of which sugars (g)	14.6
Fibers (g)	14.8
Proteins (g)	37.9
Salt (g)	3.1

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What You'll Need

- Box grater
- Food processor

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Tofu	
Firm tofu 9*	600 Grams
Corn starch	40 Grams
Black pepper sauce 9*,10*	180 Grams
Soy sauce 9*,10*,11*	30 ML
White sugar	10 Grams
Rice vinegar	30 ML
Vegetarian oyster sauce 9*	40 Grams
Ginger garlic paste	20 Grams
Vegetable oil	2 Tbsp
Veg	
Broccoli	600 Grams
Red pepper	2 Piece
Cauli rice	
Cauliflower	800 Grams
Vegetable oil	1 Tbsp
Salt	1 Tsp
To serve	
Spring onion	80 Grams
Sesame seeds 3*	5 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Prep

- Trim off the **broccoli** florets, discarding the woody end.
- Deseed and slice the **pepper**.
- Trim and finely slice the **spring onion**.
- Drain, pat dry the **tofu** and chop it into bite-sized cubes.
- Place the **tofu** in a bowl and sprinkle the **corn starch** over each side.



2. Make sauce

- In a bowl, combine the **black pepper sauce**, **soy sauce**, **sugar**, **rice vinegar**, **vegetarian oyster sauce** and **ginger garlic paste**.



3. Fry tofu

- Heat a large pan over a medium-high heat with a generous drizzle of **oil**.
- Once hot, add the **tofu** and fry for 3-5 min, turning regularly until golden and crispy.
- Once cooked, transfer to a plate.
- Wipe and reserve the pan.



4. Cook cauli rice

- Meanwhile, using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains.
- Heat a separate pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **cauliflower** with a pinch of **salt** and stir-fry for 5 min.



5. Finish stir fry

- Return the reserved pan to a medium-high heat with another drizzle of **oil**.
- Add the **broccoli** and **peppers**.
- Fry for 3-5 min until slightly softened.
- Add the stir fry **sauce** and **tofu** and toss to coat.
- Fry for 1-2 min until the **tofu** is warmed through.



6. Serve

- Divide the **cauli rice** among bowls and serve the **black pepper tofu** alongside.
- Garnish with the **sesame seeds** and **spring onions**.

Sirloin Steak with Apple, Walnut
and Feta Salad

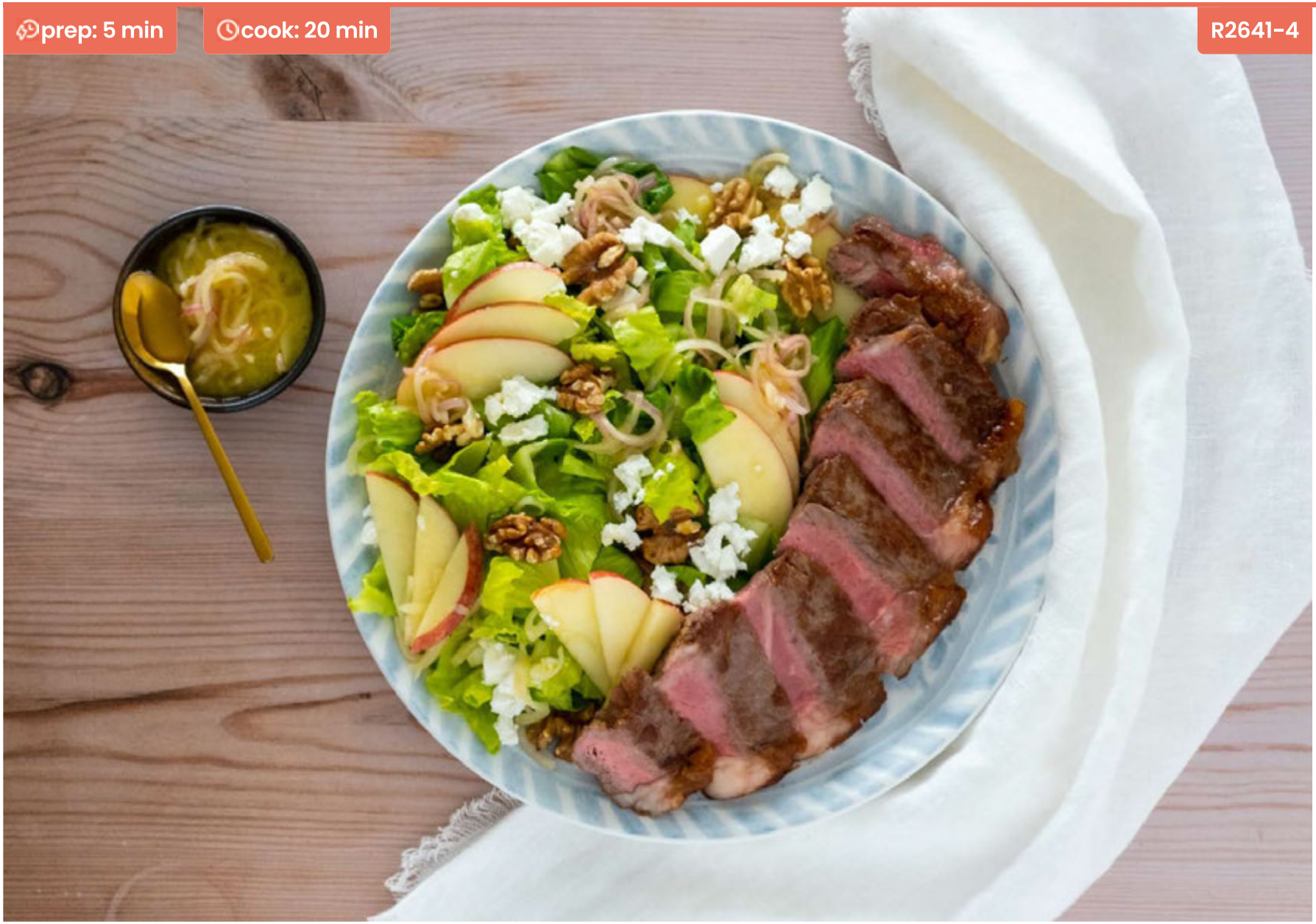
We can hardly think of a better dinner than steak and salad!

helló chef

641 calories | 47 protein | 22 carbs | 41 fat

Low Carb | Quick Prep | Speedy

prep: 5 min | cook: 20 min | R2641-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2682 / 641
Fats (g)	40.8
of which saturated (g)	13.7
Carbohydrates (g)	22
of which sugars (g)	14.7
Fibers (g)	4.5
Proteins (g)	47.3
Salt (g)	2.7

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What You'll Need

- Whisk

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steaks	
Sirloin steak	800 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Salad	
Romaine lettuce	400 Grams
Red apple	2 Piece
Walnuts 2*	60 Grams
Feta cheese 4*	100 Grams

Dressing	
Onion powder	4 Grams
Olive oil	4 Tbsp
White balsamic vinegar 14*	30 ML
Dijon mustard 13*	12 Grams
Honey	30 Grams
Salt	1 Tsp
Black pepper	0.5 Tsp

Allergens: *2 Tree Nuts, *4 Milk, *14 Sulphur Dioxide, *13 Mustard

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1. Prep

Remove the **steaks** from the fridge 20-30 min prior to cooking. This will allow them to reach room temperature. Roughly chop the **Romaine lettuce**. Halve the **apples**, remove the stem and core and slice them thinly.



2. Mix dressing

Add the **olive oil**, **onion powder**, **white balsamic vinegar**, **Dijon mustard**, **honey**, **salt** and **pepper**. Whisk and set aside - this is your **dressing**.



3. Toast walnuts

Lightly toast the **walnuts** in a hot, dry pan. Transfer them to a chopping board to cool. Wipe the pan and reserve.



4. Fry steaks

Pat the **steaks** dry with kitchen paper. Return the pan with a drizzle of **oil** over a high heat. Once hot, add the **steaks**. Fry for 2-4 min on each side or until cooked to your liking. Transfer the **steaks** to a plate and leave them to rest for 5-10 min. Once rested, season generously with **salt** and **pepper**.

Tip! The resting of the steak is as important as the frying of the steak. It sets the meat's juices and allows the fibers to relax, leaving the end result more tender and your plate less messy.



5. Serve

Toss the **Romaine lettuce**, **apples** and **walnuts** in the **dressing**. Crumble the **feta cheese** over the top. Divide the **salad** among plates. Slice the rested **steaks** finely and serve it over the **salad**.

Tomato Soup

with Feta Cheese Fatayer Pastries

A bowl of soup and a cheesy bread - the perfect comfort dinner!

hellochef

1016 calories | 39 protein | 108 carbs | 47 fat

Family Friendly

cook: 60 min

R2612-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4241 / 1016
Fats (g)	47.2
of which saturated (g)	29.7
Carbohydrates (g)	108
of which sugars (g)	26.1
Fibers (g)	8.1
Proteins (g)	39.4
Salt (g)	11.4

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What You'll Need

- Blender

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Tomato soup	
Shallots	2 Piece
Garlic cloves	4 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Tomato passata	1000 Grams
Water	400 ML
Vegetable stock cube 15*	2 Piece
Honey	30 Grams
Cooking cream 4*	200 ML
Black pepper	0.5 Tsp

Fatayer dough	
Plain flour 10*,11*	400 Grams
Yeast	10 Grams
Salt	0.5 Tsp
Water	280 ML
Olive oil	2 Tbsp

Fatayer filling	
Feta cheese 4*	400 Grams
Fresh parsley	30 Grams
Organic Eggs 5*	3 Piece
Black pepper	0.5 Tsp

Allergens: *15 Celery, *4 Milk, *10 Wheat, *11 Gluten, *5 Eggs

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1. Make dough

Pour the all purpose **flour** into a bowl. Add **yeast** and **salt**, mix well. Gradually add warm **water**, mixing the dough with clean hands. Add **olive oil**. Knead the dough for about 5 min until it's not sticky anymore. Form into a ball. Cover with cloth and let sit at room temperature until doubled in size (30 min).



2. Start tomato soup

Peel and chop **shallots** and **garlic**. Heat **oil** in a saucepan and sweat the **shallots** and **garlic** with a pinch of **salt** for 3 min. Add **tomato passata**, **water**, **vegetable stock cube** and **honey**. Bring to a boil, reduce the heat to low, cover, and let simmer for 15 min.



3. Make filling

Crush the **feta cheese** in a bowl with a fork. Chop **parsley** and add to the **cheese**. Mix in half of the **eggs**. Season with **pepper**.



4. Fill fatayer

Preheat the oven to 200°C/180°C fan. Divide the dough into 8 pieces. Roll each piece into a thin oval. Divide the filling on top. Pinch each end to create boat-shaped pastries. Beat the remaining **eggs** lightly. Brush the dough edges with the beaten **eggs**.



5. Bake fatayer

Place the fatayer pastries into an oven tin lined with baking paper. Bake in the oven for 15-17 min until cooked through and nicely browned on top.



6. Finish soup

Meanwhile, add the **cooking cream** to the **tomato** soup, then puree the soup with a mixer or in a blender until smooth and fluffy. Check the seasoning. Divide the soup to plates and crack some **black pepper** on top. Serve with the **cheese** fatayer.

One-pan Pulled Beef Stir-Fry

with Rainbow Veg

A quick and easy stir-fry packed with flavour - without the mess!

506 calories | 37 protein | 44 carbs | 22 fat

Low Carb | Calorie Smart

cook: 30 min

R3723-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2112 / 506
Fats (g)	22.4
of which saturated (g)	6
Carbohydrates (g)	44
of which sugars (g)	20.9
Fibers (g)	11.8
Proteins (g)	36.5
Salt (g)	3.3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stir-fry	
Pulled beef	400 Grams
Broccoli	400 Grams
Carrot	2 Piece
Red cabbage	600 Grams
Vegetable oil	2 Tbsp
Red onion	2 Piece
Sugar snap peas	200 Grams
Spring onion	80 Grams
Large red chilli	2 Piece
Soy sauce 9*,10*,11*	30 ML
Ginger garlic paste	20 Grams
Brown sugar	10 Grams
Oyster sauce 8*,10*	40 Grams
Sesame seeds 3*	20 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Sesame oil 3*,9*	30 ML

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *8 Molluscs, *3 Sesame Seeds

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1. Fry vegetables

- Chop the **broccoli** into small florets.
- Peel and slice the **carrot** into half moons.
- Finely slice the **red cabbage**.
- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **cabbage**, **carrots** and **broccoli**.
- Fry for 6 min.



2. Prep

- Meanwhile, peel and slice the **red onion**.
- Trim and slice the **sugar snap peas** into bite-sized pieces.
- Trim and finely slice the **spring onion**.
- Finely slice the **red chilli**.



3. Fry vegetables

- Add the **onion**, **sugar snap peas** and **chilli (spicy!)** (reserve some for garnish.)
- Fry for 5 min further.



4. Add beef

- Add the **soy sauce**, **ginger garlic paste**, **brown sugar**, **oyster sauce**, **sesame seeds** (reserve some for garnish) and half of the **spring onion** (reserve the rest for garnish).
- Fry for 3 min.
- Add the **pulled beef** into the pan and mix well.
- Fry for 5 min further.
- Season with **salt** and **black pepper**.
- Remove from the heat.
- Add the **sesame oil** and toss.



5. Serve

- Serve the **One-pan Pulled Beef Stir-fry** with **Rainbow Veg**.
- Garnish with the remaining **spring onion**, **red chilli (spicy!)** and **sesame seeds**.

Tip! Toast the sesame seeds in the dry, large pan on a medium-high heat before frying the vegetables to add extra flavour to the dish.

Beef Sausage Toad In The Hole

with Savoy Cabbage and Onion Gravy

hellofresh

1030 calories | 58 protein | 69 carbs | 55 fat

Family Friendly

cook: 60 min

R4224-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4308 / 1030
Fats (g)	55.3
of which saturated (g)	7.2
Carbohydrates (g)	69
of which sugars (g)	20.1
Fibers (g)	6.4
Proteins (g)	57.9
Salt (g)	7.1

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Sausage	
Italian sausage [10*]	800 Grams
Plain flour [10*,11*]	200 Grams
Organic Eggs [5*]	4 Piece
Whole milk [4*]	400 ML
Fresh rosemary	10 Grams
Vegetable oil	4 Tbsp

Gravy	
Red onion	2 Piece
Plain flour [10*,11*]	20 Grams
Butter [4*]	20 Grams
Beef stock cube [4*,5*,9*,11*,15*]	1 Piece
Onion marmalade	56 Grams
Water	500 ML
Dried thyme	4 Grams
Balsamic vinegar [14*]	30 ML

Cabbage	
Savoy cabbage	400 Grams
Vegetable oil	1 Tbsp
Salt	0.5 Tsp
Black pepper	0.5 Tsp

Allergens: *10 Wheat, *11 Gluten, *5 Eggs, *4 Milk, *9 Soya, *15 Celery, *14 Sulphur Dioxide

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1. Bake sausages

Preheat the oven to 180C. Place the **sausages** into an oven proof baking dish with a generous drizzle of **oil**. Bake in the oven for 10-12 min, or until slightly browned.



2. Make batter

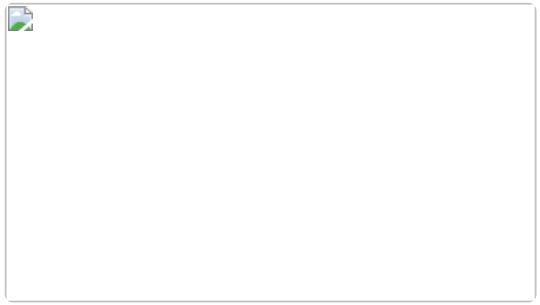
Meanwhile, in a bowl combine the **flour** and **eggs**. Once mixed, slowly whisk in the **milk** until a smooth batter is formed. Season with a generous pinch of **salt** and **black pepper**. Transfer the batter to a jug and set aside.



3. Cook batter

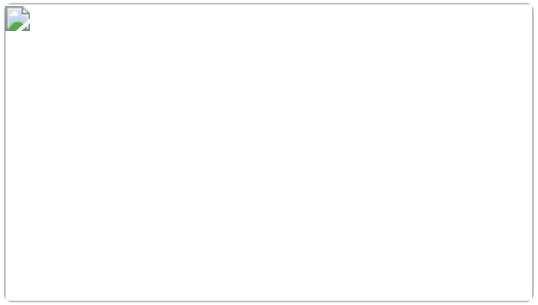
Turn the heat up on the oven to 200/210C. Remove the baking dish from the oven. Carefully pour the batter around the **sausages** (being extra careful as the **oil** will be hot). Return the baking dish to the oven and bake for 20-25 min, until the batter has risen and is crispy.

Tip! Don't open the oven for at least the first 15 min of baking, as this may cause the batter not collapse.



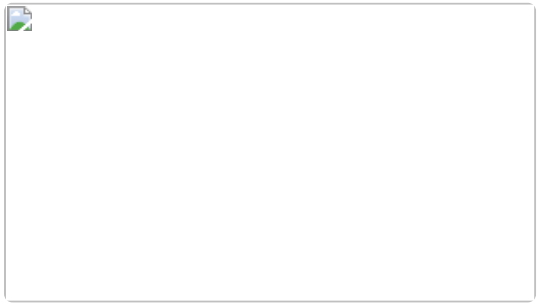
4. Gravy

Heat a pan over a medium heat with the **butter**. Add the **flour** and stir for 1 min. Gradually whisk in the **measured water**, **onion marmalade**, **balsamic vinegar** and **beef stock cube**. Cook for 2-3 min until thickened. Season generously with **black pepper**. Keep warm until serving.



5. Cabbage

Finely slice the **cabbage**. Heat a large non-stick frying pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **cabbage** and fry for 3-5 min. When the **cabbage** is tender, season with a pinch of **salt** and **pepper** to taste and remove from the heat.



6. Serve

Taco Spiced Pulled Beef Quinoa Bowl

with Lime Crema

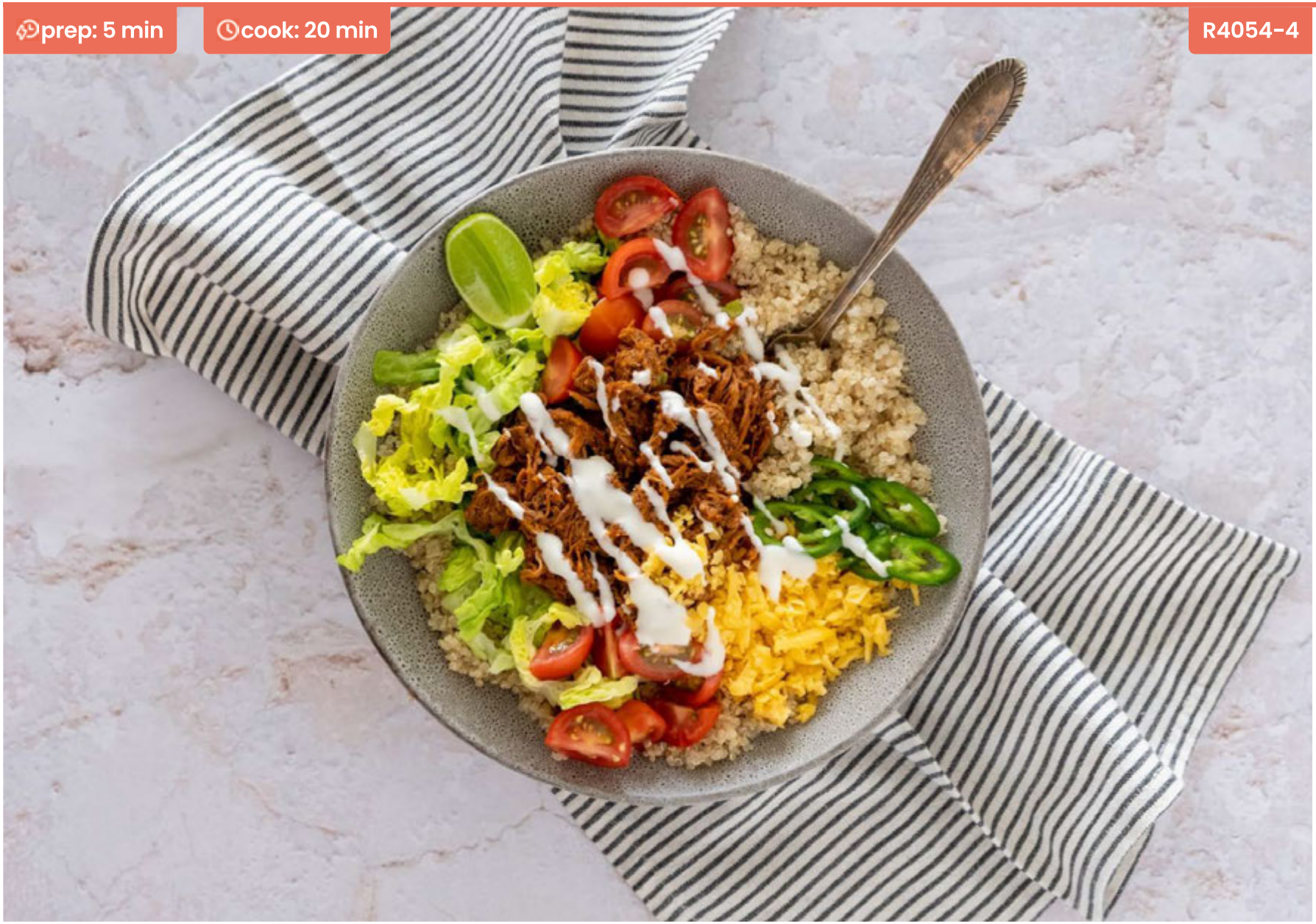
In a hurry or just hangry (hungry & angry)? This dinner will be ready by the time you have cooked the quinoa. The beef has already been slow cooked to tenderness and pulled apart into shreds.

hellochef

652 calories | 47 protein | 49 carbs | 31 fat

Quick Prep | Speedy

prep: 5 min | cook: 20 min | R4054-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2727 / 652
Fats (g)	30.6
of which saturated (g)	17.8
Carbohydrates (g)	49
of which sugars (g)	6.2
Fibers (g)	6.6
Proteins (g)	46.7
Salt (g)	2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Bowl	
Pulled beef	400 Grams
Baby gem lettuce	2 Piece
Cherry tomatoes	300 Grams
Large green chilli	2 Piece
Vegetable oil	2 Tbsp
Taco seasoning	20 Grams
Tomato paste	70 Grams
Water	50 ML
Grated orange cheddar 4*	120 Grams

Quinoa	
White quinoa	200 Grams
Water	400 ML
Salt	1 Tsp

To serve	
Sour cream 4*	120 Grams
Lime	1 Piece

Allergens: *4 Milk

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1. Cook quinoa

- Add the **quinoa** to a bowl, cover with warm water and rinse.
- Drain in a fine sieve. Add the **measured water**, drained **quinoa** and a pinch of **salt**.
- Bring to a boil.
- Cover with a lid, reduce the heat to low and simmer for 15 min or until the liquid is absorbed and the **quinoa** is tender.

Tip! Rinsing quinoa with warm water before cooking increases its flavour by removing the bitter taste.



2. Prep vegetables

- Meanwhile, slice the **gem lettuce** to thin strips.
- Chop the **cherry tomatoes**.
- Finely slice the **green chilli (spicy!)**.

Tip! Some chillies are spicier than others! To check how spicy yours are, slice one in half, touch your finger to the cut, then touch your finger to your lips. Adjust the amount accordingly!



3. Prep dressing

- Slice the **lime** into wedges.
- Add the **sour cream** to a small bowl.
- Squeeze the **lime** juice into the **sour cream**.
- Mix well.
- This is your **lime sour cream dressing**.

Tip! If you don't want to use the whole lime for the sour cream, reserve some thin wedges for garnish.



4. Fry beef

- Heat a non-stick pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **pulled beef** and fry 2 min.
- Add the **taco seasoning (spicy!)**, **tomato paste** and a small splash of **water**.
- Fry for 1-2 min further.

Tip! For a cheesy pulled beef, add the grated cheddar on top of the meat and let melt, instead of using it as a component in the bowl.



5. Serve

- Divide the **cooked quinoa** among bowls.
- Top with the **taco spiced pulled beef**, **lettuce**, **cherry tomatoes**, **grated cheddar** and **green chilli (spicy!)**.
- Drizzle with the **lime sour cream dressing**.

Tip! Garnish with any remaining lime wedges.

Banoffee Pie

–

-

hello chef

1797 calories | 24 protein | 277 carbs | 119 fat

Family Friendly

cook: 30 min

R4482-4



Nutritional information

	per serving*
Energy (kJ/kcal)	7465 / 1797
Fats (g)	118.7
of which saturated (g)	57.3
Carbohydrates (g)	277
of which sugars (g)	224.6
Fibers (g)	6.3
Proteins (g)	23.6
Salt (g)	1.6

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

-	
Lotus biscuits 9*,10*,11*	175 Grams
Butter 4*	150 Grams
Brown sugar	100 Grams
Banana	2 Piece
Condensed milk 4*	1 Piece
Whipping cream 4*	200 ML
Vanilla essence	5 ML
Icing sugar	25 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *4 Milk

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1. -

-



2. -

Rustic Veggie Garden Pizza

with Vegan Mozzarella and Rocket

Nothing beats a homemade pizza! This vegan delight is packed with melty vegan cheese, mushrooms, red peppers, red onions, and olives.

1135 calories | 32 protein | 180 carbs | 33 fat

hellochef

cook: 45 min

R3441-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4754 / 1135
Fats (g)	33.2
of which saturated (g)	8
Carbohydrates (g)	180
of which sugars (g)	14.3
Fibers (g)	10.4
Proteins (g)	31.7
Salt (g)	1.4

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What You'll Need

- Oven
- Rolling pin

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pizza	
Pizza dough ball [10*,11*]	4 Piece
Semolina [10*,11*]	60 Grams
Plain flour [10*,11*]	20 Grams

Tomato sauce	
Vegetable stock cube [15*]	1 Piece
Tomato paste	50 Grams
Tomato passata	400 Grams
Olive oil	2 Tbsp
Dried oregano	4 Grams
Dried thyme	4 Grams
Dried basil	4 Grams
Brown sugar	10 Grams

Toppings	
Garlic cloves	2 Piece
Red pepper	2 Piece
Mushroom	500 Grams
Red onion	2 Piece
Olive oil	2 Tbsp
Salt	0.5 Tsp
Black pepper	1 Tsp
Black olive slices	80 Grams
Vegan mozzarella	300 Grams

To serve	
Chilli flakes	4 Grams
Olive oil	2 Tbsp
Rocket	40 Grams

Allergens: *10 Wheat, *11 Gluten, *15 Celery

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1. Prep

Preheat the oven to 220°C/200°C fan. Remove the **pizza dough** from the fridge 15-20 min prior to baking. Deseed and slice the **red pepper** into strips. Clean the **mushrooms** with a cloth, knife, or brush (don't wash them with water), and thinly slice them. Peel and slice the **onions**. Peel and finely chop the **garlic**.

Tip! If you have a pizza stone, preheat it in the oven before baking your pizza on it.



2. Fry veg

Heat a non-stick pan over a medium-high heat with a drizzle of **olive oil**. Once hot, add the **onions**, **garlic**, **red pepper**, and **mushrooms** with a pinch of **salt** and **pepper**, and cook for 5 min until softened.

Tip! Frying the veggies first helps evaporate most of the water content, and ensures a crispier crust.



3. Make pizza sauce

Meanwhile, in a bowl or jug, dissolve the 1 **vegetable stock cube** in 4 Tbsp of hot **water**. Add to it the **tomato paste**, **tomato passata**, a drizzle of **olive oil**, **dried oregano**, **dried thyme**, **dried basil**, and **brown sugar**. Mix well. This is your **pizza sauce**.



4. Roll pizza

Sprinkle half of the **semolina** onto a clean surface. Sprinkle some **flour** onto a rolling pin and roll out the **dough ball**. Cover with a layer of baking paper (to prevent it from drying), and allow the **dough** to rest for 3 min. After 3 min, continue to roll out the **dough** until roughly the size of a dinner plate. Repeat until you have all the **dough balls** rolled and ready to bake.

Tip! You can also roll out the dough in a more rustic or rectangular shape to fit your baking trays.



5. Bake

Sprinkle the remaining **semolina** onto your baking trays, and carefully transfer the rolled out **dough** onto them. Reshape the **dough** with your hands if needed. Spoon a generous amount of the **pizza sauce** over the **dough** towards the edges. Top with the fried **vegetables**, **olive slices**, and **vegan mozzarella cheese**. Brush the crust with **olive oil**. Bake for 15-20 min or until the crust begins to crisp and brown.



6. Serve

Once cooked, garnish the **pizza** with a pinch of **chilli flakes (spicy!)**, a drizzle of **olive oil**, and fresh **rocket**. Slice and enjoy!

Black Bean Tacos

on Lettuce Cups with Avocado

A light meal that will satisfy all of your cravings!

helló chef

547 calories | 25 protein | 82 carbs | 21 fat

Calorie Smart | Speedy

cook: 20 min

R1979-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2286 / 547
Fats (g)	20.9
of which saturated (g)	2.8
Carbohydrates (g)	82
of which sugars (g)	30.6
Fibers (g)	25.7
Proteins (g)	24.5
Salt (g)	1.8

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

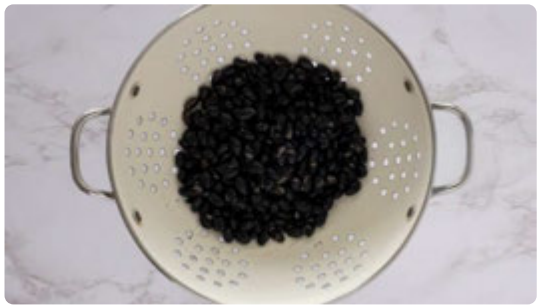
for 4 servings

Tacos	
Black beans	480 Grams
Sun dried tomatoes	120 Grams
Shallots	2 Piece
Garlic cloves	4 Piece
Celery	2 Piece
Olive oil	4 Tbsp
Coriander cumin powder	8 Grams
Chilli flakes	4 Grams
Smoked paprika powder	4 Grams
Tomato paste	140 Grams
Water	160 ML
Maple syrup	40 ML
Salt	2 Tsp
Black pepper	1 Tsp

To serve	
Baby gem lettuce	8 Piece
Avocado	2 Piece
Tomatoes	2 Piece
Lime	2 Piece
Fresh coriander	15 Grams

Allergens:

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1. Prep beans

- Drain and rinse the **black beans** thoroughly.



2. Prep vegetables

- Chop the **sun dried tomatoes**.
- Peel and finely chop the **shallots** and **garlic**.
- Finely chop the **celery**.



3. Fry filling

- Heat a pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **shallots** with a pinch of **salt**.
- Fry for 3 min.
- Add the **sun dried tomatoes**, **garlic**, **celery**, **coriander cumin powder**, **chilli flakes** (spicy!), **smoked paprika** and **tomato paste**.
- Fry for 2 min.



4. Finish filling

- Add the drained **black beans**, **measured water** and **maple syrup**.
- Simmer for 2-3 min.
- Season with **salt** and **pepper** to taste.
- Remove the pan from the heat.



5. Prep toppings

- Separate the **lettuce** leaves.
- Cut the **avocado** in half and remove its stone.
- Scoop the **avocado** out of its skin using a spoon, then chop it.
- Finely chop the **tomatoes**.
- Slice the **lime** into wedges.
- Pick the **coriander** leaves.

Tip! To get your avocados to ripen more quickly, store them in a paper bag with apples or ripe bananas. If they're already ripe before you want to use them, store them in the fridge!



6. Serve

- Load the **lettuce** leaves with the **black bean** mixture.
- Top with the **avocado**, **tomatoes** and **fresh coriander**.
- Serve the **Black Bean Tacos** on **Lettuce Cups** with **Avocado**.
- Finish with a squeeze of **lime** juice.
- Enjoy with fingers or utensils!

One-pot Chicken and Peanut Noodles with Baby Spinach

One-pot Chicken and Peanut Noodles with Baby Spinach

hellofresh

1080 calories 68 protein 71 carbs 60 fat

Speedy

cook: 30 min

R4387-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4520 / 1080
Fats (g)	60.1
of which saturated (g)	19.6
Carbohydrates (g)	71
of which sugars (g)	16.2
Fibers (g)	13.1
Proteins (g)	68.2
Salt (g)	8.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Noodles	
Chicken mince	600 Grams
Garlic cloves	2 Piece
Shallots	2 Piece
Red pepper	2 Piece
Red curry paste 7*	40 Grams
Curry powder	4 Grams
Dark soy sauce 9*,10*,11*	40 ML
Water	700 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Coconut milk	400 ML
White vinegar	30 ML
White sugar	10 Grams
Peanut butter 1*,9*	60 Grams
Egg noodles 5*,10*,11*	200 Grams
Baby spinach	80 Grams

To serve	
Unsalted peanuts 1*	80 Grams
Fresh coriander	15 Grams
Lime	2 Piece
Chilli flakes	2 Grams

Allergens: *7 Crustaceans, *9 Soya, *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs, *15 Celery, *1 Peanuts

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1. Prep

Peel and finely chop the **garlic** and **shallots**. Deseed and slice the **pepper** into thin strips. Roughly chop the **peanuts**.



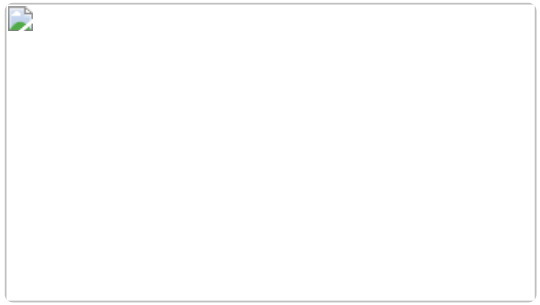
2. Fry

Heat a deep frying pan over a medium-high heat with a drizzle of oil. Add the **shallots**, **pepper** and **garlic**. Fry for 2 min, until slightly softened. Add the **chicken mince** and fry for a further 2-3 min, breaking it up with a spatula.



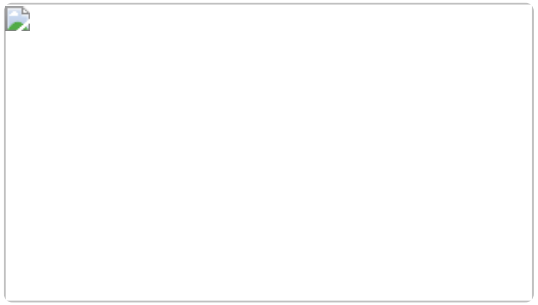
3. Simmer

Add the **red curry paste**, **curry powder**, **white sugar** and **dark soy sauce**. Mix well and cook for 30 sec until fragrant. Add the measured **water** and 1 **stock cube**. Bring to a boil and add the **egg noodles**. Submerge them in the **stock** and simmer for 3-5 min until almost cooked.



4. Add coconut

Once the **noodles** are almost cooked, add the **coconut milk**, **peanut butter** and **vinegar**. Mix well and add the **baby spinach**. Cook for 1 min until the wilted.



5. Serve

Pick over the **coriander** leaves

Broccoli and Pea Shakshuka

with Mint Yogurt and Pitta Bread

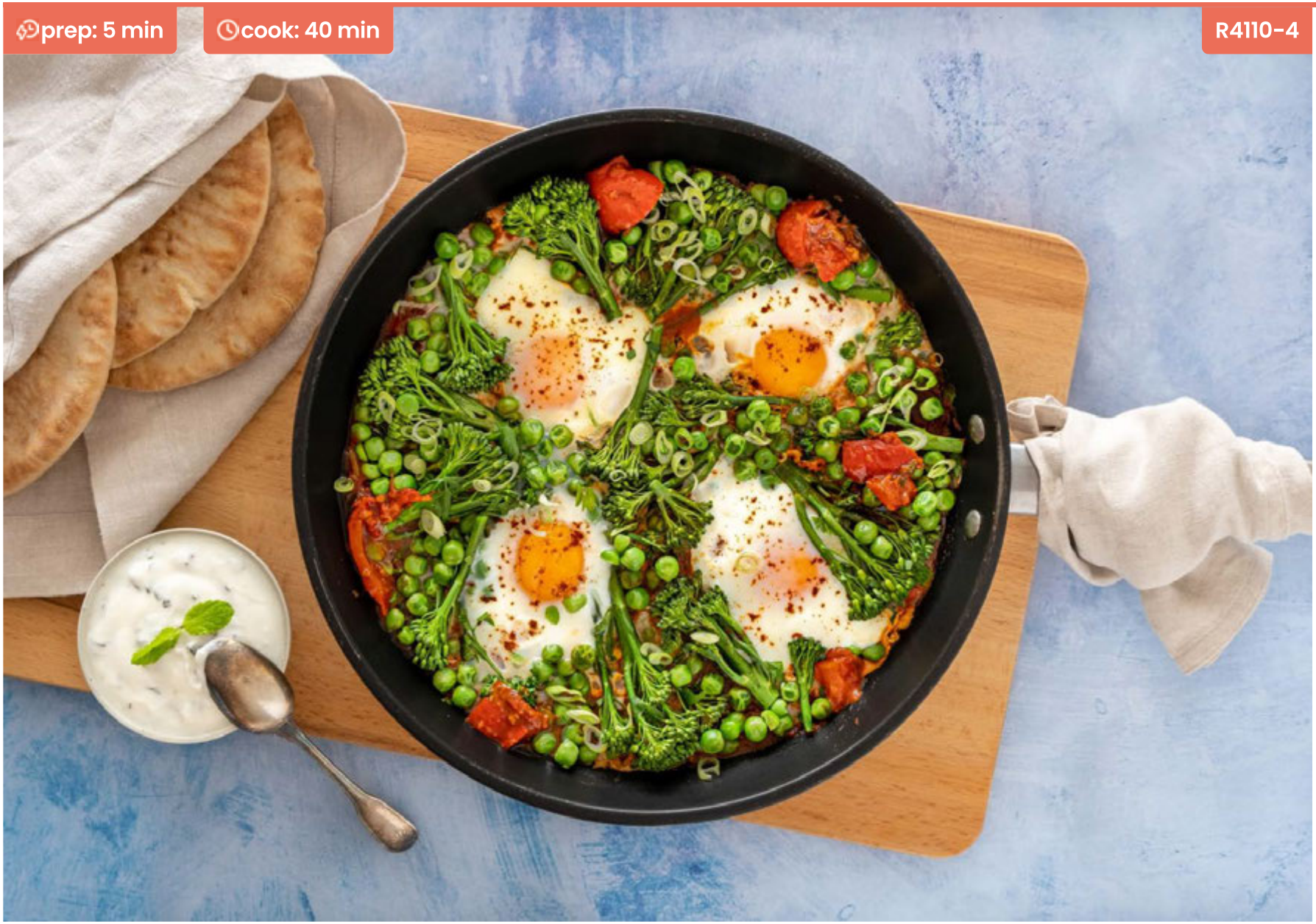
A dish that will really brighten up your day!

hello chef

816 calories | 48 protein | 108 carbs | 21 fat

Quick Prep

prep: 5 min | cook: 40 min | R4110-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3423 / 816
Fats (g)	20.5
of which saturated (g)	6.7
Carbohydrates (g)	108
of which sugars (g)	22.8
Fibers (g)	15.3
Proteins (g)	48.3
Salt (g)	2.7

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What You'll Need

Oven

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Shakshuka	
Tenderstem broccoli	300 Grams
Spring onion	80 Grams
Fresh parsley	15 Grams
Red pepper	2 Piece
Peeled plum tomatoes	800 Grams
Olive oil	1 Tbsp
Cumin seeds	4 Grams
Smoked paprika powder	4 Grams
Coriander powder	4 Grams
Cayenne powder	4 Grams
Tomato paste	60 Grams
Vegetable stock cube [15*]	1 Piece
Green peas	200 Grams
Organic Eggs [5*]	8 Piece
Salt	1 Tsp
Black pepper	1 Tsp

Yogurt	
Fresh mint	10 Grams
Natural yogurt [4*]	340 Grams
Salt	1 Tsp

Serve	
Pitta bread [4*,5*,9*,10*,11*]	6 Piece

Allergens: *15 Celery, *5 Eggs, *4 Milk, *9 Soya, *10 Wheat, *11 Gluten

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1. Prep

Preheat the oven to 200°C/180°C fan. Trim the stalk ends off the **broccoli**. Finely slice the **spring onions**. Pick and finely chop the **parsley**. Deseed and chop the **red pepper** into small pieces. In a bowl add the tinned **plum tomatoes** and break up with a fork.



2. Make sauce

Heat a non-stick pan with a lid over a medium heat with a drizzle of **oil**. Once hot, add the stalk ends of the **broccoli**, **red pepper** and **spring onions** (saving some for garnish). Cook for 3-5 mins until slightly softened. Add the **cumin seeds**, **smoked paprika**, **coriander powder** and **cayenne (spicy!)**, cook for 30 seconds. Add the **tomato paste**, **tomatoes** and crumble in 1 of the **stock cube** . Mix well, cover and simmer for 5 min. Next, add the **parsley**, **broccoli** tips and **peas**. Cover and cook for a further 3-5 min.



3. Cook eggs

Make 8 spaces in the **sauce**. Crack an **egg** into each space. Cover and leave to cook for 6-8 min, until the **eggs** are fully cooked.

Tip! Add 2 minutes more of cooking time if you like your eggs well done.



4. Make mint yogurt

Meanwhile, pick and finely chop **mint** leaves. In a small bowl combine the **mint** with the **yogurt**. Season with **salt** to taste and set aside.

Tip! Mix the yogurt well to remove any lumps.



5. Warm pitta

Place the **pitta bread** on a baking tray and warm in the oven for 5 min, turning halfway.



6. Serve

Top the **shakshuka** with the remaining **spring onions**. Spoon over the **mint yogurt**. Serve with the warmed **pitta breads** to dip into the **sauce** and **eggs**!

Masala Chicken Burgers

with Curried Sweet Potato Wedges

Packed with Indian-inspired spices!

hellochef

942 calories | 63 protein | 108 carbs | 32 fat

Family Friendly

cook: 40 min

R4128-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3942 / 942
Fats (g)	31.8
of which saturated (g)	8.8
Carbohydrates (g)	108
of which sugars (g)	32.4
Fibers (g)	13.7
Proteins (g)	62.8
Salt (g)	2.7

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken Burgers	
Chicken mince	800 Grams
Red onion	2 Piece
Onion powder	4 Grams
Coriander cumin powder	8 Grams
Garam masala	4 Grams
Ginger garlic paste	20 Grams
Panko bread crumbs 10*,11*,12*	40 Grams
Vegetable oil	2 Tbsp

Sweet Potato Wedges	
Sweet potatoes	800 Grams
Curry powder	8 Grams
Sesame seeds 3*	20 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Salad	
Baby gem lettuce	2 Piece
Lime	2 Piece
Fresh mint	10 Grams

Coriander Yogurt	
Fresh coriander	15 Grams
Natural yogurt 4*	340 Grams
Salt	0.5 Tsp

To Serve	
Burger bun 3*,4*,10*,11*	4 Piece
Tomatoes	2 Piece
Mango chutney	100 Grams

Allergens: *10 Wheat, *11 Gluten, *12 Lupin, *3 Sesame Seeds, *4 Milk

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1. Bake wedges

- Preheat oven to 220°C/200°C fan.
- Cut the **sweet potatoes** into wedges.
- In a large bowl, combine the **curry powder** and **sesame seeds** with a generous drizzle of **oil** and a pinch of **salt**.
- Add the **sweet potato wedges** to the bowl and coat in the **spices**.
- Place the **seasoned wedges** on a lined baking tray.
- Bake for 25-30 min, until crispy.



2. Prep chicken burgers

- Peel and finely chop half the **onions** (saving the other half for the salad).
- To a large bowl, add the finely chopped **onion**, **chicken mince**, **onion powder**, **coriander cumin powder**, **garam masala**, **ginger garlic paste** and **bread crumbs**.
- With clean hands, knead until all the ingredients are fully combined.
- Divide the mixture into 8 **patties**, and shape each piece into a **burger patty**.
- Place the **patties** on a plate and refrigerate until cooking.



3. Make salad

- Peel and finely slice the remaining half of the **red onions**.
- Chop the **lettuce** into bite-sized pieces.
- Cut the **lime** into wedges.
- Pick and finely chop the **mint**.
- To a bowl, add the **red onion** and **lettuce** with a squeeze of **lime** juice and the **mint**.
- Mix and set aside.

Tip! Squeeze in the lime juice just before serving to prevent the salad going soggy.



4. Make coriander yogurt

- Pick and finely chop **coriander**.
- In a small bowl, combine the **yogurt** and **coriander**.
- Mix well and season with a pinch of **salt** to taste.



5. Fry burgers

- Heat a large non-stick frying pan over a medium-high heat.
- Once hot, add the **burger buns** and toast until golden.
- Remove the **buns** from the pan and set aside.
- Add a drizzle of **oil** to the same pan.
- Once hot, add the **patties**.
- Fry for 3-4 min each side until golden and cooked through.
- Once cooked, set aside on a separate plate.



6. Serve

- Slice the **tomato**.
- To the base of the **bun** add a dollop of the **coriander yogurt** and a spoonful of the **salad**.
- Top with the **patties**, **tomato** slices and some of the **mango chutney**.
- Serve the **Masala Chicken Burgers** with **Curried Sweet Potato Wedges**.
- Serve any excess **salad** and **yogurt** on the side.

Salmon in Lemon Butter Sauce

with Green Vegetables

Does anything go better with salmon than lemon, butter and capers?

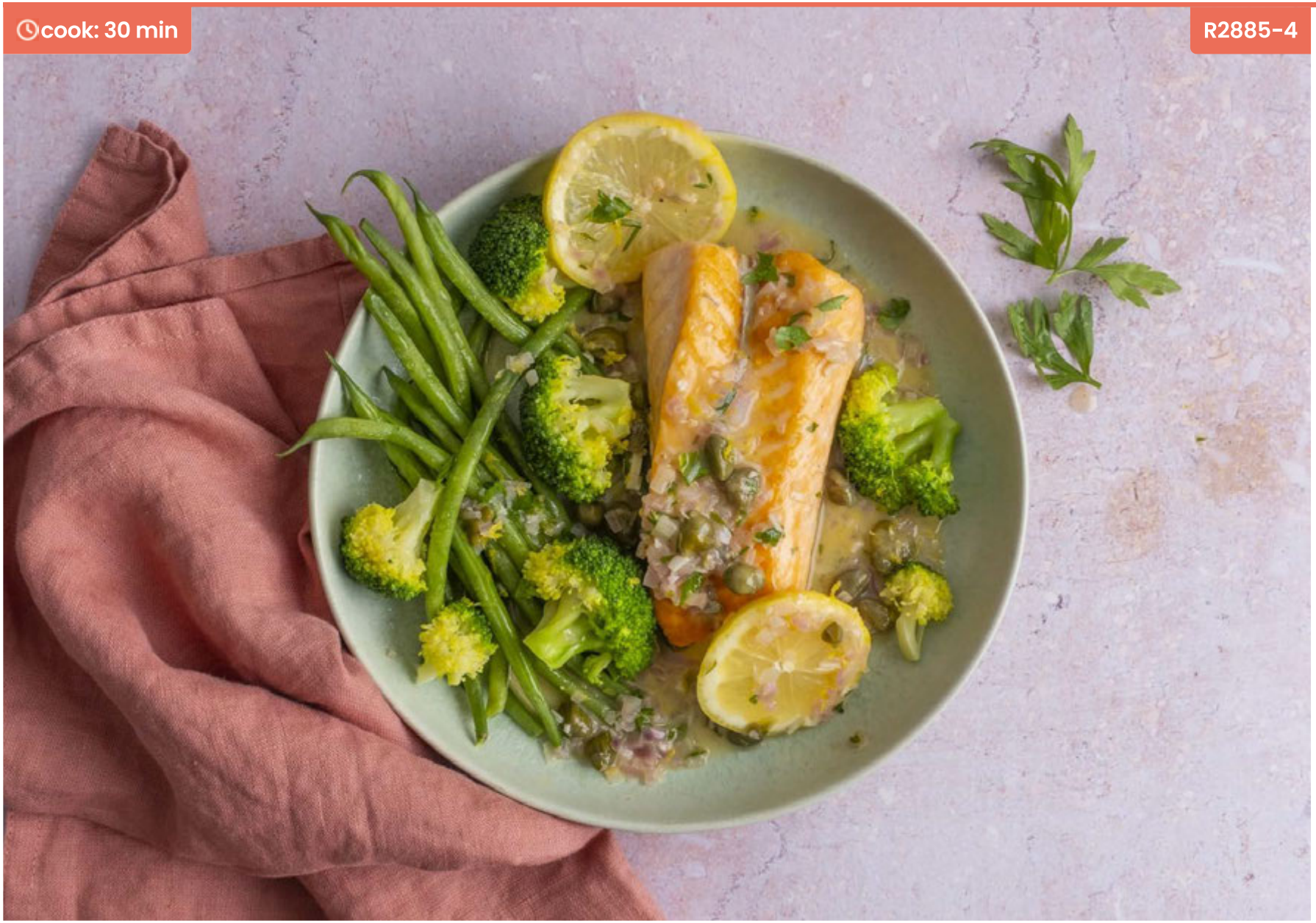
helló chef

691 calories | 41 protein | 33 carbs | 47 fat

Low Carb

cook: 30 min

R2885-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2877 / 691
Fats (g)	47
of which saturated (g)	18.9
Carbohydrates (g)	33
of which sugars (g)	11.5
Fibers (g)	10.3
Proteins (g)	41.3
Salt (g)	3.7

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salmon and sauce	
Skin-on salmon fillet **6***	700 Grams
Shallots	2 Piece
Garlic cloves	4 Piece
Lemon	2 Piece
Fresh parsley	30 Grams
Water	300 ML
Chicken stock cube **4*,5*,9*,15***	1 Piece
Olive oil	4 Tbsp
Salt	2 Tsp
Capers	40 Grams
Butter **4***	100 Grams
Black pepper	1 Tsp

Greens	
Green beans	500 Grams
Broccoli	400 Grams

Allergens: *6 Fish, *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Boil greens

- Wash and trim the **green beans**.
- Separate the **broccoli** into florets.
- Bring a pot of lightly salted water to a boil and cook the **green beans** and **broccoli** for 5 min until tender. Drain.
- Season with a pinch of **pepper**.
- Cover and keep warm until serving.



2. Prep vegetables

- Peel and chop the **shallots**.
- Peel and mince the **garlic**.
- Zest the **lemon**. Cut in half and cut one half into slices.
- Pick and finely chop the **parsley**.



3. Fry salmon

- Pat the **salmon** dry and portion it.
- Using a sharp knife, make a deep incision along each **salmon fillet**, length ways, cutting through the flesh but not the skin.
- Turn each **salmon** piece out as though opening a book. The intact **salmon** skin should function as the book's spine.
- Heat a non-stick pan over medium heat with a drizzle of **oil**.
- Once hot, fry the **salmon fillets** for 3-4 min on either side until cooked through but juicy on the inside. Transfer to a plate and set aside.
- Wipe out the pan and reserve for the sauce.



4. Make sauce

- Return the pan to medium heat with a second drizzle of **olive oil**.
- Fry the **shallots**, **garlic** and a pinch of **salt** for 1-2 min.
- Add the 1 **chicken stock cube**, **measured water**, **2 Tbsp** of **lemon juice** and **1 tsp** of **lemon zest**.
- Cook for 2-3 min until the liquid has reduced by 1/3.



5. Finish sauce

- Add the **capers** along with its juice, the chopped **parsley** and a few **lemon slices**.
- Turn off the heat and stir in the **butter** until melted.
- Season with **black pepper**.



6. Serve

- Serve the **Salmon** and pour over the **Lemon Butter Sauce** with **Green beans** and **Broccoli** alongside.

Seabream and Fennel Traybake

with Cucumber and Lemon Bulgur Wheat

Fresh and fragrant. Fennel brings a lovely sweet anise flavour to this dish.

544 calories | 52 protein | 83 carbs | 5 fat

Calorie Smart

cook: 45 min

R4147-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2277 / 544
Fats (g)	5.4
of which saturated (g)	0.9
Carbohydrates (g)	83
of which sugars (g)	19
Fibers (g)	22.9
Proteins (g)	51.8
Salt (g)	0.7

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Oven
- Pestle & Mortar

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Traybake	
Seabream 6*	660 Grams
Lemon	2 Piece
Garlic cloves	2 Piece
Red onion	2 Piece
Fennel	720 Grams
Fennel seeds	4 Grams
Olive oil	2 Tbsp
Chilli flakes	4 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Salad	
Sun dried tomatoes	60 Grams
Water	500 ML
Bulgur wheat 10*,11*	240 Grams
Salt	1 Tsp
Fresh parsley	15 Grams
Cucumber	2 Piece

Allergens: *6 Fish, *10 Wheat, *11 Gluten

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1. Prep

- Preheat the oven to 200°C/180°C fan.
- Zest the **lemon** and slice half of the **lemon** into slices (reserve the remaining for step 5).
- Peel and mince the **garlic**.
- Peel and chop the **onion** into bite-sized pieces.
- Peel the outer layer of the **fennel** bulb and chop into slices.
- Roughly chop the **sun dried tomatoes**.
- Using a pestle and mortar crush the **fennel seeds** into a fine powder.

Tip! Don't have a pestle and mortar? Just use the back of a spoon or bottom of a bowl and crush the fennel seeds on a chopping board.



2. Marinate fish

- In a large bowl, combine the **olive oil**, **chilli flakes (spicy!)**, **fennel seeds**, **lemon zest** and **garlic** with a pinch of **salt** and **pepper** to taste.
- Pat the **seabream** fillets dry with kitchen paper and add to the **marinade**.
- Mix well.
- Set aside.

Tip! Can't handle the heat? Use less chilli, or leave it out completely.



3. Bake

- Place the **onions**, **fennel** and **lemon slices** on a lined baking tray.
- Drizzle with **oil** and sprinkle with **salt**.
- Bake in the oven for 20 min.
- After 20 min, add the **seabream** alongside the **vegetables**.
- Bake for 10 min further, or until the **fish** is fully cooked.



4. Cook bulgur

- Meanwhile, place a pot with a lid over a medium-high heat and boil the **measured water**.
- Once the **water** is boiling add the **bulgur wheat** with a pinch of **salt**.
- Cover, and lower the heat.
- Simmer for 15-20 min, until all of the **water** is absorbed and the **bulgur wheat** is tender.
- Once cooked, take off the heat.
- Keep covered.



5. Make salad

- Meanwhile, pick and finely chop the **parsley**.
- Chop the **cucumber** into small cubes.
- Add the **parsley**, **cucumber** and **sun dried tomatoes** to the **bulgur wheat**.
- Mix well.
- Squeeze in the juice of the **lemon** to taste (reserve the rest for garnish).



6. Serve

- Serve the **Seabream and Fennel Traybake** on the **Cucumber and Lemon Bulgur Wheat** salad.
- Add the baked **fennel** and **onions**.
- Finish with a squeeze of the remaining **lemon** juice.

Beyond Meat Swedish Meatballs

with Mashed Potatoes, Peas and Pickled Dill Cucumber

Our weekly classic favourite just got veganised! Plant-based meatballs in a rich gravy sauce with all the sides.

hellochef

809 calories | 31 protein | 78 carbs | 43 fat

Weekly classic

cook: 40 min

R4226-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3381 / 809
Fats (g)	43
of which saturated (g)	18.5
Carbohydrates (g)	78
of which sugars (g)	26.7
Fibers (g)	10.8
Proteins (g)	31.1
Salt (g)	2.9

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What You'll Need

- Oven
- Potato masher

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meatballs	
Beyond Meat patty	4 Piece
Dijon mustard 13*	12 Grams
Garlic onion powder	8 Grams
Black pepper	1 Tsp
Vegetable seasoning 2*,10*,11*,13*	8 Grams
Paprika powder	4 Grams
Nutmeg	2 Grams
Panko bread crumbs 10*,11*,12*	20 Grams

Peas and mash	
Potatoes	1200 Grams
Salt	2 Tsp
Almond milk 2*	240 ML
Black pepper	0.5 Tsp
Green peas	375 Grams

Gravy	
Salted vegan butter	30 Grams
Plain flour 10*,11*	20 Grams
Mushroom stock cube	1 Piece
Water	350 ML
Tamari 9*	30 ML
Plant based cream	200 ML
Cranberry sauce	200 Grams

Cucumber	
Cucumber	2 Piece
Salt	1 Tsp
Fresh dill	15 Grams
White sugar	10 Grams
White balsamic vinegar 14*	30 ML

Allergens: *13 Mustard, *2 Tree Nuts, *10 Wheat, *11 Gluten, *12 Lupin, *9 Soya, *14 Sulphur Dioxide

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1. Prep cucumber pickle

- Preheat the oven to 180°C/200°C.
- Finely slice the **cucumber**.
- Place in a colander over the sink and sprinkle with a generous pinch of **salt**.
- Allow to sit until step 6.
- Meanwhile, finely chop the **dill** fronds.
- Combine the **dill**, **sugar** and **white balsamic vinegar** in a small bowl, and set aside.



2. Make mash

- Meanwhile, peel and chop the **potatoes** into bite-sized pieces.
- Add them to a pot of boiling water with a generous pinch of **salt** and cook over medium heat for 18-20 min or until soft.
- Once soft, drain the **potatoes** and return them to the pan.
- Mash until smooth, gradually adding the **almond milk** until it reaches your desired consistency.
- Season with **salt** and **pepper** to taste.



3. Bake meatballs

- In a large mixing bowl, add the **beyond meat patty**, **dijon mustard**, **garlic onion powder**, **nutmeg**, **paprika powder**, **black pepper**, **panko bread crumbs**, and a small pinch of the **vegetable seasoning**.
- Mix until combined.
- Scoop out using a large tablespoon, and roll into 20 small **meatballs**.
- Place on a lined baking tray, and bake for 15-20 min until browned and crispy.
- Once baked, remove and set aside.



4. Boil peas

- Meanwhile, bring a kettle of water to a boil.
- In a large bowl, add the **peas** with a good pinch of **salt**.
- Pour enough boiling water over to keep them submerged for up to 8 min.
- Drain and keep covered until ready to serve.



5. Make gravy

- Heat a large non-stick pan over medium heat.
- Add the **vegan butter** until it's melted and stir in 2 tsp of the **flour** and 1 of the **mushroom stock cube** until a sandy paste forms.
- Gradually whisk in the **plant based cream**, **tamari**, and the **measured water** and cook for 3-4 min or until the gravy thickens.
- Stir in 1/3 of the **cranberry sauce**, add the baked **meatballs**, and mix until warmed through.

Tip! If you'd like to keep the texture of the meatballs crispy on the outside, serve the gravy on the side when serving.



6. Serve

- Give the **cucumbers** a squeeze to remove any excess water, then toss in the **dill vinegar**.
- Serve with the **Beyond Meat Swedish Meatballs** and **Gravy** over the **Mashed Potato** with a side of **Peas** and **Pickled Dill Cucumber**.
- Serve the remaining **cranberry sauce** on the side.

Smoked Salmon and Cod Fish Pie

with Cauliflower Mash

Potato? What potato! You won't even know they're not there in this clever take on the classic.

hello chef

660 calories | 47 protein | 35 carbs | 39 fat

Low Carb

cook: 30 min

R3158-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2739 / 660
Fats (g)	38.6
of which saturated (g)	26
Carbohydrates (g)	35
of which sugars (g)	15.5
Fibers (g)	9.7
Proteins (g)	46.7
Salt (g)	2.1

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What You'll Need

- Oven
- Box grater
- Whisk
- Food processor

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fish pie	
Cod fillet 6*	400 Grams
Smoked Salmon Slices 6*	200 Grams
Brown onion	1 Piece
Fresh dill	15 Grams
Fresh parsley	15 Grams
Corn starch	20 Grams
Water	200 ML
Olive oil	2 Tbsp
Salt	1 Tsp
White vinegar	60 ML
Vegetable stock cube 15*	1 Piece
Cooking cream 4*	400 ML
Green peas	250 Grams
Dijon mustard 13*	12 Grams
Black pepper	1 Tsp

Cauli mash	
Cauliflower	1200 Grams
Parmesan 4*	60 Grams
Butter 4*	50 Grams
Salt	2 Tsp
Black pepper	1 Tsp

Allergens: *6 Fish, *15 Celery, *4 Milk, *13 Mustard

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1. Boil cauliflower

- Preheat the oven to 200°C/180°C fan.
- Chop the **cauliflower** into small florets.
- Bring a large pot of salted water to a boil.
- Add the **cauliflower**.
- Cook, covered, for 10-12 min until soft.
- Drain.



2. Prep

- Meanwhile, roughly chop the **salmon** and **cod**.
- Peel and finely chop the **onion**.
- Chop the **dill** and **parsley**.
- Grate the **Parmesan**.
- Mix the **corn starch** with the **measured water**.



3. Make sauce

- Heat a pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **onion** with a pinch of **salt**.
- Cook for 7 min until very soft but not browned.
- Add the **vinegar**.
- Cook for 30 sec further.
- Whisk in the **corn starch mix**, 1 **vegetable stock cube** and **cooking cream**.
- Cook for 2 min.



4. Add

- After 2 min, add the **salmon**, **cod**, **peas**, **Dijon**, **dill** and **parsley**.
- Cook for 2 min further.
- Remove the pan from the heat.
- Season with **salt** and **pepper**.
- Set aside.



5. Make mash

- Once soft, add the **cauliflower** and **butter** to a food processor.
- Blitz for 1-2 min until smooth.
- Add half of the **Parmesan**.
- Season generously with **salt** and **pepper**.



6. Bake

- Transfer the **fish** and sauce to an oven proof dish.
- Carefully top with the **cauli mash** and the remaining **Parmesan**.
- Run a fork over the mash to create a ripple effect.
- Bake for 15 min until golden brown on top.
- Allow to cool for 5 min before serving.
- Serve the **Smoked Salmon and Cod Fish Pie with Cauliflower Mash**.

Tip! For a golden crust, place the pie under the grill or broiler for the final 5 min.

One-pot Laksa

with Pulled Chicken and Snow Peas

Laksa is a spicy noodle soup popular in South East Asia!

hello chef

540 calories | 41 protein | 39 carbs | 25 fat

Calorie Smart | Global Eats | Speedy

cook: 20 min

R3192-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2261 / 540
Fats (g)	25
of which saturated (g)	13
Carbohydrates (g)	39
of which sugars (g)	8.9
Fibers (g)	8.8
Proteins (g)	41.4
Salt (g)	8.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Laksa	
Pulled chicken	600 Grams
Shallots	2 Piece
Snow peas	200 Grams
Vegetable oil	2 Tbsp
Red curry paste 7*	40 Grams
Ginger garlic paste	20 Grams
Curry powder	8 Grams
Turmeric powder	4 Grams
Coconut milk	400 ML
Chicken stock cube 4*,5*,9*,15*	2 Piece
Water	800 ML
Coconut sugar	20 Grams
Sambal oelek	45 Grams
Lime leaves	6 Piece
Rice noodles	200 Grams
Bean sprouts	100 Grams
Fish sauce 6*,10*	20 ML

To serve	
Fresh coriander	30 Grams
Lime	1 Piece

Allergens: *7 Crustaceans, *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *6 Fish, *10 Wheat

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1. Prep

- Peel and finely slice the **shallots**.
- Trim and slice the **snow peas**.
- Finely chop the **coriander leaves**.



2. Fry base

- Heat a pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **shallots** with a pinch of salt.
- Cook for 3-4 min until softened.
- Add the **red curry paste (spicy!)**, **ginger garlic paste**, **curry powder** and **turmeric**.
- Cook for 1 min further.

Tip! Don't rush the frying of the curry paste. Caramelising the paste builds depth of flavour.



3. Simmer

- Add the **pulled chicken**, **coconut milk**, **stock cube**, **measured water**, **coconut sugar**, **sambal oelek (spicy!)**, **lime leaves**, **snow peas**.
- Bring to a boil, then add the **rice noodles** - make sure the **noodles** are fully submerged.
- Simmer for 4 min.
- Remove the pan from the heat.

Tip! This one's spicy! Can't handle the heat? Go easy on the curry paste and sambal oelek.



4. Finish

- Stir in the **bean sprouts**, **coriander leaves** and a squeeze of **lime** juice.
- Season to taste with the **fish sauce**.

Tip! Reserve some coriander and a wedge of lime for garnish.



5. Serve

- Serve the **One-pot Laksa with Pulled Chicken and Snow Peas** garnished with any remaining **coriander leaves** and **lime wedges**.
- Spoon additional broth over the top.

Spicy Tamarind Chicken and Coriander Stew

with Basmati Rice and Cucumber Mint Yogurt

Inspired by Southern Persian flavours with Indian influence, this spicy-tangy stew is deliciously fragrant and simple to make.

hellochef

702 calories | 61 protein | 104 carbs | 8 fat

Tips for Kids

cook: 35 min

R4121-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2937 / 702
Fats (g)	8.3
of which saturated (g)	3.2
Carbohydrates (g)	104
of which sugars (g)	20
Fibers (g)	7.8
Proteins (g)	61
Salt (g)	4.8

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Fresh coriander	30 Grams
Small red chilli	2 Piece
Carrot	2 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Turmeric powder	4 Grams
Coriander cumin powder	8 Grams
Fenugreek leaves	4 Grams
Tamarind paste	30 Grams
Tomato passata	400 Grams
Brown sugar	10 Grams
Chicken stock cube **4*,5*,9*,15***	1 Piece
Water	400 ML

Rice	
Basmati rice	300 Grams
Salt	1 Tsp
Water	400 ML

Mint Yogurt	
Fresh mint	10 Grams
Cucumber	2 Piece
Natural yogurt **4***	340 Grams
Salt	1 Tsp

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Cook rice

- Rinse and drain the **rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat.
- Once boiling, reduce the heat to low, cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from the heat.
- Keep covered until serving.



2. Prep

- Meanwhile, peel and finely chop the **onions**.
- Peel and finely mince the **garlic**.
- Finely chop the **coriander** (stems included).
- Thinly slice the **red chilli**.
- Peel and chop the **carrots** into thin rounds or half moons.
- Chop the **chicken** into small bite-sized pieces.

Tip! If cooking for kids, reserve a small portion of carrots to the side.



3. Fry chicken

- Heat a pot over a medium-high heat with a drizzle of **olive oil**.
- Once hot, add the **onion** with a pinch of **salt**. Fry 5 min until softened.
- Add the **garlic**, **red chilli (spicy!)** and the **coriander**. Fry 1-2 min until fragrant.
- Add the **chicken**. Fry 2-3 min until browned.
- Add the **turmeric**, **coriander cumin powder**, and **fenugreek leaves**.
- Fry for 1-2 min further.

Tip! If cooking for kids, leave out the spicy red chilli, and add it to the stew after serving them a portion.



4. Simmer stew

- Add the **tamarind paste**, **tomato passata**, and **brown sugar** to the **chicken** and mix to combine.
- Add the 1 **chicken stock cube**, the **measured water**, and **carrots**.
- Bring to a simmer and cover.
- Cook for 15-20 min on medium heat until the **chicken** is cooked through, the **carrots** have softened, and the **sauce** has thickened.

Tip! Adjust the thickness of the stew to your liking by adding more or less water towards the end of cooking.



5. Make cucumber yogurt

- Meanwhile, pick and finely chop the **mint** laves.
- Chop the **cucumber** into small bite-sized pieces.
- In a bowl, combine the **cucumber**, **mint**, **yogurt**, and a pinch of **salt**.
- Stir and set aside.

Tip! If cooking for kids, reserve a plain portion of cucumbers and yogurt to the side.



6. Serve

- Serve the Spicy **Tamarind Chicken** and **Coriander** Stew with **Basmati Rice** with the **Cucumber Mint Yogurt** on the side.

Tip! If cooking for kids, serve the rice, chicken, and vegetables separately

Brown Butter Steak with Crisp Broccoli
and Chimichurri

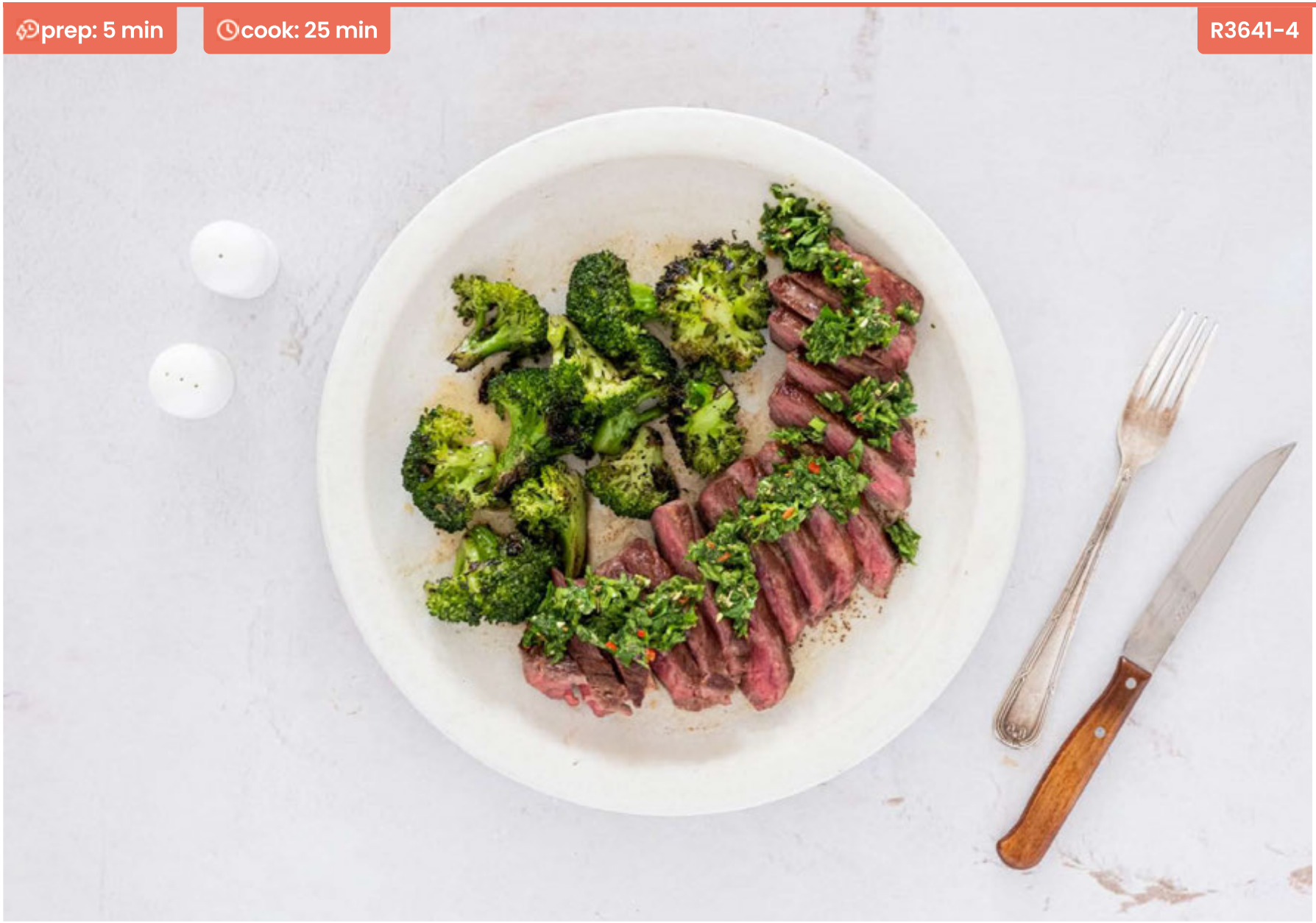
Popular in Argentinian cooking; Chimichurri is a piquant sauce or marinade traditionally used on grilled meat, typically containing parsley, garlic, vinegar, olive oil, and flakes of chilli.

hello chef

511 calories | 47 protein | 4 carbs | 31 fat

Low Carb | Quick Prep | Calorie Smart

prep: 5 min | cook: 25 min | R3641-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2122 / 511
Fats (g)	30.5
of which saturated (g)	16.6
Carbohydrates (g)	4
of which sugars (g)	4.1
Fibers (g)	6.3
Proteins (g)	47
Salt (g)	0.7

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steak	
Rump steak	800 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Butter 4*	100 Grams

Broccoli	
Broccoli	800 Grams
Water	100 ML
Salt	1 Tsp
Vegetable oil	2 Tbsp

Chimichurri	
Small red chilli	2 Piece
Fresh coriander	30 Grams
Fresh parsley	30 Grams
Garlic powder	4 Grams
Dried oregano	4 Grams
Olive oil	4 Tbsp
Red vinegar	30 ML
Salt	1 Tsp

Allergens: *4 Milk

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1. Prep chimichurri

- Finely chop the **red chilli**, **coriander** and **parsley** (including the stalks).
- In a large bowl, combine the **red chilli (spicy!)**, **coriander** and **parsley** with 2 Tbsp of water.
- Add the **garlic powder**, **dried oregano**, **olive oil**, **red vinegar** and a pinch of **salt** and mix well.

Tip! To make the chimichurri prep faster, add all the ingredients to a blender and blitz.



4. Make brown butter

- Return the reserved pan to a high heat.
- Once hot, add the **butter** and stir continuously.
- Once the **butter** starts to brown, reduce to a medium heat.
- Once browned, remove the pan from the heat.



2. Fry steak

- Pat the **steaks** dry with kitchen paper, rub with **oil** and season with **salt**.
- Heat a large pan over a high heat.
- Once very hot, add the **steaks**.
- Fry them for 3-5 min on each side or until cooked to your liking.
- Transfer the **steaks** to a plate.
- Leave them to rest.
- Wipe and reserve the pan.

Tip! The resting of the steak is as important as the frying of the steak. It sets the meat's juices and allows the fibres to relax, leaving the end result more tender and your plate less messy.



5. Serve

- Serve the rested **Steak** with **Crisp Broccoli** and **Chimichurri**.
- Drizzle over the **browned butter**.



3. Fry broccoli

- Meanwhile, separate the **broccoli** into florets.
- Return the reserved pan to a high heat with the **measured water** and a pinch of **salt**.
- Once boiling, add the **broccoli** and cover with a lid.
- Cook for 3 min.
- Uncover, cook for 1 min further or until the water has evaporated.
- Once evaporated, add a drizzle of **oil**.
- Fry for 1-2 min or until the **broccoli** is lightly browned.
- Wipe and reserve the pan.

Rocket and Parmesan Salad with a Balsamic Drizzle

A delicious classic side salad.

hellochef

94 calories | 7 protein | 7 carbs | 5 fat

cook: 5 min

R4626-4



Nutritional information

	per serving*
Energy (kJ/kcal)	395 / 94
Fats (g)	4.5
of which saturated (g)	2.6
Carbohydrates (g)	7
of which sugars (g)	6.3
Fibers (g)	0.4
Proteins (g)	6.5
Salt (g)	0.6

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 3 servings

Salad	
Parmesan 4*	45 Grams
Rocket	80 Grams
Balsamic vinegar glaze 14*	30 ML

Allergens: *4 Milk, *14 Sulphur Dioxide

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1. Prep

- Using a vegetable peeler, shave the **parmesan** to create thin shavings.



2. Serve

- Place the **rocket** on a plate, or in a bowl. Top with the **parmesan shavings** and drizzle with the **balsamic glaze**.

Cheesy Chicken Lasagna

with Tomato and Basil Side Salad

Try our spinach and chicken take on traditional lasagna!

hellochef

956 calories | 65 protein | 71 carbs | 47 fat

Family Friendly

cook: 60 min

R3600-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3994 / 956
Fats (g)	47.2
of which saturated (g)	24.9
Carbohydrates (g)	71
of which sugars (g)	22.8
Fibers (g)	8.1
Proteins (g)	64.5
Salt (g)	5.7

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Lasagna	
Pulled chicken	600 Grams
Red onion	2 Piece
Garlic cloves	2 Piece
Spinach	450 Grams
Olive oil	2 Tbsp
Salt	2 Tsp
Smoked paprika powder	4 Grams
Chicken stock cube 4*,5*,9*,15*	2 Piece
Cooking cream 4*	400 ML
Honey	30 Grams
Peeled plum tomatoes	800 Grams
Black pepper	1 Tsp
Grated Parmesan 4*	60 Grams
Lasagna sheets 5*,9*,10*,11*	12 Piece
Grated cheddar 4*	120 Grams

To serve	
Fresh basil	15 Grams
Cherry tomatoes	300 Grams
Olive oil	1 Tbsp

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *10 Wheat, *11 Gluten

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1. Prep

- Preheat the oven to 200°C/180°C fan.
- Peel and finely chop the **onion**.
- Peel and mince the **garlic**.
- Trim and roughly chop the **spinach**.
- Discard the stems.



2. Fry

- Heat a large pan over a medium heat with a drizzle of **olive oil**.
- Once hot, add the **onion** and **spinach** with a pinch of **salt**.
- Fry for 4 min or until wilted.
- Add the **garlic** and **smoked paprika powder**.
- Fry for 30 sec.



3. Simmer sauce

- Add the **stock cube**, **cooking cream**, **honey** and **plum tomatoes**.
- Break down the **tomatoes** with a spatula.
- Simmer for 5 min or until thickened.
- Once thickened, season the **sauce** with **salt** and **pepper** to taste.



4. Pulled chicken

- Add the **pulled chicken**.
- Simmer for 3 min further or until warmed through.



5. Bake lasagna

- Pour 1/3 of the **chicken sauce** over the bottom of an oven-proof dish.
- Top with half of the **lasagna sheets**.
- Repeat.
- Cover with the **grated cheddar** and the **grated Parmesan**.
- Bake for 20-25 or until the **cheese** is golden and bubbling.

Tip! You may need to layer the sauce and lasagna sheets differently depending on the size of your dish.



6. Serve

- Meanwhile, pick the **basil** and chop the **tomatoes** in half.
- Add the **basil** leaves and **tomatoes** to a bowl with a drizzle of **olive oil**.
- Toss.
- Allow the **lasagna** to cool for 5 min before serving.
- Serve the **Cheesy Chicken Lasagna** with the **Tomato and Basil Side Salad**.

Cod and Potato Cakes with Lemon Mayo

and Crunchy Salad

This one's a pub classic.

hellochef

906 calories | 55 protein | 74 carbs | 47 fat

Family Friendly

cook: 60 min

R2522-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3789 / 906
Fats (g)	46.6
of which saturated (g)	15.4
Carbohydrates (g)	74
of which sugars (g)	16.1
Fibers (g)	14.9
Proteins (g)	55.2
Salt (g)	2.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fishcakes	
Cod fillet 6*	700 Grams
Potatoes	900 Grams
Shallots	3 Pieces
Olive oil	5 Tbsp
Butter 4*	50 Grams
Organic Eggs 5*	2 Pieces
Parmesan 4*	60 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Panko bread crumbs 10*,11*,12*	120 Grams

Lemon mayonnaise	
Lemon	2 Pieces
Mayonnaise 5*,9*,13*	100 Grams

Vegetables	
Carrot	2 Pieces
Cucumber	2 Pieces
Red radish	125 Grams
Romaine lettuce	400 Grams
White balsamic vinegar 14*	30 ML
Olive oil	4 Tbsp
Salt	1 Tsp
Black pepper	0.5 Tsp

Allergens: *6 Fish, *4 Milk, *5 Eggs, *10 Wheat, *11 Gluten, *12 Lupin, *9 Soya, *13 Mustard, *14 Sulphur Dioxide

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1. Boil potatoes

Peel the **potatoes** and chop them into bite-size pieces. Cook them in a pot of salted boiling water for 12-15 min or until tender. Once cooked, drain and leave them to steam dry in a colander.



2. Prep and fry

Meanwhile, cube the **cod fillets**. Peel and chop the **shallots**. Heat a non-stick pan over a medium-low heat with a drizzle of **olive oil**. Once hot, add the **shallots** and **cod** with a pinch of **salt** and cook for 5-6 min. Flake the **cod**.



3. Make fishcake batter

Mash the cooled **potatoes**. Add the **shallots**, **cod**, **butter**, **eggs**, grated **Parmesan**, **salt**, **pepper** and 6 Tbsp of **panko bread crumbs** to the **potatoes**. With clean hands, knead until combined. Divide the mixture into 24 and shape each piece into a patty. Place in the fridge to firm up.



4. Make lemon mayonnaise

Meanwhile, wash the **lemon** thoroughly and grate its zest with a fine blade, taking care to avoid its bitter **white** pith. Juice the **lemons**. Combine the **mayonnaise** with 1 tsp of the **lemon** zest and 2 Tbsp of **lemon** juice (save some **lemon** juice for the salad dressing). Mix well and set aside.



5. Make side salad

Peel the **carrot**, then continue peeling it until you are left with a pile of **carrot** ribbons. Chop the **cucumber**. Rinse and finely slice the **red** radishes. Wash and chop the **lettuce**. Toss the vegetables in 2 Tbsp of **lemon** juice, the **white balsamic vinegar**, **olive oil**, **salt** and **pepper**.



6. Form, coat and fry

Coat the fish cakes in the remaining **bread crumbs**. Heat a generous amount of **oil** in a pan over a medium heat. Fry the fish cakes, in batches, for 3 min on every side until crispy and golden. Serve with the **lemon mayonnaise** and salad to the side.

Hoisin Pulled Chicken

with Chinese Pancakes and Veggies

-

797 calories 51 protein 108 carbs 17 fat

Family Friendly

cook: 60 min

R4732-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3339 / 797
Fats (g)	17.2
of which saturated (g)	3.5
Carbohydrates (g)	108
of which sugars (g)	37.6
Fibers (g)	5.8
Proteins (g)	51.4
Salt (g)	6

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What You'll Need

Oven

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Skinless boneless chicken thighs	800 Grams
Chinese 5 spice	8 Grams
Soy sauce 9*,10*,11*	30 ML
Plum sauce 9*,10*	40 Grams
Vegetable oil	2 Tbsp
Water	300 ML

To serve	
Carrot	2 Piece
Cucumber	3 Piece
Spring onion	80 Grams
Fresh mint	20 Grams
Fresh coriander	30 Grams
Small red chilli	2 Piece
Chinese pancakes 9*,11*	40 Pieces
Hoisin sauce 3*,9*,10*	240 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Make glaze

Preheat the oven to 220°C/200°C fan. In a bowl, add the **Chinese 5 spice**, **soy sauce**, **plum sauce**, and a drizzle of **oil**. Mix well. This is your **duck glaze**.



2. Roast duck

Bring a kettle of **water** to a boil. Using a pastry brush or spoon, spread 1/2 the amount of the **duck glaze** on both sides of the duck. Place the ducks in a roasting pan. Pour the boiled measured **water** into the corner of the tray. Cover the tray with foil, and roast the ducks for 20 min until warmed through.



3. Prep vegetables

Meanwhile, peel and finely slice the **carrot**. Deseed and finely slice the **cucumber**. Finely slice the **spring onion**. Pick the **mint** and **coriander** leaves. Finely slice the **red chilli (spicy!)**.

> **Tip!** Sensitive to spice? Deseed the red chilli and use only a small amount.



4. Glaze duck

Once the duck has warmed through, brush with the remaining **duck glaze** and roast uncovered for a further 20 min until it's sticky and glossy. Set the oven grill on high, and roast the duck for 5 min until lightly charred around the edges.

> **Tip!** Make sure there's just enough water in the pan to prevent the duck from sticking / burning. If it has evaporated too much, add a few splashes.



5. Steam pancakes

Meanwhile, remove the **Chinese pancakes** from the plastic and cover in parchment or wax paper. Microwave on high for 30 sec until softened. Once warmed, gently separate the **pancakes** by peeling them from one another. Keep them slightly folded and covered until ready to serve.

> **Tip!** Alternatively, use a bamboo steamer to gently steam the pancakes for 1-2 min until softened. Do not overcook as they will stick together.



6. Serve

Shred the duck with two forks, discarding the skin and bones. Make duck rolls by spreading some **hoisin sauce** on the **Chinese pancakes**. Add some shredded duck, then top with some **carrots**, **cucumber**, **spring onion**, **fresh coriander**, **mint** and **red chilli (spicy!)**. Alternatively, serve the shredded duck family-style alongside the **vegetables**, **pancakes**, and **hoisin sauce**. Let everyone make their own rolls!

> **Tip!** If needed, use any of the roasting pan glaze as an additional sauce for the duck.

9oz Fillet Steak with Baked Asparagus Cheese and Cherry Tomatoes

Move over cauliflower, cheese has a new vegetable friend!

692 calories | 70 protein | 24 carbs | 36 fat

Gourmet | Low Carb

cook: 45 min

R3437-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2891 / 692
Fats (g)	35.7
of which saturated (g)	17.6
Carbohydrates (g)	24
of which sugars (g)	11.4
Fibers (g)	4.8
Proteins (g)	70.4
Salt (g)	1.7

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What You'll Need

- Oven
- Box grater
- Whisk

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steak	
Fillet steak	1000 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Asparagus cheese	
Thin asparagus	500 Grams
Organic Eggs 5*	2 Piece
Parmesan 4*	60 Grams
Butter 4*	50 Grams
Plain flour 10*,11*	50 Grams
Whole milk 4*	400 ML
Dijon mustard 13*	12 Grams
Salt	1 Tsp
Black pepper	1 Tsp

To serve	
Cherry tomatoes	500 Grams
Flaky sea salt	4 Grams
Olive oil	2 Tbsp

Allergens: *5 Eggs, *4 Milk, *10 Wheat, *11 Gluten, *13 Mustard

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1. Prep

- Preheat the oven to 220°C/200°C fan.
- Remove the **steaks** from the fridge.
- Trim the woody ends off the **asparagus**.
- Separate the **egg** yolk and discard the whites (or save the whites for an omelette!).
- Grate the **Parmesan**.



2. Blanch asparagus

- Bring a large pot of salted water to the boil.
- Add the **asparagus**.
- Cook for 1 min.
- Drain immediately and rinse under cold water.
- Transfer to a baking dish.



3. Fry steak

- Meanwhile, pat the **steaks** dry.
- Rub them with **oil** and season with **salt**.
- Heat a pan over a high heat.
- Once hot, add the **steaks**.
- Fry them for 3 min on each side.
- Place on a baking tray alongside the **cherry tomatoes**.
- Finish cooking them in the oven for 8-10 min or until cooked to your liking.
- Transfer the **steaks** to a plate.
- Leave them to rest for 5-10 min.



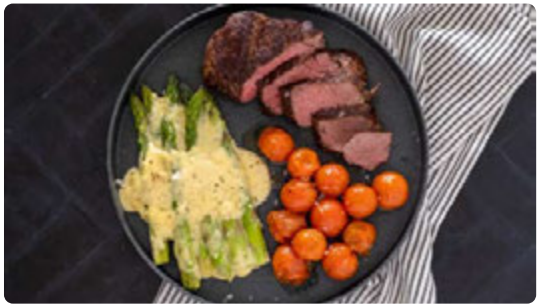
4. Make sauce

- Heat a saucepan over a medium heat.
- Add the **butter** and **flour**.
- Cook, stirring, for 1 min or until a sandy paste has formed.
- Gradually whisk in the **milk**.
- Cook for 3-5 min further or until the **sauce** has thickened.
- Remove from the heat and whisk in the **mustard**, half of the **Parmesan** and the **egg** yolk.
- Season with **salt** and **pepper**.



5. Bake asparagus

- Once the **steaks** are out of the oven, pour the **sauce** over the **asparagus**.
- Top with the remaining **Parmesan**.
- Bake for 10 min or until the **cheese** is golden.



6. Serve

- Once rested, season the **steak** generously with **salt** and **pepper**.
- Serve the **9oz Fillet Steak** with **Baked Asparagus Cheese** and **Cherry Tomatoes**
- Sprinkle everything with the **flaky sea salt**.

Low Carb Vegetarian Lasagna

with Zucchini Ribbons

A guilt-free lasagna made with zucchini instead of lasagna sheets and still packed with all the flavour!

hello chef

608 calories | 35 protein | 39 carbs | 27 fat

cook: 60 min

R3740-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2545 / 608
Fats (g)	26.8
of which saturated (g)	15.8
Carbohydrates (g)	39
of which sugars (g)	30.6
Fibers (g)	17.3
Proteins (g)	35.2
Salt (g)	2.8

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What You'll Need

Oven | Whisk

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Lasagna	
Canned lentils	530 Grams
Brown onion	2 Piece
Garlic cloves	2 Piece
Fresh basil	15 Grams
Tomato passata	500 Grams
Red pepper	2 Piece
Vegetable stock cube 15*	1 Piece
Water	100 ML
Dried oregano	4 Grams
Tomato paste	70 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp
Large zucchini	2 Piece
Grated cheddar 4*	120 Grams

Bechamel sauce	
Butter 4*	50 Grams
Plain flour 10*,11*	50 Grams
Whole milk 4*	400 ML
Parmesan 4*	60 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *15 Celery, *4 Milk, *10 Wheat, *11 Gluten

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1. Prep

- Preheat the oven to 220°C/200°C fan.
- Drain and rinse the **lentils**.
- Peel and finely chop the **brown onion**.
- Peel and mince the **garlic**.
- Pick and finely chop the **basil leaves**.
- Deseed and finely chop the **red pepper**.
- Grate the **Parmesan**.



2. Make filling

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onions** with a pinch of **salt**.
- Fry for 5 min until softened.
- Add the **garlic**, **red pepper** and **tomato paste**.
- Cook for 2 min.
- Add the **dried oregano**, **tomato passata**, crumbled 1 **vegetable stock** and **measured water**.
- Reduce the heat to medium and simmer for 5 min.



3. Make bechamel

- Meanwhile, melt the **butter** in a saucepan over a medium heat.
- Add the **flour** and stir until a sandy paste has formed.
- Gradually add the **milk** and whisk for 3-4 min until thickened.
- Add the **parmesan**.
- Season with **salt** and **black pepper**.
- Remove from the heat.
- Set **bechamel** aside.



4. Simmer

- After 5 min, add the **lentils** and **basil** to the **tomato sauce**.
- Season with **salt** and **black pepper**, mix well and remove from the heat.



5. Prep zucchini

- Meanwhile, using a peeler, carefully shave the **zucchini** until you are left with a pile of **zucchini** ribbons.



6. Bake lasagna

- In an oven-proof dish, start with a layer of **zucchini** ribbons, 1/3 of the **lentil filling**, followed by 1/3 of the **bechamel**.
- Repeat this process until the **zucchini** ribbons, **lentils** and **bechamel** have been used up. Finish with a layer of **bechamel**.
- Evenly sprinkle the **grated cheddar** on top. Bake for 20-25 min or until the top is golden brown.
- Allow the **lasagna** to cool for 5 min before serving.
- Serve the **Low Carb Vegetarian Lasagna with Zucchini Ribbons**.

Tip! Since the zucchini ribbons are so thin, you can double or triple up when layering.

One-pot Mushroom 'Pastalaya':

Cajun Mushroom with Farfalle Pasta

Inspired by Jambalaya which is a one-pot dish consisting of meat, vegetables and rice - we made this one vegetarian!

hello chef

593 calories | 23 protein | 121 carbs | 4 fat

Tips for Kids | Calorie Smart | Global Eats

cook: 35 min

R3939-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2481 / 593
Fats (g)	4
of which saturated (g)	0.2
Carbohydrates (g)	121
of which sugars (g)	13.4
Fibers (g)	13.4
Proteins (g)	23.3
Salt (g)	0.8

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Mushroom pastalaya	
Chestnut mushrooms	500 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Yellow pepper	2 Piece
Celery	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Cajun spice	16 Grams
Dried oregano	4 Grams
Dried thyme	4 Grams
Dried bay leaves	2 Piece
Mushroom stock cube	1 Piece
Tomato passata	500 Grams
Water	1100 ML
Brown sugar	10 Grams
Farfalle pasta [10]*	500 Grams
Black pepper	1 Tsp

To serve	
Fresh parsley	15 Grams

Allergens: *10 Wheat

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1. Prep

Peel and finely chop the **red onion**. Peel and mince the **garlic**. Deseed and finely chop the **yellow pepper**. Finely chop the **celery**.



2. Prep mushrooms

Clean the **mushrooms** with a cloth, knife or brush (don't wash them with water). Roughly chop or tear the **mushrooms**.



3. Fry

Heat a large pot over a medium-high heat with a drizzle of **oil**. Once hot, add the **mushrooms**, **onion**, **peppers** and **celery** with a pinch of **salt** and fry for 5 min.

Tip! If cooking for kids, fry a portion of the mushrooms and peppers first and set aside.



4. Add spices

After 5 min, add the **garlic**, **cajun spice (spicy!)**, **dried oregano**, **dried thyme** and **dried bay leaves**. Fry for 1 min further.



5. Add pasta

Add the 1 **mushroom stock cube**, **tomato passata**, **measured water** and **brown sugar** and bring to a simmer. Once simmering, add the **farfalle pasta** and simmer, stirring occasionally, for 13-15 min or until the **pasta** Is 'al dente' or cooked to your liking.

Tip! If cooking for kids, separately boil a plain portion of pasta for 12 min or until cooked to their liking.



6. Serve

Meanwhile, pick and finely chop the **parsley** leaves. Once the the **pasta** is cooked, stir through half the **parsley**. Divide the **mushroom pastalaya** among bowls and season with a generous grind of **pepper** to taste. Garnish with the remaining **parsley**.

Tip! If cooking for kids, serve the cooked mushrooms, peppers and pasta separately. Serve the parsley as 'sprinkles' to the side.

Lentil and Sweet Potato Soup

with Spicy Chickpeas and Almonds

Loaded with plant-based protein, exciting flavours and good energy!

hellochef

921 calories | 33 protein | 136 carbs | 31 fat

cook: 30 min

R2067-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3855 / 921
Fats (g)	31
of which saturated (g)	11.4
Carbohydrates (g)	136
of which sugars (g)	21.1
Fibers (g)	28.2
Proteins (g)	33.3
Salt (g)	1.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven | Blender

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Soup

Sweet potatoes	600 Grams
Red onion	2 Piece
Garlic cloves	5 Piece
Ginger	60 Grams
Carrot	4 Piece
Olive oil	2 Tbsp
Red lentils	200 Grams
Water	1600 ML
Vegetable stock cube 15*	2 Piece
Coconut milk	400 ML
Salt	2 Tsp
Black pepper	1 Tsp

Crispy topping

Chickpeas	480 Grams
Olive oil	2 Tbsp
Smoked paprika powder	4 Grams
Chipotle powder	4 Grams
Coriander cumin powder	8 Grams
Salt	1 Tsp
Black pepper	0.5 Tsp
Whole almonds 1*,2*	80 Grams

Allergens: *15 Celery, *1 Peanuts, *2 Tree Nuts

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1. Prep vegetables

- Preheat the oven to 220°C/200°C fan.
- Peel and chop the **sweet potatoes**.
- Peel and mince the **red onion** and **garlic cloves**.
- Peel and grate the **ginger**.
- Peel and chop the **carrots**.



2. Prep topping

- Rinse and drain the **chickpeas**.
- Transfer the **chickpeas** to a bowl, drizzle with **olive oil** and season with **smoked paprika**, **chipotle (spicy!)**, **coriander cumin powder**, **salt** and **black pepper**.
- Mix well.
- Add them to a lined baking tray.
- Bake for 20 min.



3. Fry base

- Meanwhile, heat the **oil** in a large pot over a medium-high heat.
- Add the **sweet potatoes**, **onion**, **garlic**, **ginger** and **carrots**.
- Fry for 3 min.



4. Simmer

- Add the **lentils**, measured **water** and **stock cube**.
- Bring to a boil.
- Simmer, covered, for 15-20 min.
- Add the **coconut milk** and puree the soup with a hand-held stick blender or in a food processor.
- Season with **salt** and **pepper** to taste.



5. Finish topping

- Chop the **almonds**.
- Mix them with the crispy roasted **chickpeas**.



6. Serve

- Serve the **Lentil and Sweet Potato Soup** with **Spicy Chickpeas** and **Almonds** on top.

Mongolian Beef with Stir-Fried Vegetables

and Garlic Cauliflower Rice

Mongolian Beef, originating in Taiwanese restaurants, is a savory dish featuring tender beef stir-fried with garlic, ginger, and green onions in a rich, sweet, and savory sauce, served over r

hellóchef

552 calories | 54 protein | 46 carbs | 18 fat

Calorie Smart | Global Eats

cook: 35 min

R4383-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2290 / 552
Fats (g)	18.4
of which saturated (g)	5.1
Carbohydrates (g)	46
of which sugars (g)	25.7
Fibers (g)	8.6
Proteins (g)	53.5
Salt (g)	4.1

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Food processor

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef	
Steak strips	700 Grams
Vegetable oil	1 Tbsp
Soy sauce 9*,10*,11*	40 ML
Brown sugar	40 Grams
Black pepper	0.5 Tsp
Ginger garlic paste	20 Grams
Baking soda	10 Grams
Corn starch	20 Grams
Teriyaki sauce 8*,9*,10*	80 ML
Rice vinegar	30 ML

Cauli rice	
Cauliflower	600 Grams
Vegetable oil	1 Tbsp
Garlic paste	20 Grams
Salt	0.5 Tsp
Black sesame seeds 3*	5 Grams

Veggies	
Red pepper	1 Piece
Spring onion	80 Grams
Broccoli	400 Grams
Small red chilli	2 Piece
Sesame oil 3*,9*	30 ML

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *8 Molluscs, *3 Sesame Seeds

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1. Marinate beef

- In a bowl, mix together **vegetable oil**, **soy sauce**, **brown sugar**, **black pepper**, **ginger garlic paste**, **baking soda**, and **corn starch**.
- Add the **steak strips** and mix well.
- Set aside to marinate.

Tip! Baking soda is key to tender beef as it helps break down tough protein fibers, while allowing the sauces to marinate. A little goes a long way.



2. Fry cauli rice

- Meanwhile, Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains.
- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Add the **garlic paste** and **cauliflower** with a pinch of **salt** and fry for 5-7 min.



3. Prep

- Meanwhile, deseed and slice the **red pepper** into strips.
- Trim and chop the **spring onions** into small chunks.
- Trim the **broccoli** and cut into small florets.
- Finely chop the **red chilli (spicy!)**.

Tip! Sensitive to spice? Deseed the red chilli or use only a small amount.



4. Fry vegetables

- Heat a large pan over medium-high heat.
- Add the **sesame oil**, **red chilli (spicy!)**, the **broccoli** and **red pepper** and stir-fry for 3-4 min until charred.
- Cover for 1-2 min to steam cook to your liking.
- Set aside on a plate.



5. Fry steak

- Add another drizzle of **vegetable oil** to the pan.
- Add the marinated **steak** and fry for 3-4 min on high heat until browned and caramelised.
- Add the **spring onions**, and fry for 1 min further.
- Stir in the **teriyaki sauce** and **rice vinegar**, and cook until thickened.

Tip! Make sure your pan is really hot to sear the steak, and not steam / stew it.



6. Serve

- Serve the **Mongolian Beef** and **Vegetables** with **Garlic Cauliflower Rice**.
- Garnish with **black sesame seeds** and **red** chillis.

Chicken and Sweet Potato Hash

with Eggs and Sour Cream

All the comfort, non of the guilt!

hellochef

575 calories | 56 protein | 13 carbs | 34 fat

Low Carb

cook: 45 min

R2773-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2406 / 575
Fats (g)	33.8
of which saturated (g)	11.8
Carbohydrates (g)	13
of which sugars (g)	9.5
Fibers (g)	3.4
Proteins (g)	56.3
Salt (g)	0.6

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Hash	
Chicken mince	800 Grams
Sweet potatoes	600 Grams
Brown onion	1 Pieces
Garlic cloves	5 Pieces
Red pepper	2 Pieces
Spring onion	100 Grams
Fresh parsley	20 Grams
Olive oil	4 Tbsp
Salt	2 Tsp
Black pepper	1 Tsp

To serve	
Organic Eggs 5*	4 Pieces
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Olive oil	2 Tbsp
Sour cream 4*	120 Grams

Allergens: *5 Eggs, *4 Milk

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1. Boil sweet potatoes

Add the **sweet potatoes** to a large pot. Add enough water to cover them. Bring to a boil, cover and cook for 10-15 min until par-boiled. Drain once par-boiled.



2. Prep vegetables

Meanwhile, peel and chop the **onion** and **garlic**. Chop the bell **pepper**. Finely slice the **spring onion**. Chop the **parsley**.



3. Fry chicken and vegetables

Heat a pan over a high heat with a drizzle of **oil**. Add the **chicken mince** and fry for 3-4 min until cooked. Transfer the **chicken** to a plate. Return the pan to the heat with another drizzle of **oil**, the **onion**, bell **pepper** and a pinch of **salt**. Fry for 5 min. Add the **garlic** and fry for 2 min further. Transfer the **peppers** to a plate and set aside. (See pro tip.) Reserve the pan.



4. Cube sweet potatoes

Peel the drained **sweet potatoes** and cut them into cubes. Return the pan to a high heat with another drizzle of **oil**. Fry the **sweet potatoes** until fully softened and nicely browned.



5. Combine

Once browned, return the **chicken**, **onion**, bell **pepper** and **garlic** to the pan along with the **sweet potatoes**. Add the **spring onion** and **parsley**, mix well. Season generously with **salt** and **pepper**. Keep warm.



6. Fry eggs and serve

Heat a second pan over a medium heat with a drizzle of **oil**. Crack the **eggs** into the pan and fry for 2-4 min or until done to your liking. Season with **salt** and **pepper**. For a set egg yolk, cover the pan with a lid. Divide the hash among plates and top with the **eggs**. Serve with **sour cream**.

Butter Chicken Curry

with Basmati Rice and Naan Bread

Quicker, healthier and tastier than a take-away!

hello chef

1131 calories | 69 protein | 147 carbs | 35 fat

Tips for Kids

cook: 35 min

R3365-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4734 / 1131
Fats (g)	35.2
of which saturated (g)	19.4
Carbohydrates (g)	147
of which sugars (g)	23.2
Fibers (g)	9.8
Proteins (g)	68.8
Salt (g)	5.4

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What You'll Need

- Box grater

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Ginger garlic paste	40 Grams
Lemon	1 Piece
Coriander cumin powder	8 Grams
Garam masala	5 Grams
Turmeric powder	4 Grams
Chilli powder	4 Grams
Natural yogurt 4*	170 Grams

Curry	
Ghee 4*	30 Grams
Tomato passata	500 Grams
Cooking cream 4*	200 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Brown sugar	10 Grams
Salt	1 Tsp

Sides	
Basmati rice	300 Grams
Water	600 ML
Salt	1 Tsp
Carrot	2 Piece
Fresh coriander	30 Grams
Nigella seeds 3*,13*	10 Grams
Salt	1 Tsp
Lime	2 Piece
Tandoori naan 4*,10*	4 Piece

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *3 Sesame Seeds, *13 Mustard, *10 Wheat

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1. Marinate

- Chop the **chicken**.
- Combine the **chicken**, **ginger garlic paste**, 4 Tbsp of **lemon** juice, **coriander cumin powder**, **garam masala**, **turmeric** and a pinch of **chilli powder (spicy!)** in a bowl.
- Add 170 g of **natural yogurt** and mix well.
- Marinate for at least 15 min, preferably for a few hours or overnight in the fridge.

Tip! If cooking for kids, reserve some chicken separately without the marinade and set aside.



2. Boil rice

- Once the **chicken** has marinated for long enough, add the **basmati rice**, the **measured water** and a pinch of **salt** to a pot with a lid.
- Bring to the boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Remove the pot from the heat.
- Keep covered until serving.



3. Fry chicken

- Meanwhile, heat a pan over a medium-high heat with the **ghee**.
- Once hot, remove the **chicken** chunks from the **marinade** (don't shake off the excess).
- Add them to the pan.
- Discard the leftover **marinade**.
- Fry the **chicken** for 3 min.

Tip! If cooking for kids, cook the reserved chicken separately and set aside, before adding the remaining marinated chicken.



4. Simmer

- Add the **tomato passata**, **cooking cream**, 1 **stock cube** and **brown sugar**.
- Reduce the heat to low, cover and simmer (don't boil!) for 10-15 min.
- Add a splash of **water** if the sauce looks too thick.
- Season with **salt** to taste.



5. Prep sides

- Meanwhile, grate the **carrot**.
- Pick the **coriander** leaves.
- Add both to a bowl with the **nigella seeds**, a pinch of **salt** and a squeeze of **lime** juice.
- Set the **salad** aside.
- Warm the **naan** in a microwave or in a hot oven.

Tip! If cooking for kids, keep a portion of the grated carrots plain and set aside before tossing with the nigella, lime and coriander.



6. Serve

- Serve the **Butter Chicken Curry** with **Basmati Rice** with **Naan Bread** and **salad** to the side.

Tip! Serve the plain chicken pieces without the sauce. Then add the rice, naan and carrots separately. Serve the curry sauce and nigella seeds on the side.

Miso eggplant and Jasmine Rice

with Tenderstem broccoli and Garlicky Yogurt

Nasu Dengaku

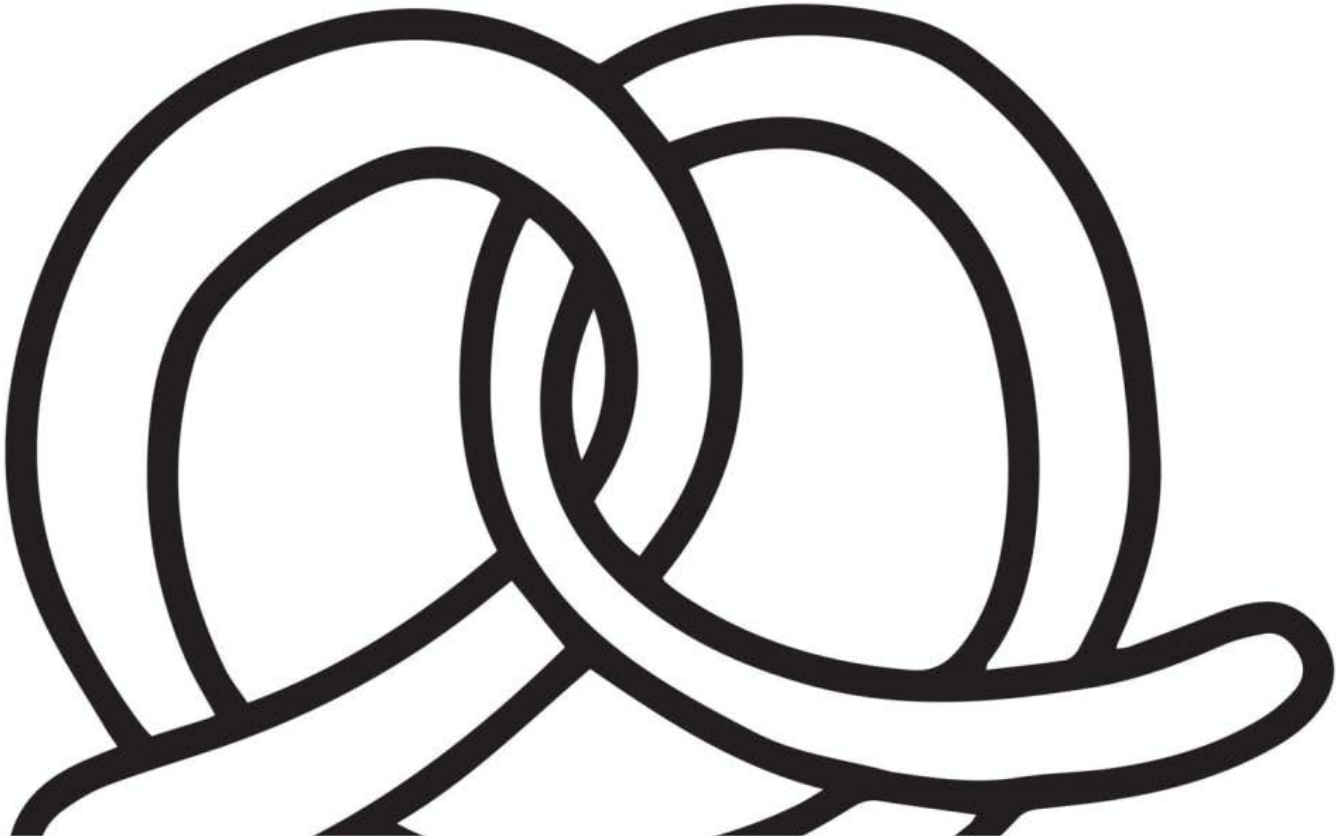
hellofresh

628 calories | 24 protein | 104 carbs | 19 fat

Speedy | Calorie Smart

cook: 25 min

R4533-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2406 / 628
Fats (g)	19
of which saturated (g)	2.2
Carbohydrates (g)	104
of which sugars (g)	18.7
Fibers (g)	13.1
Proteins (g)	24.2
Salt (g)	2.9

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Eggplant	
Long Eggplant	750 Grams
Miso paste 9*	60 Grams
Soy sauce 9*,10*,11*	30 ML
Rice vinegar	30 ML
Brown sugar	30 Grams
Water	60 ML
Sesame oil 3*,9*	30 ML
Spring onion	80 Grams
Tenderstem broccoli	300 Grams
Edamame beans 9*	200 Grams

Rice	
Vegetable oil	1 Tbsp
Garlic paste	20 Grams
Jasmine rice	300 Grams
Water	600 ML

To serve	
Tahini 3*	40 Grams
Furikake seasoning 3*,4*,6*,9*,10*	20 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds, *4 Milk, *6 Fish

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1. Prep

Chop **spring onion**. Trim **eggplant** and cut in quarters lengthways.



2. Boil rice

Heat a small pot over medium heat with a drizzle of **oil**. Fry **garlic paste** for 30 sec until fragrant. Rinse and drain **rice**. Add **rice** to the **garlic** and top with measured **water**. Cover with a lid and boil **rice** for 12-14 min until tender. Once cooked, remove from heat and keep covered until ready to serve.



3. Cook veggies

Heat a large pan with a drizzle of **oil** over medium-high heat. Fry the **tenderstem broccoli** for 4-5 min until it starts to become fork tender. Add **edamame beans** and continue to fry for 2-3 min until



4. -

-



5. -

-



6. -

-

Halloumi Fajita Bowl

with Quinoa, Salsa and Sour Cream

Halloumi originates from the Mediterranean and was first made on the island of Cyprus.

hello chef

634 calories | 32 protein | 58 carbs | 33 fat

cook: 30 min

R3756-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2644 / 634
Fats (g)	32.9
of which saturated (g)	26.8
Carbohydrates (g)	58
of which sugars (g)	8.4
Fibers (g)	7.9
Proteins (g)	31.6
Salt (g)	35.4

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Quinoa	
White quinoa	200 Grams
Water	400 ML
Salt	1 Tsp

Fajita veg	
Red onion	2 Piece
Small zucchini	4 Piece
Yellow pepper	2 Piece
Red pepper	2 Piece
Vegetable oil	2 Tbsp
Smoked paprika powder	4 Grams
Fajita seasoning	10 Grams
Chipotle powder	4 Grams
Salt	1 Tsp
Black pepper	1 Tsp

To serve	
Fresh coriander	15 Grams
Halloumi 4*	400 Grams
Mild tomato salsa	120 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Vegetable oil	2 Tbsp
Sour cream 4*	120 Grams

Allergens: *4 Milk

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1. Roast veg

- Preheat the oven to 200°C/180°C fan.
- Peel and finely slice the **red onion**.
- Chop the **zucchini** into half moons.
- Deseed and finely slice the **peppers**.
- Add the **vegetables** to a lined baking tray with a generous drizzle of **oil**, the **smoked paprika**, **fajita seasoning** and a pinch of **chipotle (spicy!)**.
- Season generously with **salt** and **pepper** and toss well.
- Roast in the oven for 20-25 min until the **vegetables** are softened.

Tip! Sensitive to spice? Go easy on the chipotle.



2. Cook quinoa

- Meanwhile, add the **quinoa** to a bowl, cover with warm water and rinse.
- Drain in a fine sieve.
- Add the **measured water** to a pot.
- Bring it to a boil.
- Add the **quinoa** and a pinch of **salt**.
- Cover with a lid, and reduce the heat to low.
- Simmer for 15 min or until the liquid is absorbed and the **quinoa** is tender.

Tip! Washing quinoa with warm water before draining it removes the bitter-tasting saponins from its surface.



3. Prep

- Meanwhile, pick and finely chop the **coriander** leaves.
- Slice the **halloumi** into 1cm thick slices.



4. Make salsa

- In a small bowl, combine half the **coriander** (reserve the rest for garnish) and **mild tomato salsa**.
- Season with **salt** and **black pepper**.
- Mix well and set aside.



5. Fry halloumi

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **halloumi**.
- Fry for 2-3 min each side until golden brown.
- Remove from the heat.

Tip! Fry the halloumi just before serving, so it doesn't become cold, hard and chewy.



6. Serve

- Serve the **Halloumi Fajita Bowl** with **Quinoa**, **Salsa** and **Sour Cream**.
- Garnish with the remaining **coriander** and serve.

Quick Salmon

and Green Pea Primavera Pasta

The perfect start to the week. Sit back, relax and enjoy dinner!

hello chef

972 calories | 65 protein | 118 carbs | 30 fat

Family Friendly

cook: 20 min

R2491-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4056 / 972
Fats (g)	29.5
of which saturated (g)	14.4
Carbohydrates (g)	118
of which sugars (g)	12.3
Fibers (g)	12.3
Proteins (g)	64.5
Salt (g)	2.5

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Salmon	
Salmon goujons 6*	700 Grams
Linguine 10*,11*	500 Grams
Garlic cloves	4 Piece
Shallots	2 Piece
Parmesan 4*	60 Grams
Olive oil	4 Tbsp
Cherry tomatoes	300 Grams
Salt	1 Tsp
Chicken stock cube 4*,5*,9*,15*	1 Piece
Water	300 ML
Cooking cream 4*	200 ML
Green peas	200 Grams
Lemon	2 Piece
Black pepper	1 Tsp

Allergens: *6 Fish, *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Boil pasta

Bring a large pot of salted water to the boil. Once boiling, add the **linguine** and cook for 8-10 min until 'al dente' or cooked to your liking. Drain.

Tip! Reserve some of the pasta water and use it for the measured water in step 3.



2. Prep vegetables

Meanwhile, peel and finely chop the **garlic** and **shallots**. Grate the **Parmesan**.



3. Start sauce

Heat a pan over a medium heat with a drizzle of **olive oil**. Once hot, add the **shallots**, **garlic** and whole **cherry tomatoes** and cook with a pinch of **salt** for 3 min. Add the 1 **chicken stock cube**, **measured water**, **cooking cream**, **green peas** and **salmon goujons**. Simmer for 4 min, stirring occasionally, flaking the **salmon** as you go.



4. Finish sauce

Remove the pan from the heat and fold in the **Parmesan** (reserve some for garnish). Season with a generous squeeze of **lemon** juice. Check the seasoning.

Tip! Want to make dinner extra fancy? Add some lemon zest to your pasta sauce!



5. Serve

Carefully fold the drained **linguine** into the sauce. Divide the lot among plates and garnish with the remaining **Parmesan** and **lemon** wedges.

Queso Chicken and Bean Chilli
with Nachos

What a great excuse to have crisps for dinner!

hello chef

1237 calories | 81 protein | 83 carbs | 68 fat

Low Carb

cook: 40 min

R2950-4



Nutritional information

	per serving*
Energy (kJ/kcal)	5177 / 1237
Fats (g)	68.1
of which saturated (g)	27.7
Carbohydrates (g)	83
of which sugars (g)	21.1
Fibers (g)	16.7
Proteins (g)	80.6
Salt (g)	6.7

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chilli	
Chicken mince	800 Grams
Black pepper	1 Tsp
Red onion	2 Piece
Garlic cloves	4 Piece
Red kidney beans	480 Grams
Vegetable oil	4 Tbsp
Chicken stock cube 4*,5*,9*,15*	1 Piece
Salt	1 Tsp
Cumin powder	4 Grams
Chipotle powder	4 Grams
Smoked paprika powder	4 Grams
Brown sugar	10 Grams
Tomato paste	70 Grams
Tomato passata	400 Grams
Sriracha sauce	28 Grams
Water	400 ML
Cream cheese 4*	160 Grams
Grated orange cheddar 4*	120 Grams
Red pepper	2 Piece

To serve	
Sour cream 4*	120 Grams
Jalapeno slices	60 Grams
Nachos	200 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Prep vegetables

- De-seed and roughly chop the **pepper**.
- Peel and finely chop the **onion** and **garlic**.
- Rinse and drain the **red kidney beans**.



2. Fry

- Heat a pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken mince**, **pepper** and **onion**.
- Fry with a pinch of **salt** for 5 min.
- Add the **garlic**, **cumin**, **chipotle (spicy!)**, **smoked paprika**, **brown sugar**, **tomato paste** and **sriracha (spicy!)**.
- Fry for 1 min further.



3. Simmer

- Add the **tomato passata**, **measured water**, 1 **stock cube**, **black pepper** and **kidney beans**.
- Bring to a simmer and cover with a lid.
- Stew for 15 min.

Tip! Cook the chilli in advance, up until step 3 (simmer for longer, time permitting!) and refrigerate. Reheat just in time for dinner and make sure to add the cheeses at the end.



4. Add cheese

- After 15 min, add the **cream cheese** and **grated cheddar**.
- Stir until the **cheese** has melted into the **chilli**.
- Check the seasoning. Add a pinch of **salt** and **pepper**, if needed.



5. Serve

- Serve the **Queso Chicken** and **Bean Chilli** with **Nachos** on the side.
- Top with a dollop of **sour cream** and the **jalapeno slices (spicy!)**.

Greek Halloumi Skewers with Roasted Potatoes

and Lemon Basil Yogurt

In this recipe, you'll make delicious halloumi skewers with marinated halloumi and vegetables.

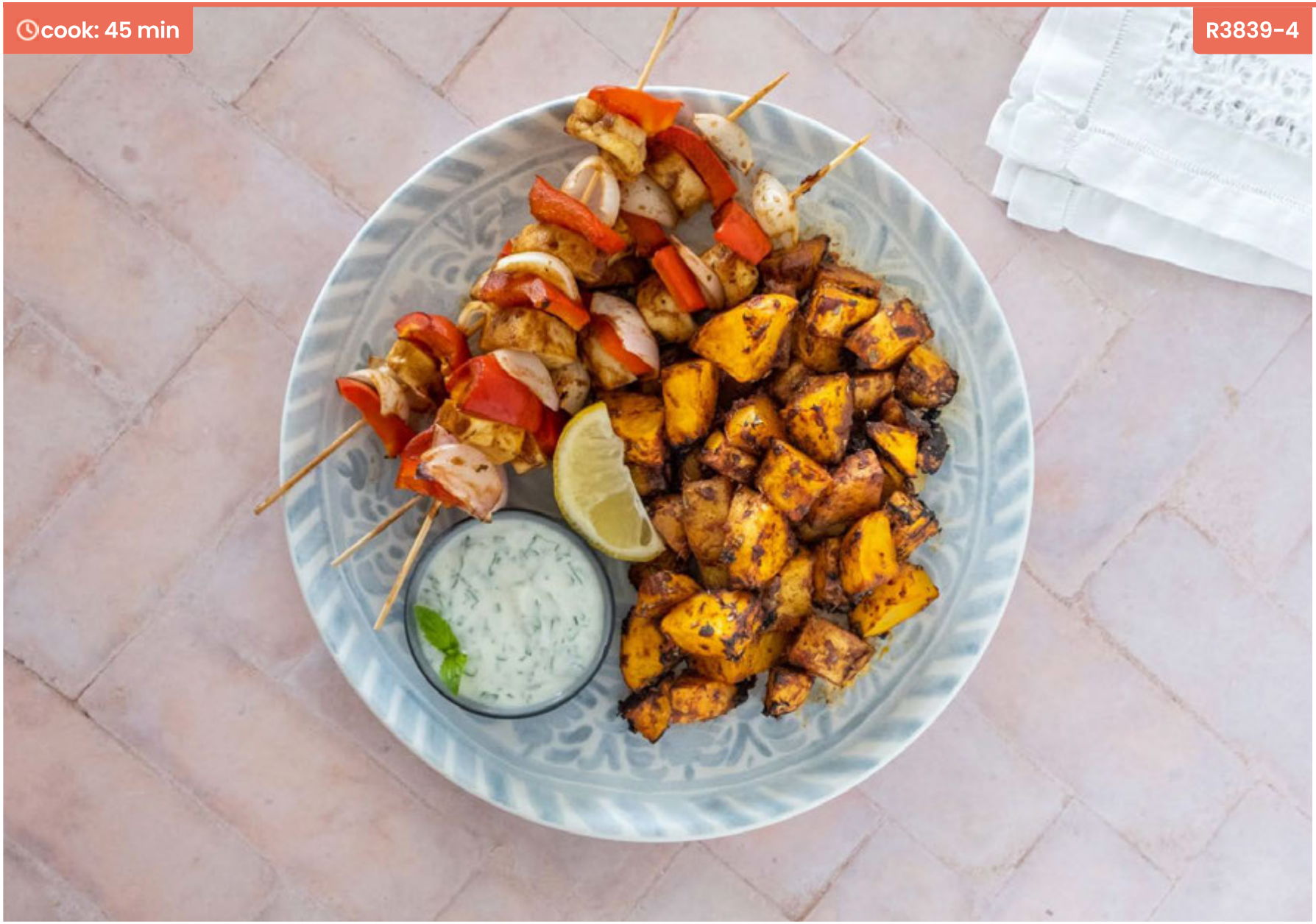
hellochef

633 calories | 38 protein | 67 carbs | 28 fat

Family Friendly | Tips for Kids

cook: 45 min

R3839-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2639 / 633
Fats (g)	27.9
of which saturated (g)	24.6
Carbohydrates (g)	67
of which sugars (g)	19.6
Fibers (g)	14.5
Proteins (g)	38.4
Salt (g)	36.9

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Skewers	
Halloumi **4***	400 Grams
Bamboo skewers	12 Piece
Red pepper	2 Piece
Red onion	2 Piece
Balsamic vinegar **14***	30 ML
Tamari **9***	30 ML
Olive oil	2 Tbsp
Paprika powder	4 Grams
Garlic onion powder	8 Grams
Salt	1 Tsp

Roasted potatoes	
Olive oil	2 Tbsp
Garlic paste	20 Grams
Dried oregano	4 Grams
Tomato paste	100 Grams
Salt	1 Tsp
Potatoes	1200 Grams

Yogurt	
Lemon	2 Piece
Fresh basil	15 Grams
Natural yogurt **4***	340 Grams
Salt	1 Tsp

Allergens: *4 Milk, *14 Sulphur Dioxide, *9 Soya

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1. Roast potatoes

- Preheat the oven to 200°C/180°C fan. Soak the **bamboo skewers** in water.
- Chop the **potatoes** (skins on) into bite-sized pieces.
- In a large bowl, combine the **olive oil**, **garlic paste**, **dried oregano**, and **tomato paste** with a pinch of **salt**.
- Add the **potatoes** and toss until fully coated.
- Place the **potatoes** onto a lined baking tray.
- Roast for 25 min, turning halfway through.

Tip! If cooking for kids, roast a portion of plain potatoes on one side of the tray.



2. Prep skewers

- Meanwhile, deseed the **red peppers** and chop into bite-sized pieces.
- Peel and slice the **red onion** into wedges. Separate them into individual petals.
- Chop the **halloumi** into bite-sized pieces.
- In a large bowl whisk together the **balsamic vinegar**, **tamari**, **olive oil**, **paprika**, and **garlic onion powder** with a pinch of **salt**.
- Add the **halloumi** to the **marinade** and toss until fully coated.

Tip! If cooking for kids, set aside a plain portion of halloumi.



3. Thread skewers

- Thread the **marinated halloumi**, **peppers** and **onion** onto the **skewers**.
- Make sure to alternate the **peppers**, **onion** and **halloumi**.
- Spread everything out over the provided number of **skewers**.

Tip! If cooking for kids, thread a plain portion of skewers.



4. Roast skewers

- Once the **potatoes** have been roasting for 25 min, place the **halloumi skewers** on top.
- Drizzle with **olive oil** and season with a pinch of **salt**.
- Roast for a final 10-12 min or until the **potatoes** are cooked through and the **halloumi** is slightly browned.

Tip! To check if the potatoes are cooked, insert a knife into the largest piece of potato - if the knife cuts through with ease, it's ready.



5. Prep yogurt

- Meanwhile, slice the **lemon** into wedges.
- Roughly chop the **basil leaves**.
- In a small bowl, combine the **yogurt**, **basil**, **salt** and a squeeze of **lemon juice** to taste (reserve the rest for garnish).

Tip! If cooking for kids, set aside a plain portion of yogurt and chopped basil to use as 'sprinkles'.



6. Serve

- Serve the **Greek Halloumi Skewers** with a side of **Roasted Potatoes** and **Lemon Basil Yogurt**.
- Garnish with the remaining **lemon wedges**.

Tip! If cooking for kids, serve the plain roast potatoes, halloumi and vegetables separately. Serve the plain yogurt and basil as 'sprinkles' to the side.

Goat's Cheese Frittata

with Rocket and Grape Salad

Enjoy this easy and delicious dinner featuring goat's cheese and grapes - yes please!

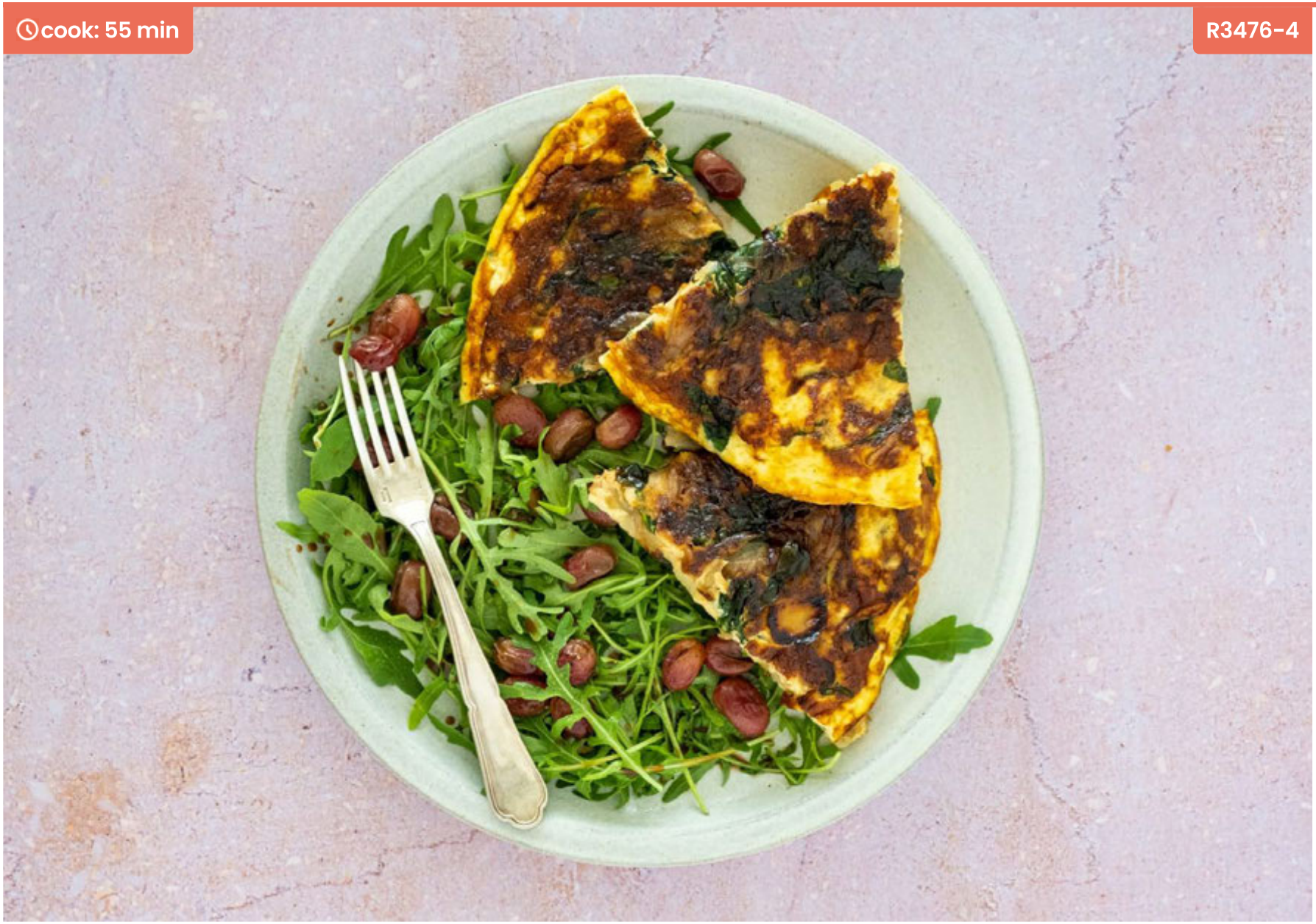
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713 calories | 43 protein | 45 carbs | 41 fat

Low Carb

cook: 55 min

R3476-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2976 / 713
Fats (g)	41.4
of which saturated (g)	23.5
Carbohydrates (g)	45
of which sugars (g)	35.5
Fibers (g)	4.3
Proteins (g)	43.1
Salt (g)	2.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Frittata	
Red onion	4 Piece
Butter 4*	50 Grams
Brown sugar	10 Grams
Salt	2 Tsp
Parmesan 4*	60 Grams
Organic Eggs 5*	10 Piece
Whole milk 4*	400 ML
Black pepper	2 Tsp
Rind-on goats cheese slice 4*	200 Grams
Baby spinach	125 Grams

Salad	
Red grapes	400 Grams
Olive oil	2 Tbsp
Balsamic vinegar 14*	30 ML
Salt	2 Tsp
Honey	30 Grams
Rocket	125 Grams

Allergens: *4 Milk, *5 Eggs, *14 Sulphur Dioxide

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1. Caramelise onions

Preheat the oven to 200°C/180°C fan. Peel and finely slice the **onions**. Heat a non-stick, ovenproof pan over a low heat. Once hot, add the **butter**, **onion**, **brown sugar** and a very generous pinch of **salt**, cover with a lid and cook for 20 min, stirring occasionally, until caramelised.



2. Prep

Meanwhile, pick the **grapes** and add them to a baking dish or tray. Drizzle with **olive oil** and the **balsamic vinegar**. Sprinkle with a pinch of **salt** and **pepper**. Roast for 10 min. Once the **grapes** have been in the oven for 10 min, drizzle with the **honey** and roast for 5-10 min further.



3. Whisk

Meanwhile, grate the **Parmesan**. Crack the **eggs** into a large bowl or jug and whisk thoroughly. Add the **milk**, half of the **Parmesan** and a generous grind of **salt** and **black pepper**. Chop the **goats cheese** into small pieces.



4. Bake

Once the **onions** have caramelised, add the **spinach** and cook, covered, for 1 min or until wilted. Pour the **egg mixture** into the pan. Top with the **goats cheese** pieces and the remaining **Parmesan**. Cover with a lid and cook for 5 min, until the edges begin to set. After 5 min, place the pan in the oven and cook, uncovered, for 10-15 min further or until fully set.

Tip! Don't have a pan that can go into the oven? Pour the mixture into an oiled baking dish and bake for 15 min.



5. Toss salad

Meanwhile, toss the **rocket**, and **grapes** (with any juices from the tray!) in a large bowl with a drizzle of **olive oil** and a pinch of **salt**.



6. Serve

Once the **frittata** is cooked, allow it to cool slightly. Carefully remove it from the pan, by placing a large plate on it and flipping it over swiftly. Slice and divide between plates. Serve the **salad** alongside.

Tip! Be very careful when removing the hot pan from the oven. Wrap the handle in a tea towel while the frittata cools to stop yourself from accidentally grabbing it!

Basil Pesto Pasta

with Peas, Spinach and Sun-dried Tomatoes

'Pesto' comes from the Genoese word 'pestâ', meaning to pound' or 'crush'. Pesto is traditionally made in a pestle and mortar.

791 calories | 32 protein | 126 carbs | 22 fat

cook: 20 min

R3234-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3307 / 791
Fats (g)	21.7
of which saturated (g)	2.8
Carbohydrates (g)	126
of which sugars (g)	21.1
Fibers (g)	14
Proteins (g)	31.6
Salt (g)	2.3

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What You'll Need

- Food processor

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fusilli pasta 5*,10*,11*	500 Grams
Garlic cloves	2 Piece
Fresh basil	60 Grams
Pine nuts 2*	60 Grams
Cashew nuts 1*,2*	80 Grams
Nutritional yeast	8 Grams
Lemon	2 Piece
Olive oil	8 Tbsp
Vegetable stock cube 15*	1 Piece
Salt	1 Tsp
Sun dried tomatoes	120 Grams
Baby spinach	90 Grams
Green peas	500 Grams

Allergens: *5 Eggs, *10 Wheat, *11 Gluten, *2 Tree Nuts, *1 Peanuts, *15 Celery

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1. Boil pasta

- Bring a large pot of salted water to the boil.
- Once boiling, add the **pasta**.
- Cook for 8-10 min until 'al dente' or cooked to your liking.
- Drain.



2. Blend pesto

- Meanwhile, peel the **garlic**.
- To a food processor or blender, add the **basil**, **pine nuts**, **cashew nuts**, **nutritional yeast**, **garlic cloves**, **lemon** juice, **olive oil**, crumbled **stock cube** and **salt**.
- Blitz.
- Keep **pesto** aside.

Tip! Add a splash of water if the pesto needs help coming together!



3. Serve

- Chop the **sun-dried tomatoes**.
- Return the drained **pasta** to the pot.
- Add the **pesto**, **baby spinach**, **sun-dried tomatoes** and **peas**.
- Mix thoroughly and warm over a low heat until the **spinach** has wilted and the **pasta** is warmed through.
- Serve the **Basil [b]Pesto Pasta** with **Peas**, **Spinach** and **Sun-dried Tomatoes** immediately.

Chicken Caprese: Mozzarella Chicken with Cherry Tomato, Rocket and Balsamic

A caprese inspired dish that has all the bold flavours but with a twist!

hello chef

518 calories | 57 protein | 21 carbs | 23 fat

Low Carb | Quick Prep | Calorie Smart

prep: 5 min | cook: 30 min | R3930-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2157 / 518
Fats (g)	23
of which saturated (g)	6.8
Carbohydrates (g)	21
of which sugars (g)	10.8
Fibers (g)	4.4
Proteins (g)	57.1
Salt (g)	1.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Lemon	2 Piece
Garlic onion powder	8 Grams
Dried oregano	4 Grams
Dried thyme	4 Grams
Dried basil	4 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp
Grated mozzarella 4*	120 Grams

Salad	
Rocket	40 Grams
Cherry tomatoes	300 Grams
Balsamic vinegar 14*	30 ML
Honey	30 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

To serve	
Fresh basil	15 Grams
Green pesto 2*,4*	100 Grams

Allergens: *4 Milk, *14 Sulphur Dioxide, *2 Tree Nuts

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1. Marinate chicken

Pre-heat the grill to high. Slice the **lemon** into wedges. In a large bowl, combine a squeeze of **lemon** juice to taste (reserve the rest for garnish), the **dried oregano**, **dried thyme**, **dried basil**, **dried** rosemary, a drizzle of **olive oil** with a pinch of **salt** and **pepper** to taste. Add the **chicken** and mix well.

Tip! Marinade the chicken up to 24 hours in advance.



2. Grill chicken

Place the **chicken** onto a baking tray and top with the **grated mozzarella**. Grill for 10-12 minutes or until the **chicken** is cooked through and the **mozzarella** is golden brown.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready.



3. Pick basil

Meanwhile, pick the **basil** leaves.



4. Make dressing

In a separate large bowl, whisk together the **balsamic vinegar**, **honey**, drizzle of **olive oil** with a pinch of **salt** and **pepper** to taste.



5. Toss salad

Chop the **cherry tomatoes** in half. Add the **rocket** and **cherry tomatoes** to the **balsamic dressing** and toss.



6. Serve

Once the **chicken** is cooked, top with the **basil**. Divide the **mozzarella chicken** and **cherry tomato**and **balsamic salad** among plates. Garnish with the remaining **lemon wedges** alongside.

Palak Paneer

with Basmati Rice

Palak Paneer gets its vibrant green colour from blitzing spinach in a food processor.

hellochef

1066 calories | 43 protein | 110 carbs | 57 fat

Family Friendly

cook: 30 min

R2535-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4453 / 1066
Fats (g)	57.4
of which saturated (g)	35.8
Carbohydrates (g)	110
of which sugars (g)	18.2
Fibers (g)	10.1
Proteins (g)	42.9
Salt (g)	1.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Curry	
Paneer 4*	500 Grams
Brown onion	2 Piece
Garlic cloves	8 Piece
Large green chilli	2 Piece
Water	300 ML
Vegetable stock cube 15*	2 Piece
Ghee 4*	60 Grams
Ginger paste	20 Grams
Cumin powder	4 Grams
Garam masala	8 Grams
Chilli powder	2 Grams
Tomato passata	400 Grams
Honey	30 Grams
Cooking cream 4*	200 ML
Spinach	600 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Lime	2 Piece

Rice	
Basmati rice	300 Grams
Water	600 ML
Salt	1 Tsp

Allergens: *4 Milk, *15 Celery

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1. Prep vegetables

Chop the **paneer**. Peel and very finely chop the **brown onion**. Peel and mince the **garlic**. Finely chop the **green chilli**. Boil the **measured water** and dissolve the **vegetable stock cube** in it.



2. Boil rice

Add the **basmati rice**, **measured water** and **salt** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Remove the pan from the heat and keep covered until serving. Fluff with a fork before serving.



3. Make sauce

Heat a pan over a medium heat. Add the **ghee** and **onion** and fry for 5-6 min until softened. Add the **garlic**, **green chilli** (spicy!), **ginger paste**, **cumin** and **garam masala** and **chilli powder** (spicy!). Cook for 1 min until fragrant. Add the **vegetable stock**, **tomato passata**, **honey** and **cooking cream** and simmer for 10 min until thickened.



4. Blanch spinach

Meanwhile, trim the **spinach** stems. Roughly chop the **spinach**. Bring a pot of salted **water** to a boil. Add the **spinach** and boil for 3 min. Drain and squeeze out any excess **water**. (See pro tip!)



5. Fry paneer

Heat a second non-stick pan over a medium heat with a drizzle of **olive oil**. Once hot, add the **paneer cubes** with a pinch of **salt** and fry on all sides for a total of 5-7 min until nicely browned and starting to crisp.



6. Blitz sauce

Meanwhile, add the simmered sauce and the drained **spinach** to a food processor and blitz everything for 2-3 min or until smooth. Serve the fried **paneer** in the sauce over the **basmati rice**. Slice the **lime** into wedges and use it as garnish.

Curried Chicken Skewers and Masala Fries

with Mint Yogurt and Fresh Vegetables

Drawing inspiration from the Indian kitchen with earthy spices and bright citrus notes - A harmony of flavours and textures.

hello chef

514 calories | 55 protein | 61 carbs | 6 fat

Low Carb | Calorie Smart

cook: 35 min

R4025-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2150 / 514
Fats (g)	6
of which saturated (g)	2.3
Carbohydrates (g)	61
of which sugars (g)	18.8
Fibers (g)	10.8
Proteins (g)	54.9
Salt (g)	2.3

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What You'll Need

Oven

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken skewers	
Chicken breast	800 Grams
Bamboo skewers	8 Piece
Lime	2 Piece
Curry powder	10 Grams
Ginger garlic paste	20 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp
Smoked paprika powder	4 Grams

Masala fries	
Sweet potatoes	800 Grams
Vegetable oil	2 Tbsp
Garam masala	4 Grams
Black salt	4 Grams

Sides	
Fresh mint	10 Grams
Natural yogurt 4*	340 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp

Veggies	
Carrot	2 Piece
Cucumber	2 Piece

Allergens: *4 Milk

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1. Bake fries

Preheat the oven to 200°C/180°C fan. Soak the **bamboo skewers** in water. Slice the **sweet potatoes** (skins on) into **fries**. Add the **fries** onto a lined baking tray with a drizzle of **vegetable oil**, **garam masala** and a generous pinch of the **black salt**. Toss the **fries** in the **oil** until they are fully coated. Roast for 25-30 min or until golden and cooked through. Prepare a second baking tray for the **chicken skewers**, and set aside.



2. Prep chicken

Meanwhile, slice the **lime** in half. Chop the **chicken** into bite-sized cubes. In a large bowl, mix together the **curry powder**, **ginger garlic paste**, **salt**, **oil**, **smoked paprika**, and half the **lime** juice. Add 2 Tbsp of **yogurt** to the **chicken** and toss to coat.

Tip! You can marinate the chicken for up to 1 hour in advance.



3. Roast skewers

Thread the **marinated chicken** onto the **skewers**. Make sure to divide everything out evenly over the provided number of **skewers**. Place them onto the second baking tray and brush with any remaining **marinade**. Place the tray on a rack above the **sweet potatoes**, and roast for 10-12 min or until cooked through and starting to char.



4. Prep veggies

Meanwhile, peel and thinly slice the **carrots** into rounds. Thinly slice the **cucumbers** into rounds or sticks. Pick and finely chop the **mint** leaves.

Tip! To get long oval shapes, slice the vegetables at a 45 degree angle.



5. Make mint yogurt

In a small bowl, mix the **mint** and **yogurt**. Season well with a pinch of **salt** and **pepper**.



6. Serve

Divide the **skewers** evenly among plates. Serve the **masala fries**, **carrots**, **cucumber** and **mint yogurt** alongside.

Butter Chicken Curry Pasta

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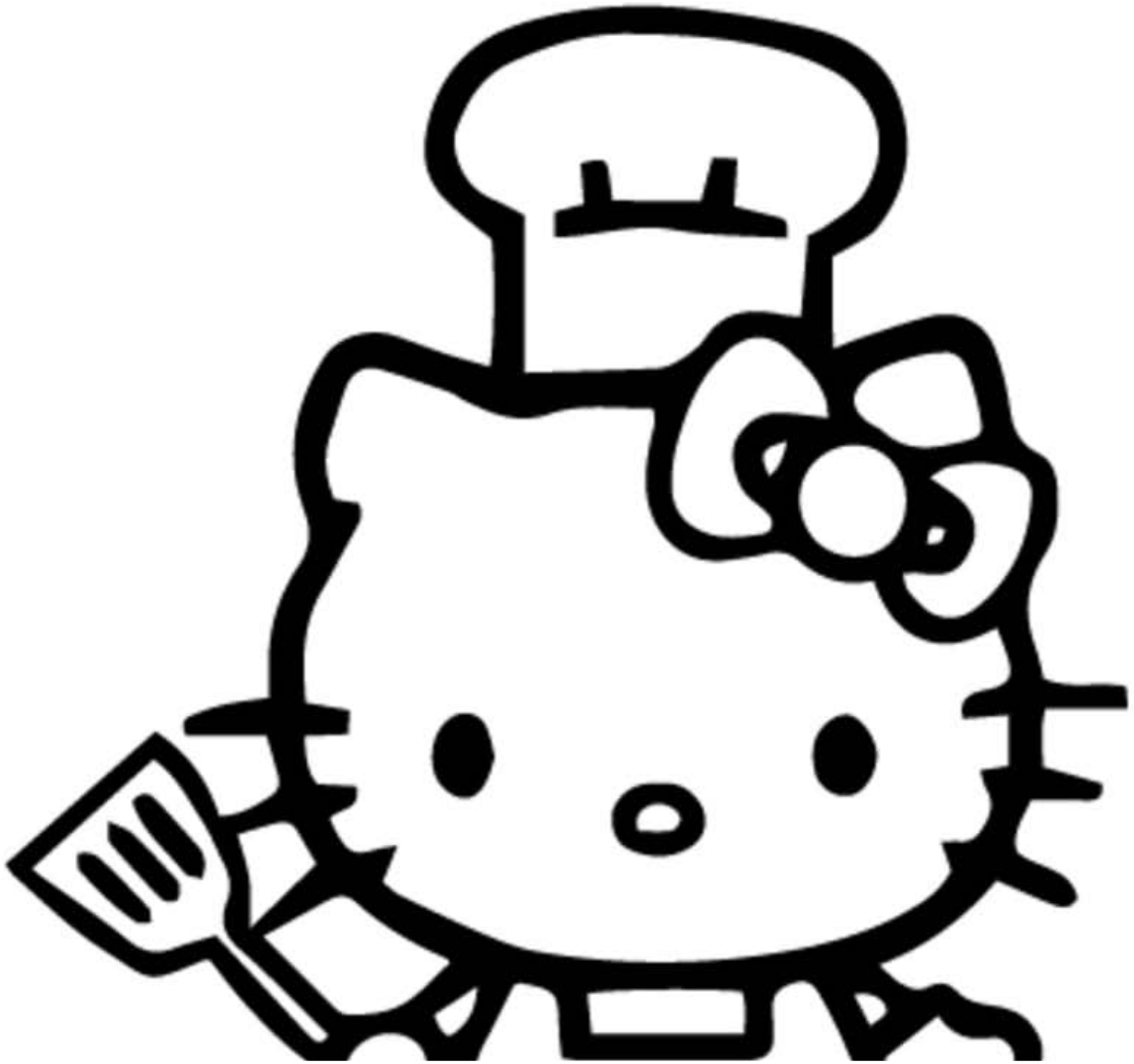
helló chef

822 calories | 66 protein | 97 carbs | 20 fat

Family Friendly

cook: 35 min

R4505-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3431 / 822
Fats (g)	20.3
of which saturated (g)	11
Carbohydrates (g)	97
of which sugars (g)	18.1
Fibers (g)	10.7
Proteins (g)	65.9
Salt (g)	3.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Ginger garlic paste	40 Grams
Lemon	1 Piece
Coriander cumin powder	8 Grams
Garam masala	5 Grams
Turmeric powder	4 Grams
Chilli powder	4 Grams
Natural yogurt 4*	170 Grams

Curry	
Tomato passata	500 Grams
Cooking cream 4*	200 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Brown sugar	10 Grams
Salt	1 Tsp
Fenugreek leaves	2 Grams

Pasta	
Fusilli pasta 10*	375 Grams
Water	600 ML
Salt	1 Tsp

Garnish	
Lime	1 Piece
Fresh coriander	30 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *10 Wheat

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1. Marinate

Chop the **chicken**. Combine the **chicken**, **ginger garlic paste**, 4 Tbsp of **lemon** juice, **coriander cumin powder**, **garam masala**, **turmeric** and a pinch of **chilli powder** (spicy!) in a bowl. Add 170 g of **natural yogurt** and mix well. Marinate for at least 15 min, preferably for a few hours or overnight in the fridge.

2. Boil pasta

Pick the **coriander leaves**. Slice the **lime** in wedges. Once the **chicken** has marinated for long enough, boil the **pasta**. Drain and reserve 1 cup of **pasta water**.



3. Fry chicken

Meanwhile, heat a pan over a medium-high heat with a drizzle of oil. Once hot, remove the **chicken** chunks from the **marinade** (don't shake off the excess) and add them to the pan. Discard the leftover **marinade**. Fry the **chicken** for 3 min.



4. Simmer

Add the **tomato passata**, **cooking cream**, 1 **stock cube** and **brown sugar**. Reduce the heat to low, cover and simmer (don't boil!) for 10-15 min. Add a splash of **water** if the sauce looks too thick. Season with **salt** to taste.

5. Mix

Add the cooked and drained **pasta** to the butter **chicken**. Mix well.

6. Serve

Garnish with **coriander**, a squeeze of **lime**, and a drizzle of reserved **cooking cream**.

Firecracker Chicken Meatball Lettuce Wraps

Our favourite way to eat chicken meatballs!

hello chef

699 calories | 61 protein | 34 carbs | 38 fat

Low Carb

cook: 30 min

R2947-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2923 / 699
Fats (g)	38.1
of which saturated (g)	8.4
Carbohydrates (g)	34
of which sugars (g)	18.5
Fibers (g)	8.3
Proteins (g)	60.7
Salt (g)	3.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meatballs	
Chicken mince	800 Grams
Almond flour 1*,2*	80 Grams
Organic Eggs 5*	2 Piece
Soy sauce 9*,10*,11*	40 ML
Garlic powder	4 Grams
Chilli powder	4 Grams
Salt	2 Tsp
Black pepper	1 Tsp
Vegetable oil	4 Tbsp

Sauce	
Sweet chilli sauce	80 ML
Chilli flakes	2 Grams
Salt	2 Tsp
Sriracha sauce	28 Grams
Apple cider vinegar	30 ML
Vegetable oil	4 Tbsp

Wraps	
Boston lettuce	2 Piece
Carrot	2 Piece
Cucumber	2 Piece
Sugar snap peas	200 Grams
Sesame seeds 3*	20 Grams
Fresh coriander	15 Grams

Allergens: *1 Peanuts, *2 Tree Nuts, *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Make meatballs

- In a bowl, combine the **chicken mince**, **almond flour**, **eggs**, **soy sauce**, **garlic powder**, **chilli powder (spicy!)**, **salt** and **black pepper**.
- With clean hands, mix until fully combined.
- With oiled hands, shape into small **meatballs**.
- Refrigerate until step 4.



2. Make sauce

- In a small bowl, combine the **sriracha (spicy!)**, **sweet chilli sauce (spicy!)**, **apple cider vinegar**, **chilli flakes (spicy!)** and **salt**.
- Mix well.
- Keep this **firecracker sauce** aside.



3. Prep

- Separate the **lettuce** leaves.
- Peel the **carrot** and continue peeling until you're left with a pile of ribbons.
- Chop the **cucumber** into bite-size pieces.
- Finely slice the **sugar snap peas** on the diagonal.

Tip! Not a fan of making carrot ribbons? Grate the carrot instead!



4. Fry

- Heat a pan over a medium heat with a generous drizzle of **vegetable oil**.
- Once hot, add the **meatballs** (in batches, if necessary).
- Fry for 3-4 min until golden and cooked through.
- Add the **firecracker sauce**.
- Cook for a final 1-2 min or until the **sauce** has reduced.



5. Serve

- Arrange the **lettuce** leaves on a wide serving platter.
- Fill the leaves with the **carrot** ribbons, **cucumbers** and **sugar snap peas**.
- Add the **firecracker chicken meatballs** and drizzle them with the any remaining **sauce**.
- Garnish with the **sesame seeds** and **fresh coriander** leaves.
- Serve the **Firecracker Chicken Meatball Lettuce Wraps**.
- Enjoy with fingers or forks!

Tip! Toast the sesame seeds in a hot, dry pan until golden.

Harissa Baked Seabream

with Zaatar Vegetables and Tahini Sauce

This one-tray bake is jam-packed with popular Middle Eastern flavours.

hello chef

589 calories | 53 protein | 45 carbs | 26 fat

Low Carb | Calorie Smart | Global Eats

cook: 40 min

R3682-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2013 / 589
Fats (g)	26.1
of which saturated (g)	1.7
Carbohydrates (g)	45
of which sugars (g)	14.8
Fibers (g)	10.7
Proteins (g)	53.3
Salt (g)	1.8

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Seabream	
Seabream 6*	660 Grams
Harissa paste	40 Grams
Garlic paste	20 Grams
Coriander cumin powder	8 Grams
Salt	1 Tsp
Olive oil	2 Tbsp

Roasted vegetables	
Carrot	4 Piece
Small zucchini	4 Piece
Yellow pepper	2 Piece
Olive oil	2 Tbsp
Zaatar	20 Grams
Garlic onion powder	8 Grams
Sesame seeds 3*	20 Grams
Salt	1 Tsp

Tahini sauce	
Lemon	2 Piece
Tahini 3*	80 Grams
Honey	30 Grams
Salt	1 Tsp

To serve	
Almond flakes 1*,2*	60 Grams

Allergens: *6 Fish, *3 Sesame Seeds, *1 Peanuts, *2 Tree Nuts

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1. Prep

Preheat the oven to 200°C/180°C fan. Peel and slice the **carrots** into rounds. Chop the **zucchini** into half moons. De-seed and roughly chop the **pepper**.



2. Bake vegetables

Add the **vegetables** to a lined baking tray with a drizzle of **oil**, the **zaatar**, **garlic onion powder**, **sesame seeds** and a generous pinch of **salt**. Toss until evenly coated. Bake for 15 min.



3. Marinate seabream

Meanwhile, in a large bowl, mix the **harissa paste (spicy!)**, **garlic paste**, **coriander cumin powder**, **salt** and a drizzle of **olive oil**. Pat the **seabream** fillets dry with kitchen paper. Add the **seabream** to the bowl and turn to coat. Refrigerate until step 5.

Tip! Sensitive to spice? Go easy on the harissa paste.



4. Prep

Slice the **lemon** into wedges. In a bowl, mix together the **tahini**, a squeeze of **lemon** (reserve some for serving), the **honey**, 4 Tbsp of **water** and a pinch of **salt** - this is your **lemon tahini sauce**.

Tip! Adjust the amount of water to reach your desired consistency.



5. Bake seabream

Once the **vegetables** have baked for 10 min, top them with the **seabream** (skin-side down) and bake for 8-10 min further or until the **seabream** is cooked through and the vegetables are tender.

Tip! You can tell when white fish is cooked by checking if the flesh flakes easily.



6. Serve

Divide the **seabream** and **vegetables** among plates and drizzle over the **tahini sauce**. Top with the **almond flakes**. Serve any remaining **lemon** wedges to the side.

Green Pesto Salmon in Lemon Butter Sauce

with Green Beans and Tomatoes

Simple, packed with flavour and delicious! Bon appetit!

helló chef

589 calories | 38 protein | 20 carbs | 42 fat

Low Carb | Calorie Smart

cook: 30 min

R2034-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2454 / 589
Fats (g)	41.5
of which saturated (g)	11.9
Carbohydrates (g)	20
of which sugars (g)	8.8
Fibers (g)	7
Proteins (g)	38.4
Salt (g)	0.9

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What You'll Need

Oven

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salmon	
Skin-on salmon fillet 6*	700 Grams
Green pesto 2*,4*	75 Grams
Black pepper	1 Tsp

To serve	
Green beans	500 Grams
Fresh basil	15 Grams
Olive oil	2 Tbsp
Butter 4*	50 Grams
Cherry tomatoes	300 Grams
Vegetable stock cube 15*	1 Piece
Water	300 ML
Salt	1 Tsp
Black pepper	1 Tsp
Lemon	1 Piece

Allergens: *6 Fish, *2 Tree Nuts, *4 Milk, *15 Celery

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1. Cook salmon

Preheat the oven to 200°C/180°C fan. Portion the **salmon**. Place the **salmon** on a baking tray. Using a sharp knife, make an incision along each **fillet**, without cutting all the way down to the skin. With a spoon, fill the incisions with the **pesto**. Season with **black pepper** and bake for 12-15 min, or until cooked through.



2. Prep

Meanwhile, trim the **green beans**. Pick and roughly chop the **basil** leaves.



3. Make sauce

Heat a pan over a medium heat with a drizzle of **olive oil**, the **butter** and the **cherry tomatoes**. Cook for 4 min or until the **butter** begins to brown. Meanwhile, boil the **measured water** and dissolve the 1 **stock cube** in it. After 4 min, add the **stock** and cook for 3 min further or until the sauce begins to thicken.



4. Boil green beans

Meanwhile, cook the **green beans** in a pot of salted boiling water for 3-4 min or until tender. Drain once cooked.



5. Finish sauce

Add the drained **green beans** and the **fresh basil** leaves to the **sauce** and toss. Season with **salt** and **pepper** to taste. Remove the pan from the heat and add 2 Tbsp of **lemon** juice.



6. Serve

Serve the **pesto salmon** with the **green beans**, **tomatoes** and **lemon butter sauce** to the side.

Kimchi Salmon Traybake

with Tenderstem Broccoli Jasmine rice

-

hellofresh

772 calories | 47 protein | 91 carbs | 29 fat

Calorie Smart

cook: 30 min

R4339-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3232 / 772
Fats (g)	29.3
of which saturated (g)	5.6
Carbohydrates (g)	91
of which sugars (g)	12.9
Fibers (g)	6.3
Proteins (g)	46.5
Salt (g)	3.6

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Bake	
Skin-on salmon fillet 6*	700 Grams
Kimchi 6*,7*	300 Grams
Dark soy sauce 9*,10*,11*	40 ML
Sweet soy sauce 9*,10*,11*,14*	40 ML
Tenderstem broccoli	300 Grams
Spring onion	120 Grams

Rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	700 ML

To serve	
Sesame seeds 3*	10 Grams
Black sesame seeds 3*	5 Grams

Allergens: *6 Fish, *7 Crustaceans, *9 Soya, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *3 Sesame Seeds

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1. Cook rice

Preheat oven to 200C fan.



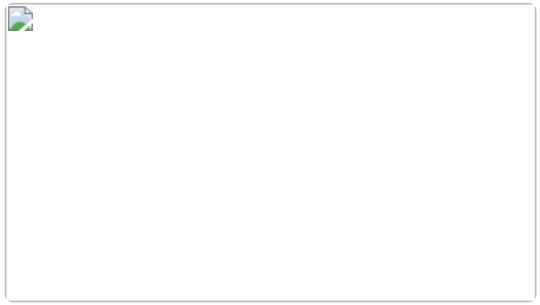
2. Make marinade

Place half of the **kimchi** and **soy sauces** in a blender. Blend to create the marinade.



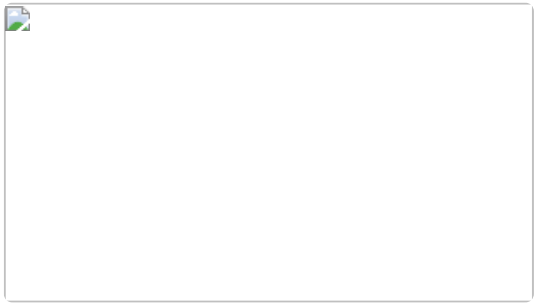
3. Prep

Trim **broccoli**. Cut the **spring onions** into thirds.



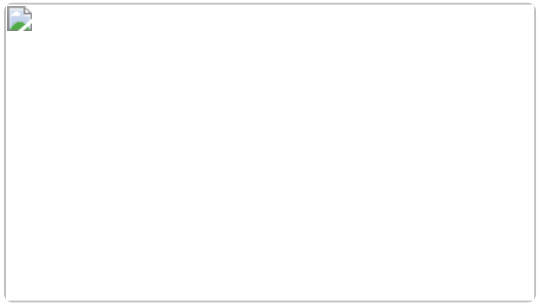
4. Assemble tray

Place the **salmon**, skin side down into an oven-proof baking dish. Cover with the marinade. Nestle in the **broccoli** and **spring onions**. Drizzle with oil and sprinkle with the **sesame seeds**.



5. Bake

Bake for 10-12 min.



6. Serve

Keralan Paneer Curry

with Basmati Rice and Green Beans

Busy weeknights call for hearty and wholesome curries like this.

hello chef

929 calories | 38 protein | 104 carbs | 47 fat

Family Friendly

cook: 30 min

R3814-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3888 / 929
Fats (g)	46.8
of which saturated (g)	28.1
Carbohydrates (g)	104
of which sugars (g)	11.4
Fibers (g)	10.6
Proteins (g)	38.2
Salt (g)	2.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Red onion	2 Piece
Tomatoes	2 Piece
Small green chilli	2 Piece
Green beans	500 Grams
Paneer 4*	500 Grams
Vegetable oil	2 Tbsp
Ginger garlic paste	40 Grams
Turmeric powder	4 Grams
Coriander cumin powder	8 Grams
Coconut milk	400 ML
Water	200 ML
Vegetable stock cube 15*	1 Piece
Curry leaves	12 Grams
Coconut sugar	20 Grams
Tamarind paste	30 Grams

Basmati rice	
Basmati rice	300 Grams
Salt	1 Tsp
Water	600 ML

To serve	
Lime	2 Piece
Fresh coriander	15 Grams

Allergens: *4 Milk, *15 Celery

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1. Boil rice

- Rinse the **rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from the heat.
- Keep covered until serving.



2. Prep

- Meanwhile, peel and finely slice the **red onion**.
- Roughly chop the **tomatoes**.
- Finely chop the **green chilli**.
- Trim the **green beans** and chop them in half.
- Chop the **paneer** into bite-sized cubes.

Tip! Sensitive to spice? Carefully remove the seeds of the green chilli, if you prefer a milder flavour.



3. Fry

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion**.
- Fry for 5 min until softened.
- Add the **ginger garlic paste**, **tomatoes**, **turmeric**, **coriander cumin powder** and **green chilli (spicy!)**.
- Fry for 2 min further.

Tip! Sensitive to spice? Go easy on the green chilli.



4. Simmer

- Add the **coconut milk**, **measured water**, 1 **vegetable stock cube** and **paneer**.
- Reduce the heat to medium.
- Simmer, stirring occasionally, for 10 min or until slightly thickened.



5. Finish

- Meanwhile, strip the **curry leaves**.
- Discard the stems.
- After 10 min, add the **coconut sugar**, **tamarind**, **green beans** and **curry leaves** to the **sauce**.
- Mix well.
- Simmer for final 3-4 min or until the **green beans** are tender.

Tip! If the sauce gets too thick, add a splash of water.



6. Serve

- Meanwhile, slice the **lime** into wedges.
- Pick and finely chop the **coriander leaves**.
- Serve the **Keralan Paneer Curry** with **Basmati Rice** and **Green Beans** alongside.
- Garnish with the **lime wedges** and **coriander leaves**.

Herb Roasted Chicken Thighs

with Parmesan Sweet Potato Fries and Sour Cream

Perfect summer time supper!

hellochef

796 calories | 73 protein | 73 carbs | 24 fat

Low Carb

cook: 45 min

R3680-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3328 / 796
Fats (g)	23.8
of which saturated (g)	6.6
Carbohydrates (g)	73
of which sugars (g)	15.6
Fibers (g)	12.4
Proteins (g)	73.4
Salt (g)	1.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Skin-on, bone-in chicken thighs	1200 Grams
Fresh parsley	30 Grams
Fresh coriander	30 Grams
Garlic cloves	6 Piece
Dried thyme	4 Grams
Lemon	2 Piece
Olive oil	4 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Fries	
Sweet potatoes	1200 Grams
Vegetable oil	2 Tbsp
Garlic powder	8 Grams
Salt	1 Tsp
Grated Parmesan 4*,5*	60 Grams

To serve	
Sour cream 4*	120 Grams

Allergens: *4 Milk, *5 Eggs

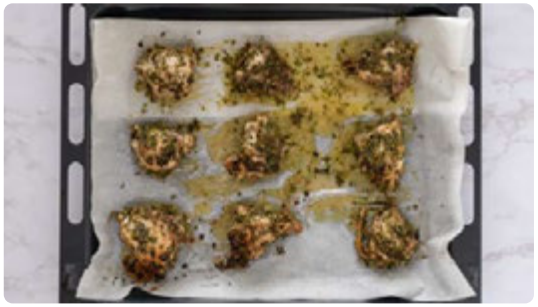
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1. Marinate chicken

Preheat the oven to 200°C/180°C fan. Finely chop the **parsley** and **coriander** (stems included). Peel and mince the **garlic**. In a large bowl, mix together the **parsley**, **coriander**, **dried thyme**, **garlic**, a generous squeeze of **lemon**, the **olive oil**, **salt** and **pepper**. Add the **chicken thighs** and turn until fully coated.

Tip! Marinate the chicken up to 24 hours in advance. Make sure to season the chicken generously with salt.



2. Roast chicken

Add the **chicken thighs** skin side up to a lined baking tray. Roast for 30-35 min or until the **chicken** is cooked through.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready!



3. Roast fries

Meanwhile, slice the **sweet potatoes** (skins on) into **fries**. Add the **fries** to a large baking tray with a drizzle of **vegetable oil**, **garlic powder** and **salt**. Toss the **fries** in the **oil** until they are fully coated. Roast for 30 min or until golden and crisp.



4. Serve

Once the **fries** are golden and crisp, top them with the **grated Parmesan**. Divide the **herbed chicken** among plates and serve the **fries**, **sour cream** and any remaining **lemon** to the side.

Smash Beef and Cheddar Tacos

with Mac Sauce and Toppings

Your classic burger meets a taco in this delicious trending recipe we couldn't get enough of!

957 calories | 53 protein | 62 carbs | 55 fat

Family Friendly

cook: 30 min

R4145-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4005 / 957
Fats (g)	55.2
of which saturated (g)	17.4
Carbohydrates (g)	62
of which sugars (g)	8.9
Fibers (g)	4.4
Proteins (g)	53.2
Salt (g)	4.1

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Tacos	
Lean beef mince	700 Grams
Fajita seasoning	20 Grams
Garlic onion powder	8 Grams
Grated cheddar 4*	120 Grams
Salt	1 Tsp
Black pepper	0.5 Tsp
6" tortilla wraps 10*,11*	12 Piece
Vegetable oil	1 Tbsp

Mac Sauce	
Gherkins	60 Grams
Mayonnaise 5*,9*,13*	100 Grams
Smoked paprika powder	4 Grams
Ketchup	16 Grams
Dijon mustard 13*	12 Grams

Toppings	
Iceberg lettuce	1 Piece
Tomatoes	3 Piece
Red onion	2 Piece

Allergens: *4 Milk, *10 Wheat, *11 Gluten, *5 Eggs, *9 Soya, *13 Mustard

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1. Make meatballs

- In a bowl, combine the **beef**, **fajita seasoning**, **garlic onion powder**, half the **grated cheddar** (reserving the rest as a topping), and a good pinch of **salt** and **pepper**.
- Using clean hands, form into 12 **meatballs**.



2. Form tortillas

- Place a **meatball** in the center of the **tortilla**.
- Using your fingers or a spoon, press the **beef** into the **tortilla** and spread the meat right towards the edges.
- Repeat until you have all the **tortillas** prepared.



3. Fry tacos

- Heat a large non-stick fry pan to medium heat with a small drizzle of **oil**.
- Once hot, add the **tortilla** to the pan, meat-side facing down.
- Fry for 2-3 min until the **beef** is crispy and cooked through.
- Using a spatula, slide under the **beef**, and flip the **tortilla** over.
- Cook for a few seconds until the **tortilla** is warmed through, then transfer to a board or plate.
- Repeat the steps until all **tortillas** are cooked through.

Tip! Use your largest pan to get through these faster!



4. Prep toppings

- Meanwhile, finely shred the **lettuce**.
- Slice the **tomatoes** into half moons.
- Peel and finely chop the **red onion**.
- Finely chop the **gherkins**.



5. Make Mac sauce

- In a bowl, combine the **gherkins**, **mayonnaise**, **smoked paprika**, **ketchup**, and **mustard**.
- Set the **Mac sauce** aside.



6. Serve

- Serve the **Smash Beef and Cheddar Tacos** with **Toppings** and a good dollop of **Mac Sauce**.
- Enjoy!

American Vegetable Pot Pie

with Cheddar Drop Biscuits

From the easy doughy biscuits to the creamy veggie filling, this is a humble and classic dinner the family will love that's worth the wait!

hello chef

747 calories | 25 protein | 87 carbs | 35 fat

Family Friendly

cook: 60 min

R4311-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3110 / 747
Fats (g)	35.1
of which saturated (g)	25
Carbohydrates (g)	87
of which sugars (g)	13.1
Fibers (g)	6.9
Proteins (g)	25.2
Salt (g)	2.7

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Vegetables	
Mushroom	500 Grams
Carrot	2 Piece
Celery	2 Piece
White onion	1 Piece
Garlic cloves	3 Piece
Fresh thyme	10 Grams
Vegetable oil	2 Tbsp
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Dried rosemary	2 Grams
Plain flour 10*,11*	30 Grams
Vegetable stock cube 15*	2 Piece
Whole milk 4*	400 ML
Water	350 ML
Green peas	200 Grams

Drop Biscuits	
Butter 4*	100 Grams
Plain flour 10*,11*	280 Grams
Baking powder	10 Grams
Salt	0.5 Tsp
Grated cheddar 4*	120 Grams
Water	200 ML

Allergens: *10 Wheat, *11 Gluten, *15 Celery, *4 Milk

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1. Prep

Place the block of **butter** in the freezer to solidify (You'll need cold **butter** in step 3 to make the **biscuits**). Preheat the oven to 220°C/200°C. Clean the **mushrooms** with a damp cloth and chop into bite-sized pieces. Peel and finely chop the **carrots**, **celery**, **onions** and **garlic**. Strip the **thyme leaves**.

Tip! Frozen butter makes flakier and softer biscuit dough!



2. Cook

Heat a large pot over medium high heat with a drizzle of **oil**. Add the **onions**, **carrots**, **celery**, and **garlic** with a pinch of **rosemary**, **salt** and **pepper**. Fry for 3-5 min until softened. Add the **mushroom** and half the **thyme** (reserving the rest for the **biscuits**). Fry the **mushrooms** for 2-3 min then add the 30 g **flour** and **stock cube** and fry for 1 min until coated. Add the **milk**, and the **measured water**, and bring to a boil. Cook for 2-3 min until the mixture has slightly thickened, then stir in the **peas**. Set aside.



3. Make biscuit batter

In a large bowl, mix together the large bag of **flour**, **baking powder**, remaining **fresh thyme**, and a pinch of **salt**. Remove the **butter** from the freezer, unwrap, and chop or grate into small pieces. Add the frozen **butter** into the **flour**. Using a fork, or the tips of your fingers, rub the **butter** into the **flour** until it resembles a sandy texture. Mix in half of the **grated cheddar**. Gently pour in the **measured water**, and using a spatula, stir until just combined.

Tip! Do not over mix the batter. It is meant to be sticky and lumpy!



4. Scoop batter

Pour the **mushroom filling** into an ovenproof baking dish or casserole. Using a large oiled spoon, scoop 14 mounds of the **biscuit batter**, and drop on top of the **mushroom filling**. Top each **biscuit** with the remaining **grated cheddar**.

Tip! For the 4 ppl box, make sure you use a larger casserole dish to make room for the biscuits. Alternatively, use 2 baking dishes.



5. Bake pot pie

Bake the **mushroom pot pie** in the oven for 25-30 min until the **sauce** is bubbly, the **biscuits** are puffed up and golden, and the **cheese** has melted.



6. Serve

Divide the **mushroom pot pie** and **cheddar biscuits** amongst bowls and serve immediately.

Creamy Vegan Tomato Risotto

with Hazelnut Gremolata

This creamy dish is brightened up with fresh tomatoes and a zingy gremolata.

763 calories | 23 protein | 115 carbs | 20 fat

cook: 30 min

R2598-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3194 / 763
Fats (g)	19.5
of which saturated (g)	6.7
Carbohydrates (g)	115
of which sugars (g)	14.6
Fibers (g)	11.6
Proteins (g)	23.1
Salt (g)	3

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What You'll Need

- Food processor

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Risotto	
Shallots	2 Piece
Garlic cloves	2 Piece
Cherry tomatoes	500 Grams
Water	1200 ML
Vegetable stock cube 15*	2 Piece
Tomato passata	400 Grams
Olive oil	4 Tbsp
Arborio rice	320 Grams
Cashew cream cheeze 2*	220 Grams
Black pepper	0.5 Tsp

Gremolata	
Hazelnuts 2*	80 Grams
Fresh parsley	30 Grams
Lemon	1 Piece
Olive oil	8 Tbsp
Salt	0.5 Tsp

Allergens: *15 Celery, *2 Tree Nuts

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1. Prep

Peel and chop the **shallots** and **garlic**. Boil the **measured water** and dissolve the 2 **vegetable stock cube** in it. Add the **tomato passata** and stir well - this is your **tomato stock**.



2. Make gremolata

Add the **hazelnuts** to a food processor. Chop the **parsley**. Wash the **lemon** thoroughly and grate its zest with a fine blade, taking care to avoid its bitter white pith. Add the **parsley**, 1 tsp of grated **lemon** zest and 2 Tbsp of **lemon** juice, the **olive oil** and the **salt**. Blitz until you are left with a coarse paste. Set aside.

Tip! For a touch of heat, add a pinch of chilli flakes to your gremolata.



3. Start risotto

Heat a large pan over a medium heat with a drizzle of **olive oil**. Add the **shallots** with a pinch of **salt** and fry for 3 min or until softened. Add the **Arborio rice** and **garlic** and cook for 1 min further, stirring to coat the grains in the **oil**.



4. Simmer

Add the **tomatoes** and 1/4 of the **stock** and stir continuously until it has absorbed. Continue to add the **stock**, a little at a time for 20 min or until all the **stock** is absorbed and the **rice** is cooked through.



5. Finish risotto

Once all the **stock** is absorbed, add the vegan **cream cheeze**. Cook for 2 min further or until the **rice** grains are softened but still 'al dente'. Season with **black pepper**.



6. Serve

Divide the **risotto** among plates and top with the **hazelnut gremolata**.

Korean Beef Bulgogi

and Sesame Jasmine Rice

Bulgogi meat is typically juicy and aromatic, not too spicy!

hellochef

725 calories | 56 protein | 97 carbs | 17 fat

Tips for Kids

cook: 35 min

R3899-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3035 / 725
Fats (g)	17.2
of which saturated (g)	4.8
Carbohydrates (g)	97
of which sugars (g)	10.9
Fibers (g)	6.2
Proteins (g)	55.8
Salt (g)	2.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Bulgogi	
Steak strips	700 Grams
Gochujang 9*	60 Grams
Soy sauce 9*,10*,11*	40 ML
Brown sugar	10 Grams
Rice vinegar	30 ML
Corn starch	20 Grams
Water	200 ML
Vegetable oil	2 Tbsp
Salt	1 Tsp

Veggies	
Carrot	2 Piece
Small zucchini	4 Piece
Spring onion	80 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	700 ML
Sesame oil 3*,9*	30 ML

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Make bulgogi sauce

- Add the **gochujang paste (spicy!)**, **soy sauce**, **brown sugar**, **rice vinegar**, **corn starch** and the **measured water** to a bowl or jug.
- Set the **bulgogi sauce** aside.

Tip! If cooking for kids, add the gochujang paste in step 5, reserve a portion of the mild bulgogi sauce before adding the gochuchang.



2. Boil rice

- Rinse and drain the **rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid. Bring to a boil over high heat.
- Once boiling, lower the heat and cover.
- Cook for 12-14 min or until the water is absorbed and the **rice** is tender.
- Remove from the heat and keep covered until serving.Once cooked, remove from the heat.



3. Prep veg

- Meanwhile, peel and chop the **carrots** into matchsticks.
- Slice the **zucchini** into thin sticks.
- Trim and finely slice the **spring onion**.



4. Fry beef

- Heat a large non-stick pan over high heat with a drizzle of **oil**.
- Once the pan is very hot, add the **steak strips** with a pinch of **salt**.
- Fry for 5 min or until well browned.
- Reduce the heat to medium. Add a generous splash of **water** and cover with a lid.
- Cook for 5 min further or until the **steak strips** are tender.
- Transfer the **strips** to a plate. Reserve the pan.

Tip! Fry the steak strips in batches if cooking for 3 or 4 people.



5. Fry veg

- Return the reserved pan to medium-high heat with another drizzle of **oil**.
- Fry the **carrots** and **zucchini** with a pinch of **salt** for 5 min.
- Reduce the heat to medium.
- Add the **bulgogi sauce**, and **steak strips**.
- Fry, stirring, for 1 min further or until the **sauce** thickens.

Tip! If cooking for kids, reserve a portion of the steak strips, carrots and zucchini before adding the sauce and keep them plain.



6. Serve

- Meanwhile, once the **rice** is cooked, add the **sesame oil** and stir through.
- Serve the **Korean Beef Bulgogi** with warm **Sesame Jasmine Rice**.
- Garnish with **spring onion**.

Tip! If cooking for kids, serve the plain steak strips, carrots, zucchini and sesame rice separately. Serve the bulgogi sauce and spring onion as 'sprinkles' to the side.

Chicken Meatballs in Pepper and Tomato Sauce

with Creamy Orzo

A different (but equally delicious) take on a meatball pasta! Orzo, also known as risoni, is a form of short-cut pasta, shaped like a large grain of rice.

hellochef

912 calories | 62 protein | 83 carbs | 35 fat

Tips for Kids | Quick Prep

prep: 5 min | cook: 30 min | R4052-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3814 / 912
Fats (g)	34.5
of which saturated (g)	13.8
Carbohydrates (g)	83
of which sugars (g)	12.2
Fibers (g)	6.7
Proteins (g)	61.9
Salt (g)	4.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meatballs	
Chicken mince	600 Grams
Fresh chives	15 Grams
Garlic onion powder	4 Grams
Salt	1 Tsp
Olive oil	2 Tbsp

Sauce	
Red pepper	2 Piece
Olive oil	2 Tbsp
Tomato passata	500 Grams
Water	50 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Capers	30 Grams

Orzo	
Orzo 9*,10*,11*	500 Grams
Cream cheese 4*	160 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *10 Wheat, *11 Gluten

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1. Prep meatballs

- Chop the **chives**.
- In a large bowl, combine the **chicken mince**, half of the chopped **chives**, **garlic onion powder** and a pinch of **salt** with a drizzle of **oil**.
- With clean hands, knead until all the ingredients are fully combined.
- Divide the mixture into 20 pieces and shape each piece into a **meatball**.
- Reserve the rest of the **chives**.
- Deseed and chop the **red pepper** into small chunks.

Tip! If cooking for kids, reserve some red pepper to serve as fresh bites.



2. Boil orzo

- Bring a large pot of salted water to a boil.
- Once boiling, add the **orzo**.
- Cook for 10-12 min or until it is al dente.
- Once cooked, reserve a cup of **cooking water**.
- Drain the **orzo**.



3. Fry meatballs

- Meanwhile, heat a large non-stick pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **chicken meatballs** (in batches).
- Fry for 2-3 min or until lightly browned all over.



4. Add and simmer

- Add the **peppers** to the pan.
- Fry for 2 min.
- Add the **tomato passata**, **measured water**, 1 **chicken stock cube** and the **capers**.
- Simmer for 5-7 min or until the **sauce** has thickened.



5. Mix orzo

- Add the **cream cheese** and the reserved **chopped chives** to the drained, hot **orzo**, and stir to combine.
- Add a splash of the reserved **pasta cooking water** to achieve your desired creamy pasta consistency.

Tip! If cooking for kids, reserve some orzo plain, without the cream cheese and/or chives.



6. Serve

- Serve the **Chicken Meatball in Pepper and Tomato Sauce** with the **Creamy Orzo**.

Tip! If cooking for kids, serve the meatballs without the sauce. Then add the reserved plain orzo separately. Serve the reserved fresh pepper on the side.

Chicken Taquitos

with Avocado Cream

A taquito is a Mexican food that consists of a stuffed, rolled up tortilla wrap which is most commonly deep-fried. For ease, ours are baked!

hellochef

1090 calories | 77 protein | 102 carbs | 51 fat

Family Friendly

cook: 35 min

R2663-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4560 / 1090
Fats (g)	51
of which saturated (g)	22.9
Carbohydrates (g)	102
of which sugars (g)	11.5
Fibers (g)	26.9
Proteins (g)	76.5
Salt (g)	4.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Pulled chicken	
Chicken breast	600 Grams
Red onion	2 Piece
Yellow pepper	2 Piece
Vegetable oil	2 Tbsp
Salt	2 Tsp
Chipotle powder	4 Grams
Cumin powder	4 Grams
Soy sauce 9*,10*,11*	40 ML
Tomato paste	70 Grams
Water	160 ML
Grated cheddar 4*	120 Grams
Wholewheat tortilla wraps 10*,11*	8 Piece

Toppings	
Avocado	2 Piece
Lime	4 Piece
Sour cream 4*	120 Grams
Salt	1 Tsp
Tomatoes	2 Piece

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *4 Milk

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1. Prep vegetables

Preheat the oven to 200°C/180°C. Peel and finely slice the **red onion**. De-seed and finely slice the **yellow pepper**.



2. Fry chicken and vegetables

Heat a non-stick pan over a medium heat with a drizzle of **vegetable oil**. Once hot, add the **chicken breast**, **pepper** and **onion** with a pinch of **salt** and cook for 5-6 min or until the **chicken** is golden.



3. Simmer

Once golden, reduce the heat to medium-low, add the **chipotle powder** (spicy!), **cumin powder**, **soy sauce**, **tomato paste** and **measured water** to the pan, cover with a lid and cook for 10 min further.



4. Pull chicken

Once the **chicken** is cooked, remove the pan from the heat and, using two forks, pull the **chicken** until it's fully shredded. Add the **grated** cheese to the pan and give everything a good mix up.



5. Roast taquitos

Divide the **chicken** mixture between the **tortilla wraps**. Roll the stuffed **tortilla wraps** up tightly and arrange them on an oiled baking tray, seam-side down. Drizzle generously with **vegetable oil** and roast in the oven for 15 min or until crisp – these are your **taquitos**.



6. Prep avocado cream

Meanwhile, cut the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin and add it to a food processor with the juice of the **limes**, the **sour cream** and a pinch of **salt**. Blitz until smooth. De-seed and chop the **tomato** finely. Drizzle the **avocado cream** over the **taquitos** and garnish with the **tomato**.

Red Thai Chicken Curry

with Eggplant and Mushroom

Rather than stewing the mushrooms and eggplant, you'll be roasting them. Browning them slowly in the oven adds extra umami!

hello chef

484 calories | 52 protein | 19 carbs | 21 fat

Low Carb | Calorie Smart

cook: 40 min

R2811-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2025 / 484
Fats (g)	21.1
of which saturated (g)	11.8
Carbohydrates (g)	19
of which sugars (g)	3.7
Fibers (g)	7.6
Proteins (g)	52.4
Salt (g)	5.5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Food processor

hello@hellochef.com

04-825-44-00

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Chicken breast	600 Grams
White enoki	200 Grams
Vegetable oil	4 Tbsp
Salt	1 Tsp
Sugar snap peas	200 Grams
Water	600 ML
Chicken stock cube 4*,5*,9*,15*	2 Piece
Lime leaves	3 Piece
Soy sauce 9*,10*,11*	20 ML
Coconut milk	400 ML
Lime	2 Piece

Paste	
Ginger garlic paste	20 Grams
Spring onion	80 Grams
Red curry paste 7*	40 Grams

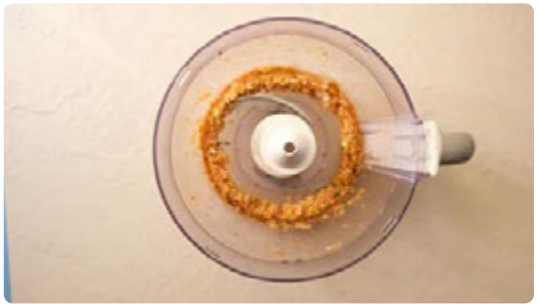
Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *10 Wheat, *11 Gluten, *7 Crustaceans

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1. Roast veg

- Preheat the oven to 200°C/180°C fan.
- Peel the eggplants in a stripey pattern, then chop them.
- Roughly chop the mushrooms.
- Place the eggplants and mushrooms on a baking tray, drizzle generously with **oil** and season with a pinch of **salt**.
- Roast for 25 min until tender and starting to brown.



2. Prep curry paste

- Meanwhile, peel and roughly chop the **ginger**.
- Peel and roughly chop the **garlic**.
- Trim and roughly chop the **spring onion**.
- Place the **garlic**, **ginger**, **spring onion** and **curry paste** (spicy!) in a food processor and blitz until smooth.
- Set the **curry paste** aside.

Tip! Use a spoon to peel the ginger.



3. Prep chicken

- Chop the **chicken** into bite-size pieces.
- Slice the **sugar snap peas** on the diagonal.



4. Fry chicken

- Heat a large pan or pot over a medium-high heat with a generous drizzle of **vegetable oil**.
- Once hot, add the **chicken**.
- Fry for 3 min until browned.
- Add the **curry paste** (made in step 2).
- Fry for 2 min further.



5. Simmer

- Reduce the heat to medium-low.
- Add the **measured water**, **stock cube**, **lime leaves**, **soy sauce** and sambal oelek (spicy!) to the pan.
- Simmer gently for 10-12 min.



6. Finish

- Once ready, add the **coconut** cream, **sugar snap peas** and roasted eggplant and mushrooms.
- Simmer for 2 min further.
- Slice the **lime** into wedges.
- Finish the **curry** with a squeeze of **lime** juice.
- Serve the **Red Thai Chicken Curry with Eggplant and Mushroom**.
- Garnish with the remaining **lime** wedges.

Smoked Salmon Poke Bowl

with Edamame and Quinoa

Have a poke night! Smoked salmon, fresh vegetables and quinoa are brought together with a ginger and soy flavoured dressing.

512 calories | 41 protein | 73 carbs | 10 fat

Low Carb | Calorie Smart

cook: 30 min

R2603-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2141 / 512
Fats (g)	9.6
of which saturated (g)	1.4
Carbohydrates (g)	73
of which sugars (g)	14.3
Fibers (g)	11.3
Proteins (g)	40.5
Salt (g)	1.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Bowl	
Smoked Salmon Slices 6*	400 Grams
Edamame beans 9*	200 Grams
Cucumber	2 Piece
Carrot	2 Piece

Dressing	
Garlic cloves	2 Piece
Ginger	60 Grams
Lime	4 Piece
Soy sauce 9*,10*,11*	40 ML
Honey	30 Grams
Olive oil	2 Tbsp

Quinoa	
White quinoa	200 Grams
Water	400 ML
Salt	1 Tsp
Tomatoes	3 Piece
Spring onion	80 Grams

Garnish	
Large red chilli	2 Piece
Sesame seeds 3*	20 Grams

Allergens: *6 Fish, *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Cook quinoa

- Add the **quinoa** to a pot, cover with warm water and rinse.
- Drain in a fine sieve.
- Add the **measured water**, drained **quinoa** and a pinch of **salt** back to the pot and bring to a boil.
- Cover with a lid, reduce the heat to low and simmer for 20 min or until the liquid is absorbed and the **quinoa** is tender.

Tip! Rinsing quinoa with warm water before cooking increases its flavour by removing the bitter taste.



2. Prep dressing

- Meanwhile, peel and mince the **garlic**.
- Peel and finely grate the **ginger**.
- Juice the **limes** into a small bowl or jar.
- Add the **garlic**, **ginger**, **soy sauce**, **honey** and **olive oil** to the bowl.
- Whisk until fully combined - this is your **dressing**.

Tip! Why not use a spoon for peeling the ginger? A spoon easily shaves off the thinnest layer of skin possible.



3. Prep vegetables

- Rinse the **edamame**.
- Chop the **cucumber** into thin slices.
- Peel the **carrot**, then continue peeling until you are left with a pile of **carrot** ribbons.
- Roughly chop the ribbons.
- Finely slice the **red chilli**.
- Chop the **tomatoes** into small cubes.
- Trim and finely slice the **spring onion**.

Tip! Alternatively, chop the carrots into thin matchsticks, using a sharp chef's knife, or grate the carrots.



4. Prep bowls

- Toast the **sesame seeds** in a small pan over a medium-high heat until lightly browned.
- Transfer to a plate.
- Tear the **smoked salmon** into bite-size pieces.
- Mix the **tomatoes** and most of the **spring onion** (reserving some for garnish) with the cooked **quinoa**.

Tip! Toasting the sesame seeds enhances their flavour by bringing out their nutty aroma.



5. Serve

- Divide the **tomato** and **spring onion quinoa** among bowls and top with the **salmon**, **edamame**, **carrot** and **cucumber**.
- Drizzle with the **dressing**.
- Garnish with the sliced **red chilli (spicy!)**, the **toasted sesame seeds** and the reserved **spring onion**.

Mexican Red Bean Quesadillas

with Avocado and Corn Salsa

Simple and tasty, Mexican style!

hellóchef

1232 calories | 56 protein | 123 carbs | 52 fat

Tips for Kids

cook: 30 min

R2008-4



Nutritional information

	per serving*
Energy (kJ/kcal)	5150 / 1232
Fats (g)	52.2
of which saturated (g)	28
Carbohydrates (g)	123
of which sugars (g)	18.5
Fibers (g)	25
Proteins (g)	56.1
Salt (g)	3.8

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Potato masher

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Filling	
Red onion	2 Piece
Garlic cloves	4 Piece
Red kidney beans	480 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Taco seasoning	20 Grams
Tomato paste	70 Grams
Water	200 ML
Sour cream 4*	120 Grams
Black pepper	1 Tsp

Salsa	
Avocado	2 Piece
Cucumber	2 Piece
Cherry tomatoes	300 Grams
Fresh coriander	15 Grams
Sweet corn kernels	244 Grams
Lime	4 Piece

To serve	
8" tortilla wraps 10*,11*	8 Piece
Grated mozzarella 4*	300 Grams
Grated orange cheddar 4*	120 Grams
Vegetable oil	2 Tbsp

Allergens: *4 Milk, *10 Wheat, *11 Gluten

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1. Prep

- Peel and finely chop the **red onion**.
- Peel and mince the **garlic**.
- Drain and rinse the **kidney beans**.
- Heat a large pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **onion** with a pinch of **salt** and fry for 5 min.
- Add the **garlic**, **taco seasoning** and **tomato paste** and fry for 1 min further.



2. Simmer

- Add the **kidney beans** and the **measured water** to the pan.
- Cover with a lid and cook, stirring occasionally, for 7-10 min.
- After 7-10 min, using a potato masher, mash the **beans** until smooth.
- Fold in half of the **sour cream** (reserve the rest for serving).
- Season with **pepper** to taste.

Tip! If cooking for kids, set aside a portion of bean sauce before adding the sour cream and mashing the remaining.



3. Make salsa

- Meanwhile, halve the **avocado** and remove its stone.
- Scoop the **avocado** out of its skin and chop it into chunks.
- Chop the **cucumber**, **cherry tomatoes** and **coriander**.
- Drain the **sweet corn**.
- Add the lot to a large bowl with a squeeze of **lime** juice to taste and mix well.

Tip! If cooking for kids, set aside a portion of cucumber, cherry tomatoes, sweet corn and coriander to use as 'sprinkles' before combining the remaining.



4. Assemble

- Place half of the **tortilla wraps** onto a board.
- Sprinkle with half of the **grated cheeses**.
- Spread the **bean mash** over the top in an even layer.
- Sprinkle with the remaining **cheese**.
- Top with the remaining **tortilla wraps** and press down firmly - these are your **quesadillas**.

Tip! If cooking for kids, set aside a portion of grated cheese to use a sprinkles.



5. Fry

- Heat a separate large pan over a medium heat with a drizzle of **oil**.
- Once hot, add a **quesadilla** and cook for 2-3 min, pressing down with a spatula.
- Flip and cook for 2 min further.
- Repeat this process with the remaining **quesadillas**.

Tip! Nervous about flipping the quesadillas with a spatula? Cover the pan with a large plate, hold it firmly, flip the pan and slide the quesadilla back into the pan.



6. Serve

- Slice the **quesadillas** into triangles and serve them with the **avocado** and **corn salsa**, and the remaining **sour cream**.

Tip! If cooking for kids, serve the bean sauce, cucumber, cherry tomatoes, sweet corn and tortillas separately. Serve the sour cream, grated cheese and coriander as 'sprinkles' to the side.

Mexican Coriander Chicken Bowl

with Brown Rice

Did you know, brown and white rice are the same grain? White rice has simply had its bran layer and cereal germ removed.

hello chef

676 calories | 59 protein | 95 carbs | 11 fat

Global Eats

cook: 35 min

R3031-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2830 / 676
Fats (g)	10.7
of which saturated (g)	5.2
Carbohydrates (g)	95
of which sugars (g)	12.7
Fibers (g)	7
Proteins (g)	58.6
Salt (g)	3.3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Food processor

hello@hellochef.com
04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Garlic cloves	6 Piece
Spring onion	80 Grams
Large red chilli	2 Piece
Fresh coriander	60 Grams
Chicken stock cube 4*,5*,9*,15*	2 Piece
Coriander seeds	4 Grams
Chipotle powder	4 Grams
Cherry tomatoes	500 Grams
Olive oil	2 Tbsp

Sides	
Brown sugar	5 Grams
Salt	1 Tsp
Red vinegar	30 ML
Shallots	2 Piece
Brown rice	300 Grams
Sour cream 4*	120 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Prep

Peel the **garlic**. Trim and roughly chop the **spring onion**, **chilli** (spicy!) and **coriander** (stalks included). Reserve some **coriander** leaves for garnish.



2. Blitz

Place the **stock cube**, **coriander seeds**, **chipotle** (spicy!), **garlic**, **chilli** (spicy!), **fresh coriander**, **spring onion**, whole **cherry tomatoes** and a drizzle of **olive oil** in a food processor. Blitz for 1-2 min until smooth.

Tip! Can't handle the heat? Go easy on the chilli and chipotle!



3. Simmer

Add the blitzed paste to a pot and submerge the **chicken breasts** in it. Bring to a simmer over a medium-high heat. Once simmering, cover with a lid, reduce the heat to low and simmer for 25 min.

Tip! Simmer the chicken on a very low heat for up to 60 minutes! This will make it even easier to pull.



4. Pickle shallot

Meanwhile, in a small bowl, mix the **sugar** and **salt** with the **vinegar** until the **sugar** has dissolved. Peel and finely slice the **shallots**. Submerge the **shallots** in the **vinegar** and set aside to pickle.



5. Boil rice

Bring a large pan of salted water to a boil over a medium-high heat. Once boiling, add the **brown rice** and cook for 15-20 min or until tender. Drain once tender.



6. Pull chicken

After 30 min, remove the **chicken** pot from the heat and, using two forks, pull the **chicken** until it's fully shredded. Drain the **shallots**. Divide the **rice**, **chicken** and **sour cream** among bowls. Garnish with the pickled **shallots**.

Roasted Butternut Squash

with Beetroot and Pistachio Salad

Coated in a curry and orange dressing, this salad is packed with aromatic flavours!

hellóchef

543 calories | 18 protein | 89 carbs | 17 fat

Calorie Smart

cook: 40 min

R4157-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2277 / 543
Fats (g)	17.1
of which saturated (g)	6.5
Carbohydrates (g)	89
of which sugars (g)	40.2
Fibers (g)	16
Proteins (g)	18.3
Salt (g)	69.8

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Squash	
Butternut squash	1200 Grams
Olive oil	2 Tbsp
Coriander cumin powder	8 Grams
Honey	45 Grams
Vegetable seasoning 2*,10*,11*,13*	10 Grams
Black pepper	1 Tsp

Salad	
Carrot	2 Piece
Red radish	250 Grams
Cooked beetroot	400 Grams
Fresh mint	10 Grams
Peeled pistachios 2*	60 Grams
Crispy green lettuce mix	200 Grams
Feta cheese 4*	200 Grams

Dressing	
Garlic cloves	4 Piece
Orange	2 Piece
Olive oil	4 Tbsp
Dijon mustard 13*	12 Grams
Curry powder	4 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *2 Tree Nuts, *10 Wheat, *11 Gluten, *13 Mustard, *4 Milk

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1. Prep

Preheat oven to 220°C/200°C fan. Peel, deseed and cut the **squash** into wedges. Score along one side of each wedge. In a small bowl, combine a generous drizzle of **olive oil**, **coriander cumin powder**, **honey**, **vegetable seasoning** and **black pepper**. Mix well and set aside. This is now your **glaze**.



2. Roast squash

Add the **squash** wedges to a lined baking tray. Drizzle over the **glaze** and roast in the oven for 20-25 min, or until tender.



3. Prep salad

Peel off the **carrot** skin and then using the peeler create **carrot** ribbons. Trim and finely slice the **radish** into thin rounds. Drain and rinse the **beetroot**. Pick the **mint**. Heat a small pan over a medium heat. Once hot, add the **pistachios** to the dry pan and toast for 1-2 min until slightly browned. Once toasted, remove from the heat and set aside.



4. Make salad dressing

Peel and finely chop the **garlic**. Cut the **orange** in half. In a small bowl, squeeze in the juice of the **orange** and combine with the **olive oil**, **garlic**, **dijon mustard**, **curry powder** and mix well. Season with **salt** and **pepper** to taste.

Tip! For an extra burst of citrus, zest the orange before juicing and add the zest to the dressing.



5. Mix salad

In a large bowl, add the **lettuce**, **carrot**, **radish**, **beetroot** and **mint**. Drizzle over the **dressing** and toss to coat. Sprinkle over the toasted **pistachios** (saving some of the leaves for garnish) and crumbled **feta** (saving some for garnish).

Tip! Dress the salad just before serving to prevent it going soggy.



6. Serve

Divide the **salad** amongst plates. Place the **squash** on top. Crumble over the remaining **feta** and **mint**.

Creamy Tuscan Salmon
with Green Beans

Simple and so enjoyable!

hello chef

519 calories | 50 protein | 18 carbs | 28 fat

Low Carb | Calorie Smart

cook: 30 min

R2816-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2167 / 519
Fats (g)	27.9
of which saturated (g)	14.8
Carbohydrates (g)	18
of which sugars (g)	8.7
Fibers (g)	5.6
Proteins (g)	50.2
Salt (g)	4.1

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What You'll Need

- Box grater

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salmon	
Skinless salmon fillet *6*	700 Grams
Garlic cloves	4 Piece
Cherry tomatoes	300 Grams
Baby spinach	125 Grams
Fresh basil	30 Grams
Fresh parsley	30 Grams
Parmesan *4*	60 Grams
Water	300 ML
Chicken stock cube *4*,*5*,*9*,*15*	1 Piece
Olive oil	4 Tbsp
Salt	1 Tsp
Cooking cream *4*	200 ML
Black pepper	1 Tsp

To serve	
Green beans	500 Grams
Salt	1 Tsp

Allergens: *6 Fish, *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Prep vegetables

- Peel and mince the **garlic**.
- Chop the **fresh basil** and **parsley** leaves.
- Grate the **Parmesan**.



2. Fry salmon

- Portion the **salmon**.
- Heat a pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **salmon**.
- Fry for 2-3 min on each side until nicely browned on the surface.
- The **salmon** doesn't need to be cooked through at this point.
- Remove the **salmon** from the pan and set it aside.
- Season with **salt**.



3. Make sauce

- Return the pan to a medium heat with another drizzle of **oil**.
- Add the **garlic**, **cherry tomatoes**, **measured water** and 1 **chicken stock cube**.
- Cover with a lid, reduce the heat to low.
- Simmer for 10 min until the **tomatoes** start to break.



4. Boil beans

- Meanwhile, wash and trim the **green beans**.
- Cook the **green beans** in a pot of salted boiling water for 3-4 min or until tender.
- Drain once cooked.



5. Finish sauce

- Add the **spinach**, **basil**, **parsley**, 200ml **cooking cream** and **black pepper** to the pan.
- Bring to a simmer.
- Return the **salmon** to the pan.
- Simmer for 3-4 min further until the **salmon** is cooked and the sauce has thickened nicely.
- Finally fold in the grated **Parmesan**.



6. Serve

- Serve the **Creamy Tuscan Salmon** with the **Green Beans** to the side.

Shawarma Spiced Chicken Skewers

with Feta Chickpea Cauli Salad

Finely chopped cauliflower makes an excellent alternative to grains, making this meal light, fresh, and packed with nutrition.

hello chef

602 calories | 65 protein | 62 carbs | 12 fat

Low Carb | Calorie Smart

cook: 35 min

R4024-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2518 / 602
Fats (g)	12.3
of which saturated (g)	5.1
Carbohydrates (g)	62
of which sugars (g)	16.3
Fibers (g)	14
Proteins (g)	65.1
Salt (g)	3.8

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What You'll Need

- Box grater
- Food processor

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken Shawarma	
Chicken breast	800 Grams
Bamboo skewers	12 Piece
Garlic cloves	2 Piece
Natural yogurt 4*	340 Grams
Olive oil	1 Tbsp
Allspice powder	4 Grams
Turmeric powder	4 Grams
Coriander cumin powder	8 Grams
Smoked paprika powder	4 Grams
Dried thyme	2 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Red pepper	2 Piece

Salad	
Cauliflower	300 Grams
Lemon	2 Piece
Chickpeas	480 Grams
Spring onion	80 Grams
Tomatoes	2 Piece
Cucumber	2 Piece
Fresh mint	20 Grams
Fresh parsley	30 Grams
Olive oil	2 Tbsp
Salt	0.5 Tsp
Black pepper	1 Tsp
Feta cheese 4*	100 Grams

Allergens: *4 Milk

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1. Marinate chicken

- Preheat the oven to 220°C/200°C grill.
- Soak the **bamboo skewers** in water.
- Peel and finely chop the **garlic**.
- Slice the **lemon** in half.
- Chop the **chicken** into bite-sized pieces.
- In a large bowl, combine the **garlic**, half the **yogurt**, **olive oil**, **allspice**, **turmeric**, **coriander cumin powder**, **smoked paprika**, **thyme**, a pinch of **salt** and **pepper**.
- Add the **chicken** and a generous squeeze of **lemon** juice, (reserving the rest for the salad).
- Mix well and set aside to marinate.



2. Prep

- Meanwhile, drain and rinse the **chickpeas**.
- Trim and finely chop the **spring onion**.
- Slice and chop the **tomatoes** into small pieces.
- Slice the **cucumbers** in quarters, and chop into small pieces.
- Pick and finely chop the **mint** and **parsley** leaves.



3. Grill chicken

- Deseed and roughly chop the **red peppers**.
- Thread the marinated **chicken** and the **peppers** onto the **bamboo skewers**.
- Make sure to alternate between them.
- Transfer the **chicken skewers** to a lined baking tray with a drizzle of **oil**.
- Grill the **chicken skewers** for 12-14 min or until charred and cooked through.



4. Make cauli rice

- Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains.

Tip! Alternatively, use a knife to finely chop the cauliflower.



5. Make salad

- In a large bowl, combine the grated **cauliflower**, **chickpeas**, **spring onion**, **tomatoes**, **cucumbers**, **mint** and **parsley**.
- Add a drizzle of **olive oil**, the rest of the **lemon** juice, and a good pinch of **salt** and **pepper**.
- Crumble in the **feta cheese**.
- Mix well to combine.

Tip! Feel free to adjust the amount of cauliflower in the salad to your liking.



6. Serve

- Stir the remaining **yogurt** with a pinch of **salt** and **pepper**.
- Divide the **chicken skewers** evenly among plates and drizzle some **yogurt** on top.
- Serve with the **chickpea cauli salad** alongside.

Cheesy Beef Taco Baked Pasta

Classic flavours of a taco with pasta!

hellofresh

976 calories | 65 protein | 111 carbs | 32 fat

Family Friendly

cook: 20 min

R3906-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4084 / 976
Fats (g)	31.7
of which saturated (g)	16.9
Carbohydrates (g)	111
of which sugars (g)	9.1
Fibers (g)	11.7
Proteins (g)	64.5
Salt (g)	5.9

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Beef	
Lean beef mince	700 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Tomato paste	70 Grams
Water	200 ML
Taco seasoning	20 Grams
Garlic onion powder	8 Grams
Smoked paprika powder	4 Grams
Cumin powder	4 Grams
Tomato passata	500 Grams
Farfalle pasta [10*]	500 Grams
Yellow pepper	2 Piece
Beef stock cube [4*,5*,9*,11*,15*]	2 Piece
Tomatoes	2 Piece

Toppings	
Grated cheddar [4*]	120 Grams
Fresh coriander	15 Grams

Allergens: *10 Wheat, *4 Milk, *5 Eggs, *9 Soya, *11 Gluten, *15 Celery

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1. Boil pasta

Preheat the oven to 200°C/180°C fan. Bring a large pot of salted **water** to the boil. Once boiling, add the **pasta** and cook for 8-10 min until 'al dente' or cooked to your liking. Drain once cooked.

2. Prep

Meanwhile, peel and grate the carrots.

3. Fry beef

Heat a large non-stick pan over a medium heat with a drizzle of **oil**. Once hot, add the **beef mince** with a pinch of **salt** and fry for 5-7 min or until browned. Add the **grated** carrots **tomato paste**, **measured water**, **salt**, **taco seasoning**, **garlic onion powder**, **smoked paprika** and **cumin powder**. Fry for 1 min further.

4. Simmer sauce

Add the **tomato passata**, sweet corn and the **measured water** to the pan. Simmer covered for 5 min.

5. Bake

Toss the **pasta** and **taco beef** together. Transfer to a baking dish and top with the **cheddar**. Bake for 15 min or until the cheese browns evenly.

6. Serve

Meanwhile, finely chop the **coriander**. Let the **pasta** rest for 5 min before serving.

Indian Spiced Chicken Curry

with Pilau Cauliflower Rice and Raita

Enjoy this mildly spiced chicken curry over fragrant cauliflower rice served with a cooling raita.

599 calories | 61 protein | 40 carbs | 23 fat

Low Carb | Calorie Smart

cook: 30 min

R3427-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2494 / 599
Fats (g)	23.4
of which saturated (g)	14.5
Carbohydrates (g)	40
of which sugars (g)	21.9
Fibers (g)	8.5
Proteins (g)	60.5
Salt (g)	4

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What You'll Need

- Food processor

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Chicken breast	800 Grams
Garam masala	5 Grams
Ginger garlic paste	20 Grams
Curry powder	8 Grams
Chilli powder	2 Grams
Smoked paprika powder	4 Grams
Coriander cumin powder	8 Grams
Red onion	2 Piece
Tomatoes	2 Piece
Vegetable oil	2 Tbsp
Chicken stock cube 4*,5*,9*,15*	2 Piece
Tomato paste	70 Grams
Water	200 ML
Honey	30 Grams
Cooking cream 4*	200 ML

Pilau	
Cauliflower	800 Grams
Cardamom pods	4 Piece
Vegetable oil	2 Tbsp
Butter 4*	20 Grams
Dried bay leaves	1 Piece
Turmeric powder	4 Grams
Water	30 ML

Raita	
Natural yogurt 4*	340 Grams
Fresh coriander	15 Grams
Cucumber	2 Piece

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Marinate chicken

- In a bowl, combine 100g **yogurt** (reserve the rest) with the **garam masala**, **ginger garlic paste**, **curry powder**, a pinch of **chilli powder (spicy!)**, **smoked paprika** and the **coriander cumin powder**.
- Chop the **chicken** into bite-sized pieces.
- Add it to the bowl.
- Toss.
- Set aside.

Tip! Marinate the chicken up to 24 hours in advance.



2. Prep

- Peel and finely chop the **onion**.
- Roughly, chop the **tomatoes**.
- Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains.
- Crush the **cardamom** with the back of a knife.



3. Cook chicken

- Heat a non-stick pan over a medium heat with a drizzle of **vegetable oil**.
- Once hot, add the **onion** with a pinch of **salt**.
- Fry for 5 min.
- Add the **tomatoes**, **tomato paste** and **chicken** along with the **yogurt marinade**.
- Fry for 5 min.
- Add the **measured water**, crumbled **stock cube**, **honey** and **cream**.
- Simmer for 10 min.



4. Pilau rice

- Meanwhile, heat a second non-stick pan with a lid over a medium heat with a drizzle of **vegetable oil** and the **butter**.
- Once hot, add the **cardamom**, **bay leaves** and **turmeric**.
- Fry for 2 min.
- Add the **cauliflower** with a pinch of **salt** and a splash of **water**.
- Stir.
- Cook, covered, for 5 min or until the **cauliflower** is tender.
- Set aside.



5. Raita

- Meanwhile, finely chop the **coriander** and grate the **cucumber**.
- In a bowl, combine the remaining **yogurt** and **coriander** with the **cucumber**.



6. Serve

- Serve the **Indian Spiced Chicken Curry** on **Pilau Cauliflower Rice** with the **Raita** alongside.

Samke Harra: Spicy Lebanese Seabream

with Tahini Sauce and Garlic Potatoes

Our take on a classic from the regions of Tripoli. Loosely translated to “Spicy Fish" in Arabic, this delicious dish typically involves a whole baked fish smothered in tahini sauce.

hellóchef

597 calories | 55 protein | 50 carbs | 23 fat

Calorie Smart

cook: 40 min

R4031-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2050 / 597
Fats (g)	22.9
of which saturated (g)	1.3
Carbohydrates (g)	50
of which sugars (g)	8.4
Fibers (g)	12.6
Proteins (g)	54.7
Salt (g)	0.3

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fish	
Seabream 6*	660 Grams
Salt	1 Tsp
Olive oil	1 Tbsp
Smoked paprika powder	4 Grams
Cumin powder	4 Grams
Black pepper	1 Tsp
Small red chilli	2 Piece
Almond flakes 1*,2*	60 Grams

Veggies	
Potatoes	900 Grams
Red pepper	2 Piece
Olive oil	1 Tbsp
Coriander powder	4 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Fresh coriander	30 Grams
Garlic cloves	2 Piece

Tahini sauce	
Lemon	2 Piece
Tahini 3*	80 Grams
Salt	0.5 Tsp
Water	60 ML
Cayenne powder	2 Grams
Garlic cloves	1 Piece

Allergens: *6 Fish, *1 Peanuts, *2 Tree Nuts, *3 Sesame Seeds

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1. Roast Veg

- Preheat the oven to 200°C/180°C fan.
- Chop the **potatoes** (skins on) into small bite-sized pieces.
- Deseed and roughly chop the **red pepper**.
- Add the **vegetables** on a lined baking tray with a drizzle of **oil**.
- Add the **coriander powder** and a pinch of **salt** and **pepper**.
- Mix well, and roast for 12-15 min until the **vegetables** are halfway cooked through.



4. Toast almond flakes

- Meanwhile, heat a small pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **almond flakes** and quickly fry until they start to turn golden brown.
- Spoon them out of the **oil** and drain onto a paper towel.

Tip! Keep a very close watch on the almonds as they can burn quickly!



2. Prep

- Meanwhile, pick and finely chop the **coriander** leaves.
- Peel and finely chop the **garlic**.
- Slice the **red chilli** into rounds.
- Cut the **lemon** in quarters.
- Rinse the **seabream** fillets over a sink and sprinkle generously with **salt** and squeeze a wedge of **lemon** juice over.
- Set on a plate to marinate for 1-2 min, then rinse under cold water and pat dry with kitchen paper.

Tip! Did you know that rinsing fish with either salt, citrus, or milk helps neutralise odours and produces a fresher, purer tasting fish?



5. Make Tahini Sauce

- In a bowl, combine the **tahini**, a generous squeeze of **lemon** juice, a good pinch of **salt**, some **garlic**, and 5 Tbsp of cold **water**.
- Mix until smooth.
- Season with a pinch of **cayenne (spicy!)**.

Tip! If the tahini sauce seizes or thickens up, just add a few more splashes of water (or lemon juice) and whisk well to loosen.



3. Roast fish

- In a small bowl, combine the **olive oil**, **smoked paprika**, **cumin powder** and a pinch of **salt** and **pepper**. Brush over the **seabream** fillets.
- After the **potatoes** and **peppers** have cooked halfway through, move them to the sides of the tray and place the **fish** in the centre.
- Roast for 10-12 min further until the **fish** is flakey and the **potatoes** are cooked through. Remove from the oven and mix the **fresh coriander**, **garlic**, and half the **red chilli (spicy!)** through the **vegetables**.

Tip! Not a fan of raw garlic? Leave it out.



6. Serve

- Divide the **seabream** and **roasted vegetables** onto plates.
- Pour the spicy **tahini sauce[b] over the [b]fish** and garnish with toasted **almond flakes**, **coriander**, and remaining **red chilli (spicy!)**.
- Serve the **lemon** wedges alongside.

Classic Prawn Noodle Stir-fry

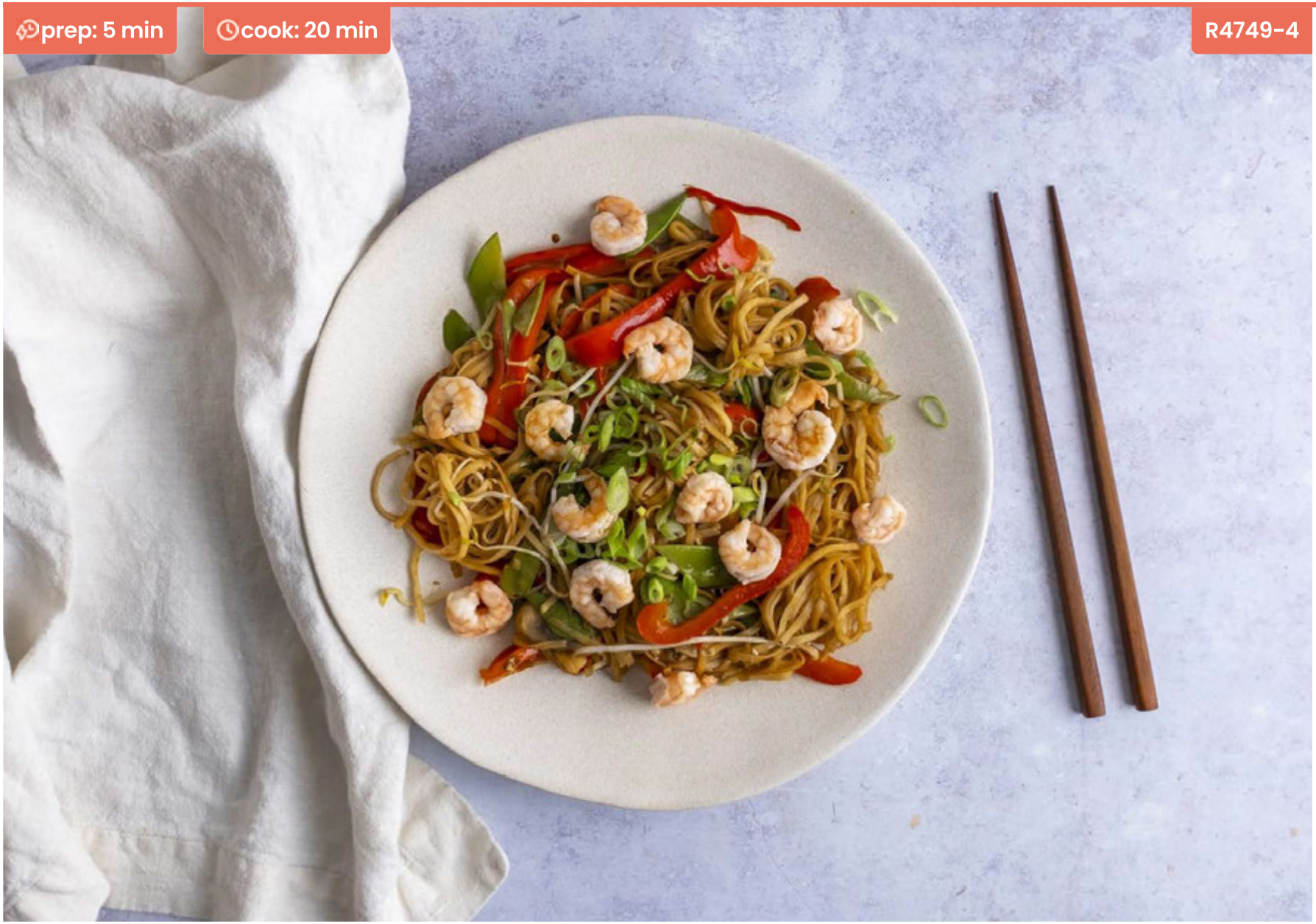
A takeaway classic that's on the table in no time!

hello chef

526 calories | 37 protein | 68 carbs | 12 fat

Family Friendly | Calorie Smart

prep: 5 min | cook: 20 min | R4749-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2199 / 526
Fats (g)	11.5
of which saturated (g)	2
Carbohydrates (g)	68
of which sugars (g)	22.5
Fibers (g)	6.3
Proteins (g)	36.7
Salt (g)	4.9

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stir-fry	
Prawns 7*	700 Grams
Egg noodles 5*,10*,11*	200 Grams
Snow peas	200 Grams
Red pepper	2 Piece
Spring onion	80 Grams
Large red chilli	2 Piece
Vegetable oil	2 Tbsp
Ginger garlic paste	30 Grams
Soy sauce 9*,10*,11*	60 ML
Rice vinegar	30 ML
Hoisin sauce 3*,9*,10*	90 Grams
Bean sprouts	100 Grams
Sweet soy sauce 9*,10*,11*,14*	30 ML
Sesame oil 3*,9*	30 ML

Allergens: *7 Crustaceans, *5 Eggs, *10 Wheat, *11 Gluten, *9 Soya, *3 Sesame Seeds, *14 Sulphur Dioxide

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1. Boil noodles

Bring a large pot of salted water to a boil. Add the **noodles** and cook for 5-6 min. Drain well and rinse under cold water to prevent the **noodles** from sticking together.



2. Prep

Meanwhile, trim and slice the **snow peas** into bite-sized pieces. Deseed and finely slice the **peppers**. Finely chop the **red chilli**. Trim and finely slice the **spring onion**.

> **Tip!** Sensitive to spice? Carefully remove the seeds of the red chilli, if you prefer a milder flavour.



3. Fry prawns

Heat a large non-stick pan over a high heat with a drizzle of **oil**. Fry the **prawns** and fry for 2-3 min until browned. Transfer the **prawns** to a plate and reserve the pan.



4. Fry veg

Return the reserved pan to a medium-high heat with another drizzle of **oil**. Once hot, add the **pepper** and **snow peas** and fry for 2-3 min. Add the **ginger garlic paste** and fry for 30 sec further.



5. Finish

Add the **soy sauce**, **rice vinegar**, **hoisin sauce**, **bean sprouts**, **noodles**, **prawns**, **sweet soy sauce** and the **red chilli** (spicy!) to the pan and fry for 2 min. Toss until everything is coated. Remove the pan from the heat and add the **sesame oil**. Toss.

> **Tip!** Sensitive to spice? Go easy on the red chilli.



6. Serve

Divide the **noodles** among bowls and garnish with the **spring onion**.

Mediterranean Style Vegetable Gnocchi

with Mozzarella and Basil

This is a quick prep recipe that is very easy to prep.

hellofresh

610 calories | 26 protein | 108 carbs | 9 fat

Quick Prep

prep: 5 min | cook: 45 min | R3998-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2578 / 610
Fats (g)	9
of which saturated (g)	4.7
Carbohydrates (g)	108
of which sugars (g)	16.8
Fibers (g)	14.5
Proteins (g)	25.6
Salt (g)	2.8

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pasta	
Eggplant	2 Piece
Small zucchini	4 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Cherry tomatoes	300 Grams
Gnocchi 4*,5*,9*,10*	1000 Grams
Black pepper	1 Tsp

Tomato sauce	
Olive oil	1 Tbsp
Tomato passata	500 Grams
Water	300 ML
Brown sugar	10 Grams
Vegetable stock cube 15*	2 Piece
Dried oregano	4 Grams
Garlic onion powder	8 Grams

Garnish	
Fresh basil	15 Grams
Grated mozzarella 4*	120 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *10 Wheat, *15 Celery

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1. Prep

Trim and chop the **eggplants** into small bite-sized pieces. Chop the **zucchini** into half moons. Pick and roughly chop the **basil** leaves.



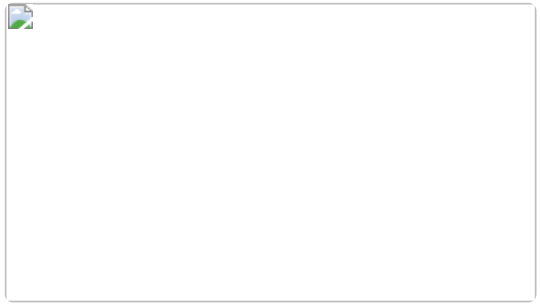
2. Fry vegetables

Heat a large non-stick pan over a medium-high heat with a drizzle of **olive oil**. Once hot, add the **eggplants** with a pinch of **salt** and fry for 5 min. Add the **zucchini** and fry for 3 min further. Transfer the **vegetables** to a plate and reserve the pan.



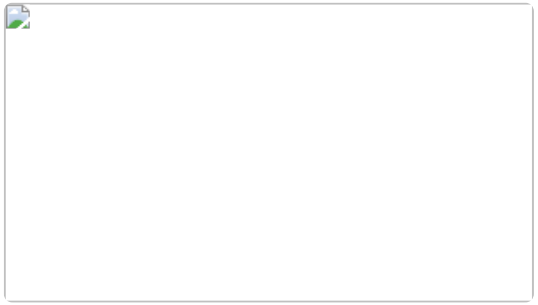
3. Simmer sauce

Meanwhile, heat a second large non-stick pan over a medium-high heat. Add the **tomato passata**, **measured water**, **brown sugar**, **stock cube**, **dried oregano**, **cherry tomatoes** and the **garlic onion powder**. Simmer, covered, for 8 min or until the **tomatoes** soften.



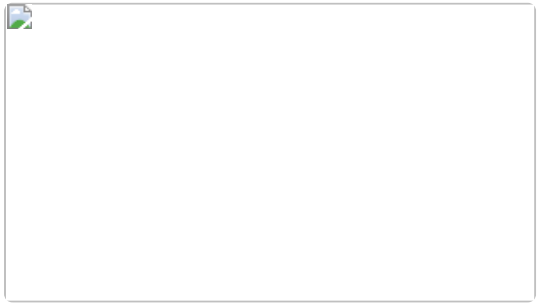
4. Fry gnocchi

Meanwhile, return the reserved pan to a medium-high heat with another drizzle of **olive oil**. Once hot, add the **gnocchi** and fry for 3 min or until golden and crisp on each side. Transfer the **gnocchi** to a separate plate.



5. Toss gnocchi

Once the **tomatoes** have softened, add the **vegetables** and **gnocchi** to the **tomato sauce** and simmer for 3 min further. Add a pinch of **black pepper** and half of the **basil**.



6. Serve

Divide the **gnocchi** amongst bowls. Top with the remaining **basil** and **grated mozzarella**.

Hoisin Chicken with Edamame Rice and Mixed Veg

-

-

hello chef

710 calories | 61 protein | 88 carbs | 13 fat

Tips for Kids | Family Friendly

cook: 30 min

R4682-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3029 / 710
Fats (g)	12.6
of which saturated (g)	2.4
Carbohydrates (g)	88
of which sugars (g)	14.6
Fibers (g)	5.9
Proteins (g)	60.5
Salt (g)	4.3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Hoisin sauce 3*,9*,10*	120 Grams
Garlic cloves	3 Piece
Spring onion	80 Grams
Sesame oil 3*,9*	30 ML

Rice	
Medium grain rice	300 Grams
Edamame beans 9*	200 Grams

Veg	
Soy sauce 9*,10*,11*	40 ML
Baby corn & mixed veg	400 Grams

Allergens: *3 Sesame Seeds, *9 Soya, *10 Wheat, *11 Gluten

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1. Cook rice



2. Prep

- Cut the **chicken** into bite-sized pieces.
- Finely slice the **spring onions**.
- Peel and finely chop the **garlic**.



3. Fry chicken



4. Fry veg

- Meanwhile,



5. Add sauce

- To the **chicken** pan add the **garlic**, **hoisin** and 100ml water.
- Add **spring onions**



6. Serve

Dukkah

–

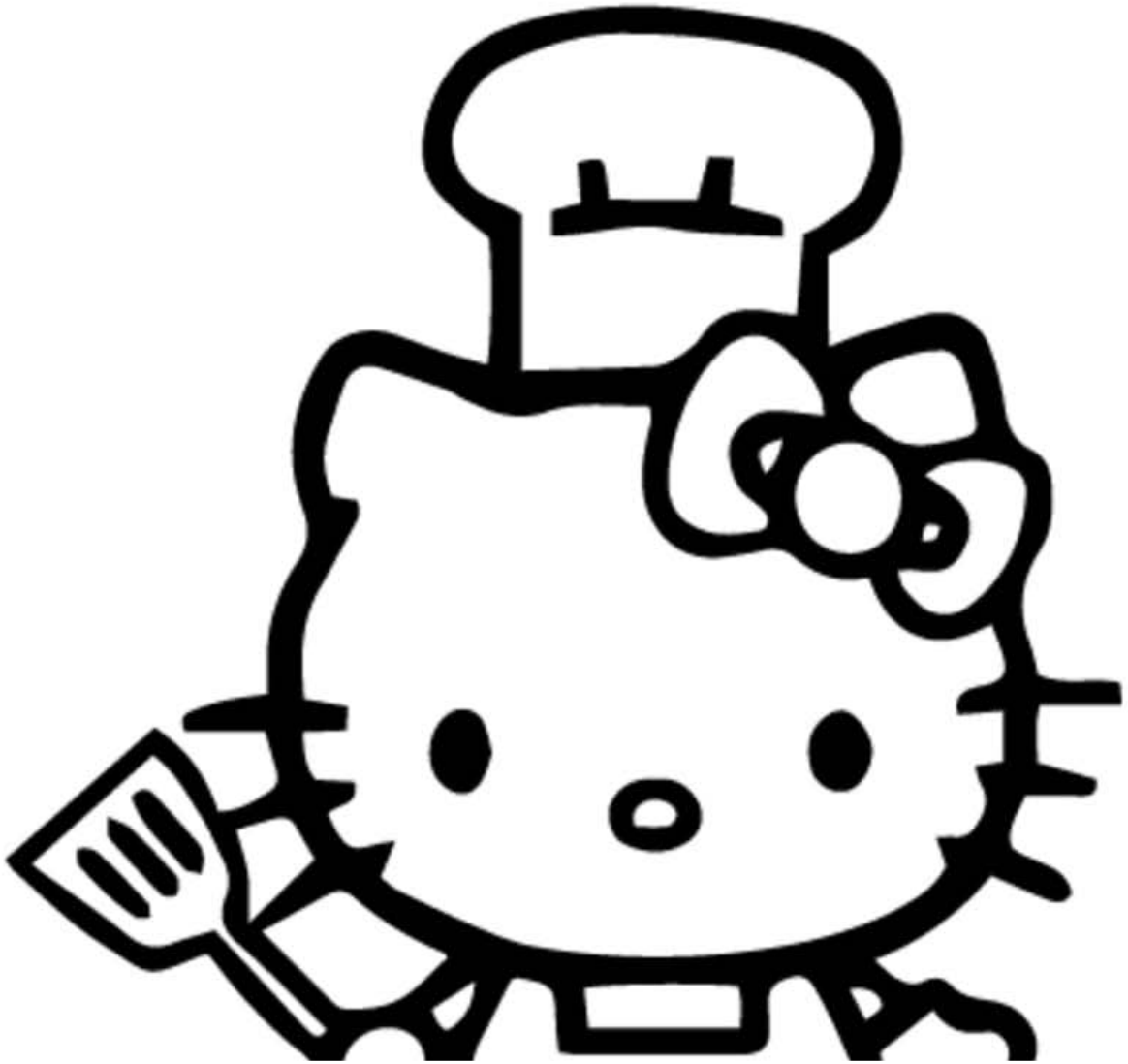
Dukkah is a crunchy and flavourful blend of nuts, seeds, and spices that hails from Egypt and the Middle East. A perfect topping in this festive salad.

hello chef

1723 calories | 57 protein | 97 carbs | 137 fat

cook: 40 min

R4377-4



Nutritional information

	per serving*
Energy (kJ/kcal)	7211 / 1723
Fats (g)	136.9
of which saturated (g)	12.8
Carbohydrates (g)	97
of which sugars (g)	15.3
Fibers (g)	40.8
Proteins (g)	56.8
Salt (g)	737.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Dukkah Spice	
Peeled pistachios [2*]	120 Grams
Arabic mix masala	4 Grams
Sesame seeds [3*]	15 Grams
Cumin seeds	12 Grams
Coriander seeds	12 Grams
Zaatar	60 Grams
Peeled pistachios [2*]	160 Grams
White almonds [2*]	320 Grams
Cardamom pods	32 Piece
Chilli flakes	8 Grams
Fennel seeds	4 Grams
Hazelnuts [2*]	160 Grams

veggies	
Potatoes	450 Grams

Allergens: *2 Tree Nuts, *3 Sesame Seeds

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1. -



2. Make dukkah

Meanwhile, heat a small frying pan to a medium high heat. Add the **pistachios**, **sesame seeds**, **cumin seeds**, and **coriander seeds**, and dry toast for 1-2 min until slightly smoky and fragrant. Add to pestle and mortar and lightly crush until you have a chunky mixture. Stir in the **zaatar**.

Tip! Don't have a pestle and mortar? Add the contents to a sandwich bag and lightly crush using a heavy object.



3. Roast potatoes



4. -



5. -



6. -

Amatriciana Chicken Thigh Traybake

with Tenderstem Broccoli

-

754 calories | 72 protein | 66 carbs | 23 fat

Family Friendly | Quick Prep

prep: 5 min | cook: 30 min | R3921-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3149 / 754
Fats (g)	22.8
of which saturated (g)	5.3
Carbohydrates (g)	66
of which sugars (g)	8.5
Fibers (g)	10.5
Proteins (g)	72.1
Salt (g)	2.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Skin-on, bone-in chicken thighs	900 Grams
Cherry tomatoes	300 Grams
Kalamata olives	80 Grams
Salt	1 Tsp
Smoked turkey bacon	120 Grams
New potatoes	1000 Grams
Garlic onion powder	8 Grams
Tomato paste	70 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp
Garlic powder	10 Grams

Tenderstem broccoli	
Tenderstem broccoli	300 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Dried thyme	4 Grams

Allergens:

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1. Prep

Preheat the oven to 200°C/180°C fan. Chop the **potatoes** into bite-sized pieces. Chop the **bacon** into bite-sized pieces. Peel and quarter the onions.



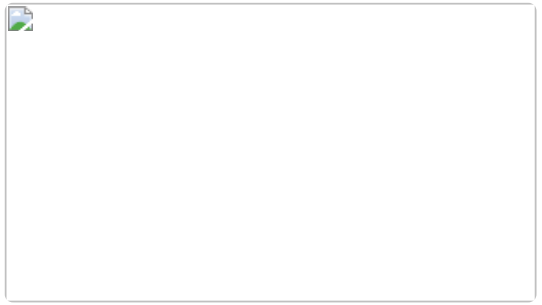
2. Make marinade

To a large baking dish add a drizzle of **oil**, the **tomato paste**, **garlic powder**, **dried thyme** and a generous pinch of **salt**.



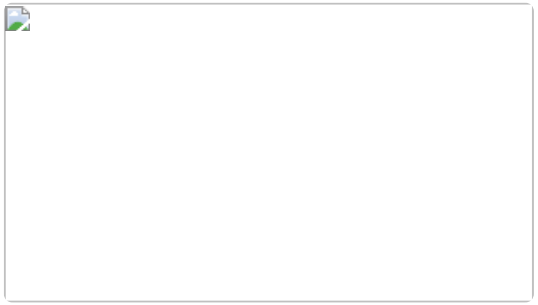
3. Bake

Add the **potatoes**, **bacon**, **onion**, **cherry tomato**, **olives** and **chicken** to the baking tray and mix until combined. Bake for 15 min or until the **potatoes** are tender and the **chicken** is cooked through.



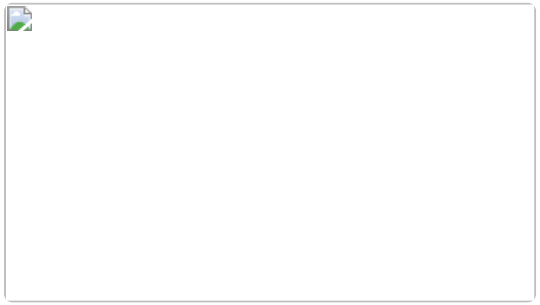
4. Prep tenderstem

Meanwhile, trim the **Tenderstem**.



5. Bake tenderstem

After 15 min, add the **Tenderstem** to the baking dish and bake for 15 min further.



6. Serve

Divide the **chicken** traybake among plates.

Smash Lamb and Feta Tacos

with Tzatziki Sauce and Toppings

Your classic Gyros meets a taco in this delicious trending recipe we couldn't get enough of!

hellofresh

937 calories | 62 protein | 74 carbs | 49 fat

Family Friendly

cook: 30 min

R4552-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3918 / 937
Fats (g)	49.4
of which saturated (g)	20.7
Carbohydrates (g)	74
of which sugars (g)	16.4
Fibers (g)	5.9
Proteins (g)	62.2
Salt (g)	4.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Tacos	
Lamb mince	700 Grams
Dried oregano	2 Grams
Garlic onion powder	8 Grams
Feta cheese 4*	50 Grams
Salt	1 Tsp
Black pepper	0.5 Tsp
6" tortilla wraps 10*,11*	12 Piece
Vegetable oil	1 Tbsp

Tzatziki sauce	
Natural yogurt 4*	170 Grams
Cucumber	1 Piece
Lemon	1 Piece
Dried mint	2 Grams
Garlic cloves	1 Piece

Toppings	
Iceberg lettuce	2 Piece
Tomatoes	2 Piece
Red onion	2 Piece
Red vinegar	30 ML

Allergens: *4 Milk, *10 Wheat, *11 Gluten

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1. Make meatballs

In a bowl, combine the beef, fajita seasoning, **garlic onion powder**, half the grated cheddar (reserving the rest as a topping), and a good pinch of **salt** and **pepper**. Using clean hands, form into 12 **meatballs**.



2. Form tortillas

Place a **meatball** in the center of the **tortilla**, and using your fingers or a spoon, press the beef into the **tortilla** and spread the meat right towards the edges. Repeat until you have all the **tortillas** prepared.



3. Fry tacos

Heat a large non-stick fry pan to medium heat with a small drizzle of **oil**. Once hot, add the **tortilla** to the pan, meat-side facing down. Fry for 2-3 min until the beef is crispy and cooked through. Using a spatula, slide under the beef, and flip the **tortilla** over. Cook for a few seconds until the **tortilla** is warmed through, then transfer to a board or plate. Repeat the steps until all **tortillas** are cooked through.

Tip! Use your largest pan to get through these faster!



4. Prep toppings

Meanwhile, finely shred the **lettuce**. Slice the **tomatoes** into half moons. Peel and finely chop the **red onion**. Finely chop the gherkins.

5. Make sauce

In a bowl, combine the gherkins, mayonnaise, smoked paprika, ketch up, and mustard.

6. Serve

Divide the **smash beef tacos** amongst plates, top with the shredded **lettuce**, **tomatoes**, **onions**, remaining **cheese**, and a good dollop of **mac sauce**. Enjoy!

Truffled Mushroom

Mac and Cheese Bake

We've elevated this classic by adding a drizzle of luxurious truffle oil.

1165 calories | 54 protein | 140 carbs | 45 fat

Family Friendly

cook: 45 min

R3147-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4866 / 1165
Fats (g)	44.7
of which saturated (g)	23.5
Carbohydrates (g)	140
of which sugars (g)	17.8
Fibers (g)	9.9
Proteins (g)	53.7
Salt (g)	2.6

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What You'll Need

- Oven
- Box grater
- Whisk

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pasta	
Macaroni pasta 10*,11*	500 Grams
Chestnut mushrooms	500 Grams
Garlic cloves	4 Piece
Parmesan 4*	120 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Butter 4*	50 Grams
Plain flour 10*,11*	50 Grams
Whole milk 4*	800 ML
Vegetable stock cube 15*	2 Piece
Grated mozzarella 4*	150 Grams
Onion powder	4 Grams
Truffle oil	30 ML
Panko bread crumbs 10*,11*,12*	120 Grams
Black pepper	1 Tsp

Rocket salad	
Olive oil	4 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp
Rocket	80 Grams
Cherry tomatoes	300 Grams
White balsamic vinegar 14*	30 ML

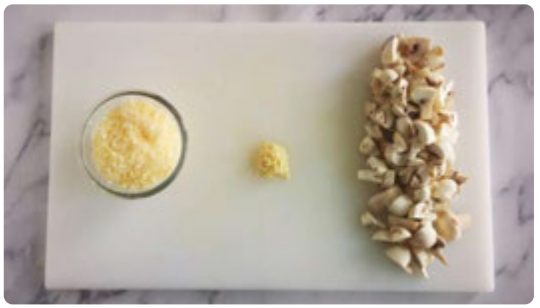
Allergens: *10 Wheat, *11 Gluten, *4 Milk, *15 Celery, *12 Lupin, *14 Sulphur Dioxide

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1. Boil macaroni

- Preheat the oven grill to 200°C.
- Bring a large pot of salted water to the boil.
- Once boiling, add the **macaroni**.
- Cook for 7-8 min until 'al dente'.
- Drain.



2. Prep

- Meanwhile, clean the **mushrooms** with a cloth, knife or brush (don't wash them with water) and quarter.
- Peel and mince the **garlic**.
- Grate the **Parmesan**.



3. Start sauce

- Heat a pot over a medium heat with a drizzle of **oil**.
- Add the **mushrooms** and **garlic** with a pinch of **salt**.
- Fry for 6 min.
- Transfer to a plate.
- Return the pot to the heat with the **butter** and **flour**.
- Cook, stirring, for 1 min or until a paste has formed.
- Gradually whisk in the **milk** and **stock cube**.
- Cook for 5 min or until thickened.



4. Bake

- Add in half of the **Parmesan** and **grated mozzarella**, **onion powder**, **mushrooms**, **macaroni** and **truffle oil** to the thickened sauce.
- Mix.
- Pour into a baking dish.
- Combine the **Parmesan**, **panko crumbs**, **pepper** and a pinch of **salt** in a bowl.
- Top the **macaroni** with the **panko** mix.
- Grill under the broiler for 5 min or until starting to brown.

Tip! Leave out the truffle oil if it's not a favourite!



5. Prep salad

- Meanwhile, halve the **cherry tomatoes**.
- Whisk the **olive oil** and **balsamic vinegar** with the **salt** and **pepper**.
- Set **dressing** aside.



6. Serve

- Allow the **macaroni bake** to cool for 5 min before serving.
- Toss the **rocket** and **cherry tomatoes** in the **dressing**.
- Serve the **Truffled Mushroom Mac and Cheese Bake** with the dressed salad on the side.

Nasi Goreng

Egg Fried Rice with Pak Choi and Sugar Snap Peas

A South East Asian inspired dish, nasi goreng literally translates to 'fried rice' and consists of a spicy rice paired with sweet soy sauce AKA kecap manis!

hello chef

589 calories | 26 protein | 107 carbs | 12 fat

Calorie Smart | Global Eats

cook: 30 min

R3734-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2464 / 589
Fats (g)	12.2
of which saturated (g)	3.6
Carbohydrates (g)	107
of which sugars (g)	19.6
Fibers (g)	8.7
Proteins (g)	26.1
Salt (g)	2.8

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Rice	
Jasmine rice	300 Grams
Water	600 ML
Salt	1 Tsp

Stir-fry	
Red onion	2 Piece
Garlic cloves	4 Piece
Carrot	2 Piece
Spring onion	80 Grams
Sugar snap peas	200 Grams
Baby pak choi	6 Piece
Vegetable oil	4 Tbsp
Organic Eggs 5*	6 Piece
Salt	1 Tsp
Chilli flakes	4 Grams
Soy sauce 9*,10*,11*	30 ML
Sriracha sauce	28 Grams

To serve	
Sesame seeds 3*	20 Grams
Sweet soy sauce 9*,10*,11*,14*	40 ML

Allergens: *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds, *14 Sulphur Dioxide

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1. Boil rice

- Rinse the **jasmine rice**.
- Add the **rice**, **measured water** and a pinch of **salt** to a pot with a lid.
- Bring to a boil.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Remove from the heat.
- Keep covered until serving.

Tip! This recipe works best with cold rice that's been cooked the day before. Simply cook the rice, store in the fridge and then add it to the stir-fry the next day.



2. Prep veg

- Meanwhile, peel and finely chop the **red onion**.
- Peel and mince the **garlic**.
- Peel and grate the **carrot**.
- Trim and finely slice the **spring onion**.
- Trim and chop the **sugar snap peas** into bite-sized pieces.
- Trim and roughly chop the **pak choi**.



3. Scramble egg

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add 2 **eggs** (reserve the rest for step 5).
- Stir-fry for 1-2 min, scrambling with a spatula as you go.



4. Stir-fry

- Add the **red onion** to the **eggs** with a pinch of **salt**.
- Fry for 5 min until softened.
- Add the **chilli flakes (spicy!)**, **carrots**, **sugar snap peas**, **pak choi**, **garlic** and **spring onion** (reserve some for garnish).
- Fry for 3 min further.
- Add the **rice**, **soy sauce**, **sriracha** and **sesame seeds** (reserve some for garnish) and toss to coat.
- Remove from heat.
- Keep covered until serving.

Tip! Sensitive to spice? Go easy on the chilli flakes and sriracha.



5. Fry eggs

- Meanwhile, heat a second pan over a medium-high heat with a drizzle of **oil**.
- Once hot, crack the remaining **eggs** into the pan.
- Fry for 2-4 min or until done to your liking.
- Set **fried eggs** to the side.

Tip! For a well-done egg yolk, cover the pan with a lid.



6. Serve

- Serve the **Nasi Goreng: Egg Fried Rice** with **Pak Choi** and **Sugar Snap Peas**.
- Top with the **fried eggs**.
- Drizzle the **sweet soy sauce** over the **eggs**.
- Garnish with the remaining **spring onion** and **sesame seeds**.

One Pan Chicken and Chorizo Rice

with Lemon-Herb Mayo and Rocket

Taking inspiration from Paella with a smoky paprika, tomato, and chorizo base. A true crowd pleaser this festive holiday season.

hello chef

806 calories | 55 protein | 95 carbs | 29 fat

Quick Prep

prep: 5 min | cook: 45 min | R4125-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3369 / 806
Fats (g)	28.6
of which saturated (g)	7.8
Carbohydrates (g)	95
of which sugars (g)	7.8
Fibers (g)	8.9
Proteins (g)	54.7
Salt (g)	4.3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Rice	
Chicken breast	600 Grams
Beef chorizo 4*	80 Grams
Water	1400 ML
Chicken stock cube 4*,5*,9*,15*	2 Piece
Red pepper	2 Piece
Spring onion	80 Grams
Olive oil	1 Tbsp
Dried thyme	4 Grams
Dried oregano	4 Grams
Garlic onion powder	8 Grams
Smoked paprika powder	4 Grams
Tomato paste	60 Grams
Arborio rice	320 Grams
Green peas	200 Grams
Rocket	40 Grams

Lemon-Herb Mayo	
Fresh parsley	15 Grams
Lemon	2 Piece
Salt	0.5 Tsp
Mayonnaise 5*,9*,13*	75 Grams
Black pepper	1 Tsp

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *13 Mustard

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1. Prep

- Boil the **measured water** and dissolve the **chicken stock cube** in it.
- Deseed and chop the **red pepper** into small bite-sized pieces.
- Trim and finely chop the **spring onion**.
- Chop the **chicken breast** into small bite-sized pieces.
- Stack the **chorizo** and chop into quarters.



2. Fry

- Heat a large non-stick pan over a medium-high heat.
- Once hot, add the **chorizo**.
- Cook for 1-2 min until the fat renders and the **chorizo** starts to crisp up.
- Add the **spring onion**.
- Cook for 1-2 min further until softened.



3. Cook chicken

- Add the **chicken**.
- Fry for 2-3 min until browned.
- Add the **red pepper**.
- Fry for 2-3 min until softened.
- Add the **dried thyme**, **dried oregano**, **garlic onion powder**, **smoked paprika**, and **tomato paste**.
- Fry for 1-2 min further until coated and fragrant.



4. Cook rice

- Add the **arborio rice** and cook for 1 min, stirring to coat the grains in the **sauce**.
- Add 1/3 of the **stock** and stir continuously until it has absorbed.
- Continue to add the **stock**, a little at a time for 18-20 min or until all the **stock** is absorbed and the **rice** is cooked.
- When the **rice** is cooked, add the **peas** and stir through.
- Cook for a further 1-2 min until warmed through.

Tip! Adjust the consistency of the sauce to your liking by adding a splash of additional water towards the end of cooking.



5. Make lemon-herb mayo

- Meanwhile, pick and finely chop the **parsley**.
- Slice the **lemon** in wedges.
- In a small bowl combine the **mayonnaise** and **parsley** with a generous squeeze of **lemon** juice.
- Season with **salt** and **pepper** to taste.



6. Serve

- Serve the **One Pan Chicken and Chorizo Rice** with a dollop of **Lemon-Herb Mayo** and **Rocket**.
- Garnish with **rocket** and **lemon** wedges.

Creamy Pesto Chicken

with Cherry Tomatoes and Green Beans

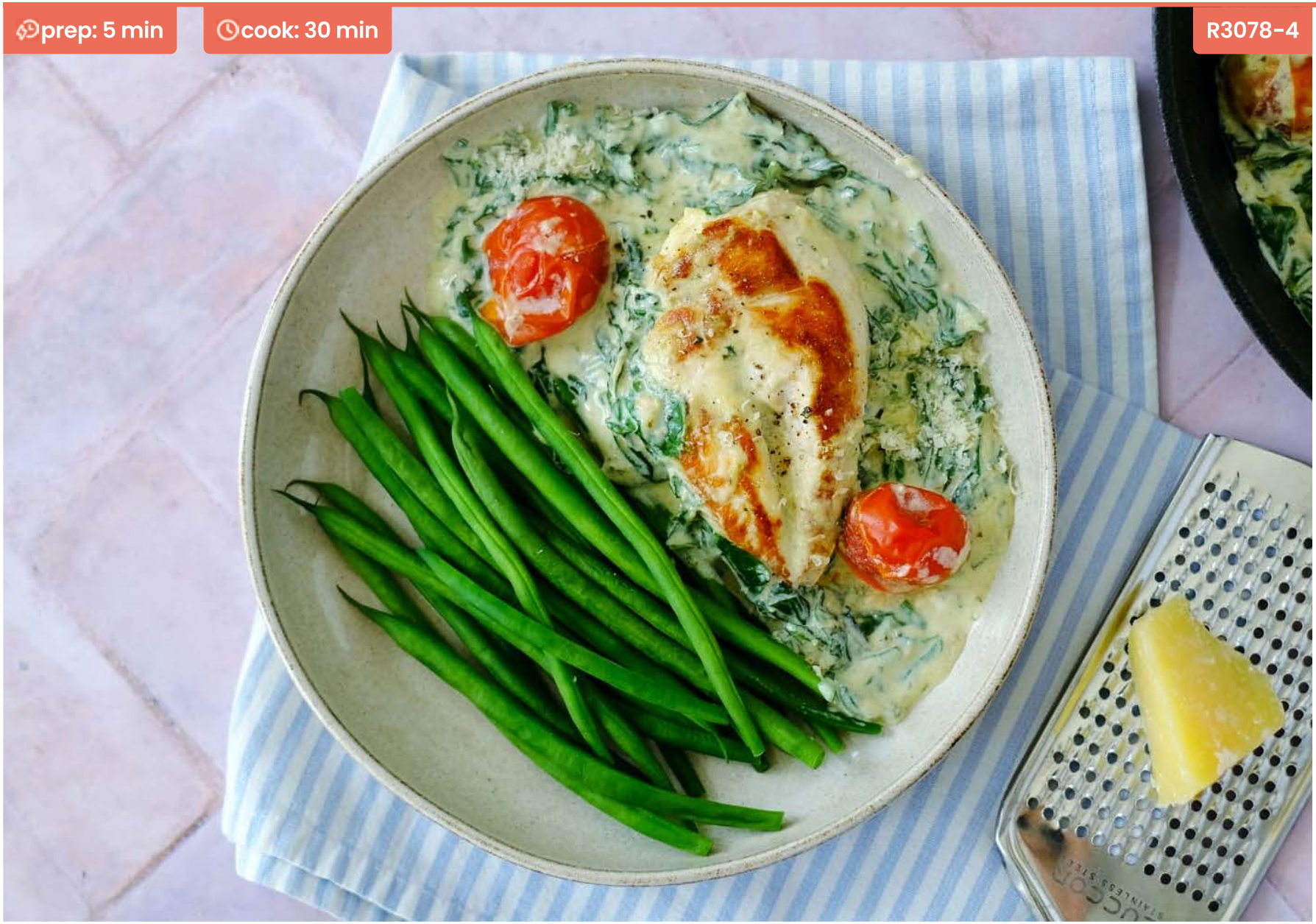
'Pesto' comes from the Genoese word 'pestâ', meaning 'to pound' or 'crush'. Pesto is traditionally made in a pestle and mortar.

hello chef

621 calories | 60 protein | 15 carbs | 35 fat

Low Carb | Quick Prep

prep: 5 min | cook: 30 min | R3078-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2580 / 621
Fats (g)	34.6
of which saturated (g)	11.8
Carbohydrates (g)	15
of which sugars (g)	7.3
Fibers (g)	4.8
Proteins (g)	60.4
Salt (g)	4.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken pan	
Chicken breast	800 Grams
Cherry tomatoes	300 Grams
Spinach	450 Grams
Grated Parmesan 4*	60 Grams
Olive oil	2 Tbsp
Water	300 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Green beans	375 Grams
Green pesto 2*,4*	100 Grams
Cooking cream 4*	200 ML
Black pepper	1 Tsp

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *2 Tree Nuts

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1. Prep

- Bring a large pot of salted water to the boil.
- Trim and roughly chop the **spinach**.
- Trim the **green beans**.



2. Fry chicken

- Heat a large non-stick pan over a medium-high heat with a drizzle of **olive oil**.
- Once hot, add the **chicken breast**.
- Fry for 4-6 min on either side until browned and cooked through.
- Transfer to a plate. Cover to keep warm.
- Wipe and reserve the pan.

Tip! If the chicken is browning too quickly without cooking all the way through, add a splash of water to the pan, reduce the heat and cover with a lid until fully cooked.



3. Make sauce

- Return the reserved pan to a medium heat with another drizzle of **oil**.
- Add the **cherry tomatoes**, **measured water** and 1 **chicken stock cube**.
- Stir until the **stock cube** dissolves.
- Cover with a lid, reduce the heat to low.
- Simmer for 8-10 min until the **tomato** skins start to burst.



4. Boil beans

- Meanwhile, once the water is boiling, add the **green beans**.
- Cook over a medium-high heat for 3-4 min or until tender.
- Drain.



5. Finish sauce

- After 8-10 min, add the **spinach**, **pesto** and 200ml **cooking cream** to the pan.
- Season with **pepper** to taste.
- Simmer for 3 min further or until the sauce has thickened nicely.
- Fold in the **grated Parmesan**.



6. Serve

- Return the **chicken** to the pan.
- Cook for 1 final min to warm through.
- Serve the **Creamy Pesto Chicken** with with **Cherry Tomatoes** and **Green Beans**.

Almond and Lemon Crusted Seabream

with Creamy Spinach and Spring Onion

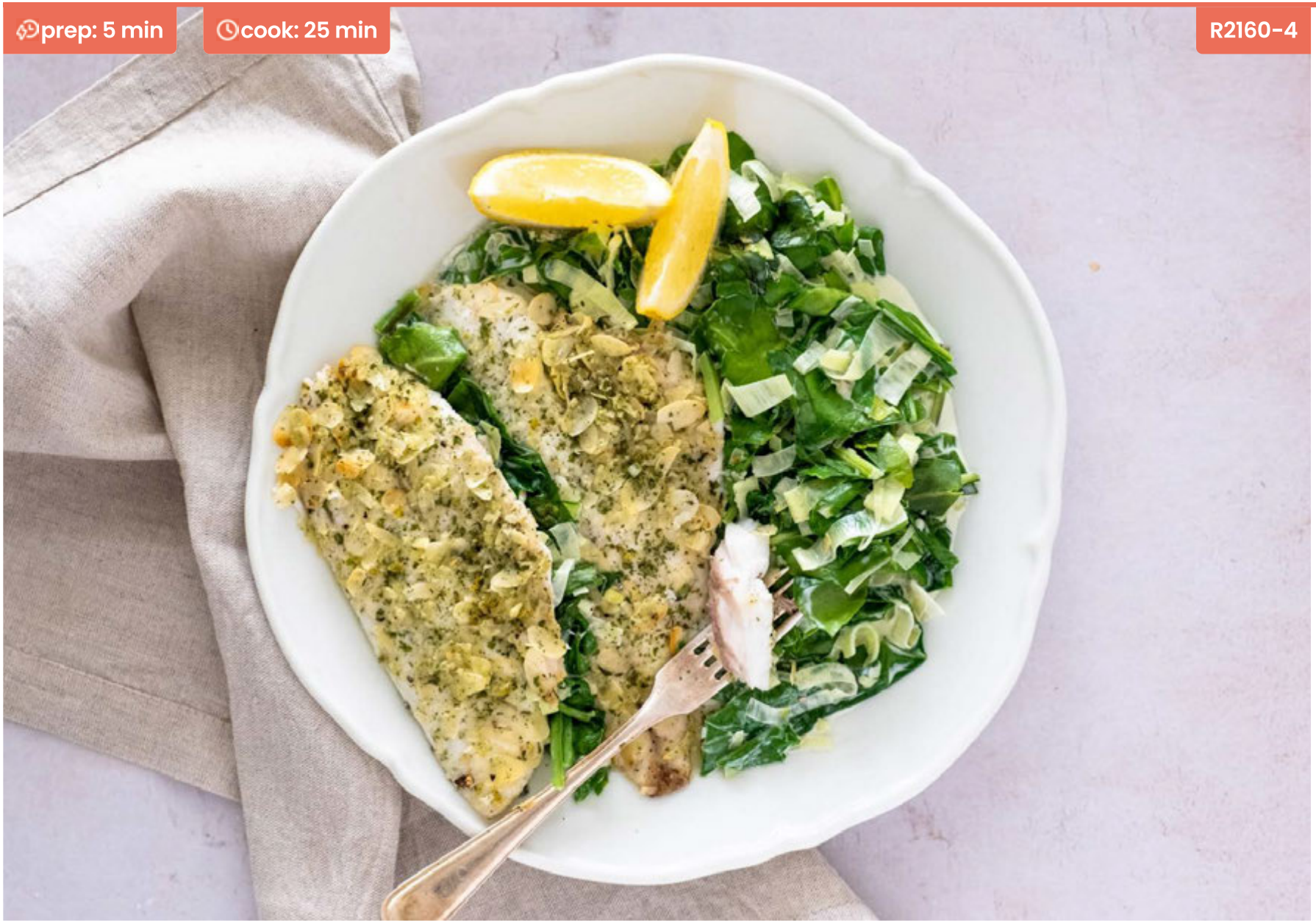
Enjoy this crispy-coated fish in creamy sauce – delicious!

hello chef

537 calories | 56 protein | 20 carbs | 29 fat

Low Carb | Quick Prep | Calorie Smart

prep: 5 min | cook: 25 min | R2160-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2235 / 537
Fats (g)	29.1
of which saturated (g)	9.6
Carbohydrates (g)	20
of which sugars (g)	5.8
Fibers (g)	7.7
Proteins (g)	56.2
Salt (g)	1.7

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What You'll Need

Oven | Box grater

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Crusted seabream	
Seabream 6*	660 Grams
Lemon	2 Piece
Grated Parmesan 4*	60 Grams
Almond flakes 1*,2*	60 Grams
Dried basil	4 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Olive oil	2 Tbsp

Sides	
Spinach	800 Grams
Spring onion	80 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Onion powder	4 Grams
Garlic paste	20 Grams
Cooking cream 4*	200 ML
Black pepper	1 Tsp

Allergens: *6 Fish, *4 Milk, *1 Peanuts, *2 Tree Nuts

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1. Make crust

- Preheat the oven to 200°C/180°C fan.
- Pat the **seabream** fillets dry with kitchen paper.
- Using a fine blade, grate the zest of the **lemon**, taking care to avoid its bitter white pith.
- On a plate, combine the **grated Parmesan**, 2 tsp of the **lemon zest**, the **almond flakes**, **dried basil** with a pinch of **salt** and **pepper** to taste.



2. Bake fish

- Turn the **seabream** fillets in the **Parmesan crust**.
- Place the coated **seabream** onto an oiled baking dish.
- Drizzle with **oil**.
- Bake for 15-20 min or until cooked through and crispy on top.

Tip! You can tell when white fish is cooked by checking if the flesh flakes easily.



3. Prep veg

- Meanwhile, trim roughly chop the **spinach** leaves.
- Trim and finely slice the **spring onion**.



4. Fry

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **spring onion** with a pinch of **salt**.
- Fry for 2 min.
- Add the **onion powder**, **garlic paste** and **spinach**.
- Fry for 2 min further.
- Add the **cream**.
- Cook for a final 2-3 min.
- Season with **salt** and **pepper** to taste.



5. Prep lemon

- Meanwhile, slice the **lemon** into wedges.



6. Serve

- Serve the **Almond** and **Lemon Crusted Seabream** with **Creamy Spinach** and **Spring Onion**.
- Top with the **spring onion** and the **lemon wedges** on the side.

Speedy: Pan-Fried Fish with Hummus
and Chopped Salad

-

723 calories | 51 protein | 72 carbs | 27 fat

Speedy

cook: 25 min

R4763-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2308 / 723
Fats (g)	27.1
of which saturated (g)	1.8
Carbohydrates (g)	72
of which sugars (g)	8.4
Fibers (g)	13
Proteins (g)	50.9
Salt (g)	2.3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Alaskan pollock loin 6*	700 Grams
Plain flour 10*,11*	30 Grams
Coriander cumin powder	4 Grams
Small zucchini	4 Piece
Olive oil	3 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Salad	
Tomatoes	1 Piece
Cucumber	2 Piece
Fresh mint	10 Grams
Sumac	4 Grams
Olive oil	1 Tbsp
Salt	0.5 Tsp
Lemon	1 Piece

To serve	
Hummus 3*	200 Grams
Small Arabic bread 10*,11*	1 Piece

Allergens: *6 Fish, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Cook zucchini

Chop the **zucchini** into rounds. Heat a large frying pan over medium heat. Once hot add a drizzle of **oil** and the chopped **zucchini**. Sprinkle over zaatar and pinch of **salt**. Fry for 5-6 min until softened and browned, turning often. Remove from the pan and cover until ready to serve. Reserve pan.



2. Prep salad

Meanwhile, halve the **tomatoes**. Chop the **cucumber** into bite-sized quarters. Pick the **mint** leaves.

3. Cook chicken

In a bowl, coat chicken breasts in **arabic** masala, 1 Tbsp **oil**, **salt** and **pepper**. Return the pan to the medium heat adding another drizzle of **oil**. Fry the chicken for 7-9 min on each side until golden and cooked through. Remove from pan onto a plate.

Tip! If the chicken breasts are very thick, slice each in half as if you were cutting a burger bun, so you are left with two thinner chicken escalopes.



4. Make salad

Add **salad ingredients** to a bowl and add **sumac**, **olive oil** and 2 tsp pomegranate molasses and pinch of **salt**. Toss to coat.

Tip! Toss the salad in the dressing just before serving to avoid the salad going soggy.



5. Spread hummus

Divide the **hummus** between plates and use a spoon to spread over the base.

6. Serve

Top the **hummus** with sliced chicken breast, zaatar **zucchini** and a helping of **salad**. Drizzle the remaining pomegranate molasses and serve.

Creamy Peanut and Tofu Noodles

Tofu and vegetables coated in a rich and creamy peanut, miso and coconut sauce.

1045 calories | 57 protein | 77 carbs | 61 fat

cook: 30 min

R4373-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4373 / 1045
Fats (g)	61.1
of which saturated (g)	16.6
Carbohydrates (g)	77
of which sugars (g)	13.9
Fibers (g)	17.5
Proteins (g)	57.2
Salt (g)	6.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stir-fry	
Egg noodles 5*,10*,11*	200 Grams
Firm tofu 9*	600 Grams
Corn starch	30 Grams
Salt	0.5 Tsp
Vegetable oil	1 Tbsp
Shiitake mushroom	400 Grams
Tenderstem broccoli	300 Grams
Ginger garlic paste	30 Grams

Peanut sauce	
Lime	2 Piece
Peanut butter 1*,9*	120 Grams
Soy sauce 9*,10*,11*	30 ML
Miso paste 9*	40 Grams
Coconut milk	400 ML
White sugar	10 Grams
Water	60 ML

To serve	
Large red chilli	1 Piece
Fresh coriander	15 Grams
Salted peanuts 1*	80 Grams

Allergens: *5 Eggs, *10 Wheat, *11 Gluten, *9 Soya, *1 Peanuts

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1. Prep noodles

Boil a kettle. In a large bowl, add the **noodles** and cover with boiled **water**. Allow to soak for 10 min then rinse and drain. Set aside until step 5.

Tip! Drizzle the noodles with a small amount of oil to help prevent them sticking.



2. Fry tofu

Meanwhile, drain the **tofu** and pat dry with paper towel. Cut the **tofu** into bite-sized cubes. In a large bowl, add the **tofu cubes** and **corn starch**, with a pinch of **salt** and toss to coat. Heat a large frying pan over a medium-high heat with a generous drizzle of **oil**. Fry the coated **tofu cubes** for 3-5 min until golden on all sides. Once crisp, transfer the **tofu** to a plate. Reserve the pan.



3. Prep

Meanwhile, chop the **mushrooms**. Cut the **tenderstem broccoli** into thirds. Zest the **lime** and cut into wedges. Chop the **red chilli** (spicy!). In a small bowl, combine the **peanut butter**, **soy sauce**, **miso paste**, **coconut milk**, **sugar**, **lime zest** and **lime juice** to taste. Add a splash of **water** if needed to create a runny consistency.



4. Fry vegetables

Return the reserved pan to a medium-high heat with a drizzle of **oil**. Fry the **ginger garlic paste**, **mushrooms** and **broccoli** for 5-6 min until the **mushrooms** are nicely browned and cooked through.

Tip! If the vegetables are browning too quickly but not getting soft, add a small splash of water and cover with a lid for 2-3 min.



5. Finish stir-fry

Add the **tofu**, **noodles** and **peanut miso sauce** and toss for 1-2 min to heat through and coat. If the mixture is too thick, add a splash of **water** or **coconut milk**.



6. Serve

Pick the **coriander leaves**. Roughly chop the **peanuts**. Serve the **Creamy Tofu** and **Peanut Noodles** with a sprinkling of chopped **peanuts**, **coriander** and **red chilli** (spicy!) to taste.

Tip! Sensitive to spice? Go easy on the chilli.

Quick Chicken and Turkey Bacon Loaded Wraps

with Ranch Dressing

These wraps are loaded with a homemade ranch dressing, tomatoes, avocados and baby spinach.

hellochef

1072 calories | 61 protein | 89 carbs | 60 fat

Family Friendly

cook: 20 min

R3497-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4483 / 1072
Fats (g)	59.8
of which saturated (g)	14.5
Carbohydrates (g)	89
of which sugars (g)	9.1
Fibers (g)	24.6
Proteins (g)	61.2
Salt (g)	3.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Filling	
Chicken breast	600 Grams
Tomatoes	2 Piece
Avocado	2 Piece
Smoked turkey bacon	120 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Baby spinach	90 Grams

Ranch	
Fresh chives	15 Grams
Lemon	1 Piece
Garlic powder	4 Grams
Mayonnaise 5*,9*,13*	100 Grams
Black pepper	1 Tsp

Wraps	
Wholewheat tortilla wraps 10*,11*	8 Piece

Allergens: *5 Eggs, *9 Soya, *13 Mustard, *10 Wheat, *11 Gluten

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1. Prep

Chop the **tomatoes** into bite-sized pieces. Slice the **avocado** in half, remove its stone and slice. Finely chop the **chives**. Slice the **chicken** into strips.



2. Fry bacon

Heat a pan over a medium-high heat. Add the **bacon** and fry for 3-5 min or until crispy. Transfer the **bacon** to a paper towel lined plate. Reserve the pan - don't clean it!



3. Fry chicken

Return the pan over a medium-high heat. Once hot, add the **chicken strips** with a generous pinch of **salt** and fry for 5 min or until cooked through. Once cooked, add a crack of **black pepper**.



4. Ranch dressing

Meanwhile, add a squeeze of the **lemon** into a bowl. Add the **garlic powder**. Whisk until combined. Add the **chives**, **mayonnaise** and **pepper** to the bowl and mix - this is your **ranch dressing**.



5. Assemble

Microwave the **tortillas** for 30 sec until hot. Slice the **bacon** in half. Load the **tortilla wraps** with the **ranch dressing** followed by the **baby spinach**, **tomatoes**, **avocado**, **chicken** and **bacon**. Roll up, slice in half and serve any extra **ranch** to the side.

Moroccan Meatloaf

with Ras el Hanout Vegetables

A warm mix of sweet and spicy flavours.

hellochef

1095 calories | 44 protein | 69 carbs | 74 fat

Low Carb

cook: 45 min

R2002-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4581 / 1095
Fats (g)	74
of which saturated (g)	22
Carbohydrates (g)	69
of which sugars (g)	36.9
Fibers (g)	17.6
Proteins (g)	43.8
Salt (g)	4.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meatloaf	
Beef mince	700 Grams
Red onion	3 Piece
Garlic cloves	6 Piece
Fresh parsley	30 Grams
Olive oil	4 Tbsp
Salt	2 Tsp
Almond flour 1*,2*	60 Grams
Harissa paste	40 Grams
Golden raisins 14*	60 Grams
Pine nuts 2*	40 Grams
Organic Eggs 5*	2 Piece
Black pepper	1 Tsp

Tomato sauce	
Chopped tomatoes	800 Grams
Olive oil	4 Tbsp
Honey	30 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Vegetables	
Cauliflower	600 Grams
Carrot	4 Piece
Vegetable oil	4 Tbsp
Ras el hanout	10 Grams
Salt	1 Tsp
Black pepper	0.5 Tsp

Allergens: *1 Peanuts, *2 Tree Nuts, *14 Sulphur Dioxide, *5 Eggs

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1. Prep and fry

Preheat the oven to 200°C/180°C fan. Peel and chop the **onion** and **garlic**. Chop the **parsley**. Heat a pan over a medium heat with a drizzle of **oil** and fry the **onion** with a pinch of **salt** for 5 min. Add the **garlic** and fry for 2 min further.



2. Knead

Add 2/3 of the fried **onion** and **garlic** to a bowl. Add the **beef mince**, **parsley** (reserve some for garnish), **almond flour**, **harissa** (spicy!), **raisins**, **pine nuts**, **eggs**, **pepper** and another pinch of **salt**. With clean hands, knead for 3-5 min until fully combined and tender.



3. Make tomato sauce

Add the **chopped tomatoes** to the pan with the remaining **onion** and **garlic**. Add the **honey** and a pinch of **salt** and **pepper**. Bring to a simmer and cook for 5 min or until thickened.



4. Bake meatloaves

Drizzle a baking dish with **olive oil**. Form the meat mixture into small individual meatloaves. Pour the tomato sauce over the top. Bake in the oven for 20-25 min or until cooked through but still juicy.



5. Prep vegetables

Meanwhile, separate the **cauliflower** to small florets (halve the big ones). Peel the **carrots** and cut them into thin sticks.



6. Fry vegetables

Heat a large pan over a medium-high heat with a generous drizzle of **oil**. Fry the **cauliflower** and **carrot** with a pinch of **salt** for 8-10 min until crisp-tender. Season with the **ras el hanout** and **black pepper** and cook for a final 1 min. Serve alongside the Moroccan meatloaf and the tomato sauce. Garnish with the remaining **parsley**.

Chicken Musakhan Flatbreads

with Caramelised Sumac Onions and Mint Yogurt

Our simplified version of this beloved national dish of Palestine; with juicy pulled chicken, silky onions, and bright tangy sumac.

hello chef

620 calories | 58 protein | 71 carbs | 11 fat

Global Eats

cook: 45 min

R4564-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1798 / 620
Fats (g)	10.8
of which saturated (g)	3
Carbohydrates (g)	71
of which sugars (g)	15.6
Fibers (g)	7.5
Proteins (g)	58.4
Salt (g)	2.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken musakhan	
Chicken breast	600 Grams
Water	300 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Black pepper	0.5 Tsp
Brown onion	2 Piece
Garlic cloves	4 Piece
Fresh parsley	30 Grams
Olive oil	4 Tbsp
Sumac	16 Grams
Cumin powder	4 Grams
Pomegranate molasses	60 Grams
Arabic mix masala	4 Grams
Cinnamon powder	2 Grams
Cardamom powder	4 Grams

To serve	
Arabic flatbread packet 10*,11*	2 Piece
Pine nuts 2*	30 Grams
Rocket	40 Grams

Mint yogurt	
Fresh mint	10 Grams
Natural yogurt 4*	340 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *10 Wheat, *11 Gluten, *2 Tree Nuts

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1. Prep

Preheat the oven to 200°C/180°C fan. Heat a pan over a medium heat with a drizzle of **oil**. Once hot, add the **chicken** with a pinch of **pepper**, and cook for 3 min on each side until golden. Once golden, reduce the heat to medium-low, add the 1 **chicken stock cube** and **measured water** to the pan. Cover with a lid and cook for 10-15 min further until tender.

Tip! For less added salt in your diet, omit the stock cube entirely, or use just a pinch.



2.

Meanwhile, peel and thinly slice the **onions**. Peel and finely chop the **garlic**. Pick and finely chop the **parsley**.



3. Cook onions

Heat a large non-stick pan over a medium-high heat with a generous drizzle of **olive oil**. Once hot, add the **onions** and fry for 8-10 min, stirring occasionally, until softened and lightly caramelized. Lower the heat to medium, add the **sumac** and **cumin**, and fry for 2 min further. Stir in the **pomegranate molasses** and a splash of water, and then transfer the mixture to a small bowl. Reserve the pan.

Tip! If the onions are sticking, add a splash of water in between to loosen them.



4. Fry chicken

Using two forks, pull the **chicken** until it's fully shredded. Add the **garlic**, **arabic mix masala**, **cinnamon**, and **cardamom**. Fry for 1-2 min. Turn off the heat and stir in the **parsley**.

Tip! Add a splash of water if the chicken is too dry.



5. Bake flatbreads

Line a baking sheet with parchment paper and add the **Arabic flatbread**. Spread the **sumac onions** on each piece and top with the **pulled chicken** and **pine nuts**. Bake in the oven for 6-8 min until the edges of the **bread** are crispy and golden.



6. Make mint yogurt

Pick and finely chop the **mint** leaves. To a small bowl, add the **yogurt** and **mint**. **Mix** until smooth and set aside. Divide the **Chicken Musakhan** amongst plates. Drizzle some **mint yogurt** over, and garnish with **fresh rocket**.

Coconut Dal with Paneer and Eggplant

Lentils are packed with fiber, folic acid, and potassium. This makes them excellent promoters of heart health.

hellofresh

1169 calories | 58 protein | 100 carbs | 64 fat

Low Carb

cook: 35 min

R3204-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4891 / 1169
Fats (g)	64.2
of which saturated (g)	36
Carbohydrates (g)	100
of which sugars (g)	18.2
Fibers (g)	22.7
Proteins (g)	57.7
Salt (g)	0.6

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What You'll Need

Oven

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Dal	
Eggplant	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Red lentils	400 Grams
Red onion	2 Piece
Paneer [4*]	500 Grams
Fresh coriander	30 Grams
Ghee [4*]	45 Grams
Ginger garlic paste	20 Grams
Curry powder	8 Grams
Turmeric powder	4 Grams
Garam masala	4 Grams
Water	600 ML
Vegetable stock cube [15*]	2 Piece
Coconut milk	400 ML
Honey	15 Grams
Lime	2 Piece
Cashew nuts [1*,2*]	60 Grams

Allergens: *4 Milk, *15 Celery, *1 Peanuts, *2 Tree Nuts

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1. Roast eggplant

Preheat the oven to 220°C/ 200°C fan. Chop the **eggplant** into large chunks. Place on a baking tray, drizzle with **oil** and sprinkle with **salt**. Bake for 20-25 min or until soft and golden.

Tip! Don't rush the eggplants; the longer and slower you cook them for, the more tender they will be!



2. Prep

Meanwhile, rinse the **lentils**. Peel and finely chop the **onion**. Chop the **paneer** into bite-sized pieces. Finely chop the **coriander** stems, reserve the leaves.



3. Start dal

Heat a pan over a medium heat with the **ghee**. Once hot, add the **onion** with a pinch of **salt** and fry for 6 min until softened. Add the **ginger garlic paste**, **coriander** stems, **curry powder**, **turmeric** and **garam masala** and cook for 1 min further.



4. Simmer

Add the **measured water**, 2 **stock cube**, rinsed **lentils**, **coconut milk** and **honey**. Cover and simmer for 12-15 min until the **lentils** are cooked through. Meanwhile, chop the **coriander** leaves. Once the **lentils** are cooked, stir through half of the **coriander** leaves and a squeeze of **lime** juice. Add a splash of **water** if needed!



5. Fry paneer

Meanwhile, heat a second pan over a medium-high heat with a drizzle of **oil**. Fry the **paneer** for 5-7 min, until golden all over.



6. Serve

Divide the **coconut dal** among bowls. Top with the roasted **eggplant**, **paneer** and **cashew nuts**. Garnish with the remaining **coriander** and **lime**.

One-pot Lemon Mushroom Farfalle Pasta

with Baby Spinach and Cherry Tomatoes

Rich, creamy and hearty - this one is guaranteed to be comforting!

helló chef

752 calories | 31 protein | 118 carbs | 20 fat

Tips for Kids

cook: 30 min

R3913-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3138 / 752
Fats (g)	20.1
of which saturated (g)	8.4
Carbohydrates (g)	118
of which sugars (g)	12
Fibers (g)	12.7
Proteins (g)	30.9
Salt (g)	0.6

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pasta	
Lemon	2 Piece
Red onion	2 Piece
Garlic cloves	4 Piece
Chestnut mushrooms	500 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Cooking cream 4*	200 ML
Water	1000 ML
Mushroom stock cube	2 Piece
Farfalle pasta 10*,11*	500 Grams
Baby spinach	90 Grams
Cherry tomatoes	300 Grams
Black pepper	1 Tsp

To serve	
Fresh parsley	15 Grams
Grated Parmesan 4*	60 Grams

Allergens: *4 Milk, *10 Wheat, *11 Gluten

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1. Prep

- Slice the **lemons** into wedges.
- Peel and finely chop the **red onion**.
- Peel and mince the **garlic**.
- Clean the **mushrooms** with a cloth, knife or brush (don't wash them with water).
- Roughly chop or tear the **mushrooms**.



2. Fry

- Heat a large pot over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **mushrooms** and **onion** with a pinch of **salt**.
- Fry for 5 min until browned.

Tip! If cooking for kids, fry a plain portion of mushrooms before frying the remaining mushrooms with the onion.



3. Add garlic

- Add the **garlic** to the pot.
- Fry for 1 min further.



4. Add pasta

- Add the **cooking cream**, **measured water** and **mushroom stock cube** to the pot.
- Bring to a simmer.
- Add the **pasta**.
- Simmer, stirring occasionally, for 5 min.

Tip! If cooking for kids, boil a plain portion of pasta separately.



5. Add vegetables

- After 5 min, add the **baby spinach** and **cherry tomatoes** to the pot.
- Simmer.
- Stir occasionally, for 5-7 min further or until the **pasta** is 'al dente' or cooked to your liking.
- Remove the pot from the heat.
- Add a generous squeeze of **lemon** juice (reserve the rest for garnish).
- Season with **pepper** to taste.

Tip! If cooking for kids, set aside a plain portion of sliced cherry tomatoes before adding the remaining into the pot.



6. Serve

- Meanwhile, pick and finely chop the **parsley** leaves.
- Add half of the **grated Parmesan** to the **pasta** and toss.
- Serve the **One-pot Lemon Mushroom Farfalle Pasta** with **Baby Spinach** and **Cherry Tomatoes**.
- Garnish with the **parsley** and remaining **grated Parmesan**.
- Serve the remaining **lemon wedges** alongside.

Tip! If cooking for kids, serve the pasta, mushrooms and cherry tomatoes separately. Serve the grated Parmesan and parsley as 'sprinkles' to the side.

Eggplant Parmigiana with Garlic Ciabatta

with Garlic Ciabatta

Parmigiana simply refers to a dish cooked or served with Parmesan cheese!

hello chef

779 calories | 40 protein | 81 carbs | 35 fat

Family Friendly

cook: 45 min

R3568-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3255 / 779
Fats (g)	34.5
of which saturated (g)	21.6
Carbohydrates (g)	81
of which sugars (g)	27.6
Fibers (g)	20.7
Proteins (g)	40.4
Salt (g)	3.6

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Parmigiana	
Eggplant	3 Piece
Olive oil	4 Tbsp
Salt	1 Tsp
Garlic cloves	5 Piece
Parmesan 4*	60 Grams
Red onion	2 Piece
Dried oregano	4 Grams
Tomato paste	70 Grams
Water	400 ML
Chopped tomatoes	800 Grams
Red vinegar	30 ML
Vegetable stock cube 15*	2 Piece
Brown sugar	10 Grams
Grated mozzarella 4*	300 Grams
Fresh basil	15 Grams

Garlic bread	
Fresh parsley	15 Grams
Butter 4*	50 Grams
Ciabatta 10*,11*	2 Piece

Allergens: *4 Milk, *15 Celery, *10 Wheat, *11 Gluten

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1. Bake eggplants

- Preheat the oven to 220°C/200°C fan.
- Slice the **eggplants** into 1 cm thick rounds.
- Add the **eggplant** rounds to a lined baking tray.
- Drizzle generously with **olive oil** and season with **salt**.
- Roast the **eggplants** in the oven for 20-25 min.



2. Prep

- Meanwhile, peel and mince the **garlic**.
- Grate the **Parmesan**.
- Peel and finely chop the **red onion**.



3. Simmer

- Heat a large non-stick pan over a medium heat with a drizzle of **olive oil**.
- Once hot, add the **onion** with a pinch of **salt**.
- Fry for 5 min until softened.
- Add the half of the **garlic** and the **oregano**.
- Fry for 1 min further.
- Add the **tomato paste**, **measured water**, **chopped tomatoes**, **red vinegar**, 2 **stock cube** and **sugar**.
- Simmer for 10 min.

Tip! Reserve the remaining garlic for the garlic butter.



4. Bake parmigiana

- Layer half of the roasted **eggplants** over the base of a baking dish.
- Pour half of the **tomato** sauce over.
- Top with half of the **grated mozzarella**.
- Repeat this process.
- Top the final layer of **mozzarella** with the **Parmesan**.
- Bake for 20 min or until the **cheese** is golden.



5. Bake garlic bread

- Meanwhile, finely chop the **parsley**.
- Mash the **butter** with the remaining minced **garlic** and the **chopped parsley**.
- Slice the **ciabatta** in half.
- Spread the **garlic butter** over each side.
- Place on a baking tray.
- Bake for 10 min or until crisp.



6. Serve

- Once ready, allow the **parmigiana** to cool for 5 min.
- Serve the **Eggplant Parmigiana** with **Garlic Ciabatta** alongside.
- Garnish with the **fresh basil** leaves.

Ultimate Three Cheese Mac and Cheese

with Side Salad

A classic comfort dish that never fails to delight your taste buds.

hello chef

1157 calories | 56 protein | 133 carbs | 50 fat

Family Friendly | Quick Prep | Weekly classic

cook: 40 min

R4565-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4837 / 1157
Fats (g)	50.3
of which saturated (g)	30.2
Carbohydrates (g)	133
of which sugars (g)	22.6
Fibers (g)	10.4
Proteins (g)	56
Salt (g)	3.2

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What You'll Need

- Oven
- Box grater
- Whisk

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Mac	
Macaroni pasta 10*,11*	500 Grams
Mature cheddar 4*	120 Grams
Parmesan 4*	120 Grams
Butter 4*	40 Grams
Plain flour 10*,11*	40 Grams
Whole milk 4*	800 ML
Vegetable seasoning 2*,10*,11*,13*	10 Grams
Garlic onion powder	8 Grams
Dijon mustard 13*	18 Grams
Grated orange cheddar 4*	120 Grams
Black pepper	1 Tsp
Panko bread crumbs 10*,11*,12*	40 Grams

Salad	
Balsamic vinegar 14*	30 ML
Honey	30 Grams
Olive oil	2 Tbsp
Salt	0.25 Tsp
Black pepper	0.25 Tsp
Romaine lettuce	400 Grams
Cherry tomatoes	300 Grams
Cucumber	2 Piece

Allergens: *10 Wheat, *11 Gluten, *4 Milk, *2 Tree Nuts, *13 Mustard, *12 Lupin, *14 Sulphur Dioxide

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1. Boil pasta

- Bring a large pot of salted water to the boil.
- Add the **macaroni**.
- Boil for 8 min until almost tender.
- Drain.



2. Prep

- Grate the **mature cheddar** and **Parmesan**.



3. Make sauce

- Heat a separate pot over a medium heat with the **butter** and **flour**.
- Cook, stirring, for 1 min or until a paste has formed.
- Gradually whisk in the **milk** and cook for 5 min or until thickened.
- Lower the heat and mix in the **vegetable seasoning**, **garlic onion powder**, **Dijon mustard**, **mature cheddar**, **orange cheddar** and half of the **Parmesan**.
- Remove the pot from the heat.

Tip! The sauce is thick when it coats the back of a spoon.



4. Grill

- Preheat the grill to medium-high.
- Add the cooked **macaroni** to the sauce pot and mix.
- Season with **black pepper** to taste.
- Transfer to an oven-proof baking dish.
- Top with the **panko bread crumbs** and the remaining **parmesan**.
- Grill for 5-8 min until golden and bubbling.

Tip! Don't have a grill? Bake the Mac and Cheese in the oven at 180°C for 10-15 min until the top is golden.



5. Make salad

- In a large bowl, combine the **balsamic vinegar**, **honey** and **olive oil** with a pinch of **salt** and **pepper** (make the dressing in a separate small bowl if consuming later).
- Chop the **romaine lettuce** into bite-sized pieces.
- Chop the **tomatoes** in half.
- Chop the **cucumber** into small bite-sized pieces.
- Place the **salad** in the bowl and toss to coat in the dressing.

Tip! If cooking for kids, leave some of the lettuce, tomatoes and cucumber separate.



6. Serve

- Serve the **Three Cheese Mac and Cheese** with the **Salad** on the side.

Tip! If serving for kids, serve with the lettuce, tomatoes and cucumber separated on the side.

Cheesy Chicken Burrito

with Sour Cream

A Tex-Mex classic that is guaranteed to please!

hello chef

903 calories | 64 protein | 78 carbs | 34 fat

Family Friendly

cook: 45 min

R3686-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3779 / 903
Fats (g)	33.9
of which saturated (g)	20.5
Carbohydrates (g)	78
of which sugars (g)	16.6
Fibers (g)	7.3
Proteins (g)	63.5
Salt (g)	6.6

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Burritos	
Pulled chicken	600 Grams
Red onion	2 Piece
Garlic cloves	2 Piece
Red pepper	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Fajita seasoning	10 Grams
Smoked paprika powder	4 Grams
Dried oregano	4 Grams
Chipotle powder	2 Grams
Tomato passata	500 Grams
Brown sugar	10 Grams
Water	100 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
8" tortilla wraps 10*,11*	8 Piece
Grated orange cheddar 4*	120 Grams
Grated mozzarella 4*	120 Grams

Garnish	
Fresh coriander	15 Grams
Sour cream 4*	120 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *10 Wheat, *11 Gluten

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1. Prep

- Preheat the oven to 200°C/180°C fan.
- Peel and finely chop the **onion**.
- Peel and mince the **garlic**.
- De-seed and finely slice the **pepper**.



2. Fry

- Heat a non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion** and **pepper** with a pinch of **salt**.
- Cook for 5-6 min or until softened.
- Add the **garlic**, **fajita seasoning**, **smoked paprika**, **oregano**, and a pinch of **chipotle (spicy!)**.
- Cook for 1 min further.

Tip! Sensitive to spice? Go easy on the chipotle powder.



3. Make sauce

- Add the **pulled chicken**, **tomato passata**, **brown sugar**, **measured water** and 1 **stock cube**.
- Mix well. Simmer for 5 min.
- Simmer for 5 min.



4. Assemble burritos

- Divide the filling among the **tortilla wraps**.
- Roll and place into an oiled baking dish, seam-side down.
- Sprinkle evenly with both **grated cheeses**.
- Bake for 15 min or until the **cheese** is melted and golden
- Set the **Cheesy Chicken Burritos** aside.

Tip! For fussy eaters, keep a wrap, some filling and some cheese separate for them to assemble later.



5. Prep garnish

- Chop the **coriander** leaves roughly.



6. Serve

- Serve the **Cheesy Chicken Burritos** with **Sour Cream** to the side.
- Garnish with the **coriander**.

One-pot Creamy Mushroom and Tenderstem Broccoli Pasta

If you eat all of this you won't have mush-room for pudding!

helló chef

829 calories | 32 protein | 105 carbs | 32 fat

Family Friendly | Speedy

cook: 25 min

R3811-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3453 / 829
Fats (g)	31.9
of which saturated (g)	16.9
Carbohydrates (g)	105
of which sugars (g)	7.5
Fibers (g)	9.9
Proteins (g)	32.4
Salt (g)	0.4

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pasta & sauce	
Water	1000 ML
Mushroom stock cube	2 Piece
Chestnut mushrooms	500 Grams
Tenderstem broccoli	300 Grams
Garlic cloves	4 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Cooking cream 4*	400 ML
Penne 5*,10*,11*	500 Grams
Fresh parsley	15 Grams
Grated Parmesan 4*	60 Grams
Black pepper	1 Tsp

Allergens: *4 Milk, *5 Eggs, *10 Wheat, *11 Gluten

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1. Prep

- Boil the **measured water** and dissolve the **stock cube** in it.
- Set the **mushroom stock** aside.
- Clean the **mushrooms** with a cloth, knife or brush (don't wash them with water).
- Roughly chop or tear the **mushrooms** into small pieces.
- Chop the **Tenderstem** into thirds.
- Peel and mince (or grate!) the **garlic**.



2. Fry mushrooms

- Heat a large pot over a medium-high heat with a drizzle of **oil**.
- Add the **mushrooms** with a pinch of **salt**.
- Fry for 5-6 min or until browned.
- Add the **garlic**.
- Cook for 1 min further.



3. Simmer

- Add the **cream** and **mushroom stock** to the pot.
- Bring to a boil.
- Add the **pasta** and stir well.
- Cover with a lid.
- Reduce the heat to medium.
- Simmer for 8 min.
- After 8 min, add the **broccoli**.
- Cook for a further 4-5 min or until the **pasta** is 'al dente'.

Tip! Stir occasionally to stop the pasta from sticking to the bottom of the pot.



4. Prep parsley

- Meanwhile, finely chop the **parsley** leaves.



5. Finish pasta

- Once the **pasta** is cooked, add the **grated Parmesan** and half of the **parsley** to the **pasta** (reserve the rest for garnish).
- Cook for 1 final min until thickened.
- Season generously with **salt** and **pepper** to taste.



6. Serve

- Serve the **One-pot Creamy Mushroom and Tenderstem Broccoli Pasta**.
- Garnish with the remaining **parsley**.

Tip! Feeling posh? Jazz it up with a drizzle of truffle oil!

Classic Mushroom Risotto

Risotto, originally from Northern Italy, is made with arborio rice which is more starchy than most long grain varieties.

657 calories | 30 protein | 101 carbs | 21 fat

Weekly classic

cook: 45 min

R3777-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2740 / 657
Fats (g)	21.1
of which saturated (g)	6.1
Carbohydrates (g)	101
of which sugars (g)	8.4
Fibers (g)	7.6
Proteins (g)	30.2
Salt (g)	0.8

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Risotto	
Water	1400 ML
Mushroom stock cube	2 Piece
Brown onion	2 Piece
Garlic cloves	4 Piece
Chestnut mushrooms	1000 Grams
Vegetable oil	2 Tbsp
Butter 4*	40 Grams
Arborio rice	320 Grams
Fresh parsley	15 Grams
Grated Parmesan 4*	120 Grams
Lemon	1 Piece
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *4 Milk

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1. Prep

- Boil the **measured water**.
- Add the **mushroom stock cube** and boiled water to a jug and set aside.
- This is the **mushroom stock**.
- Peel and finely chop the **onion**.
- Peel and mince the **garlic**.
- Clean the **mushrooms** with a cloth, knife or brush (do not wash them with water) and roughly chop or tear the **mushrooms**.



2. Start risotto

- Heat a large pot or pan over a medium-high heat with a drizzle of **oil**.
- Fry the **mushrooms** for 5-6 min or until browned.
- Once softened, add the **onion** and **butter** and cook for 3 min further.
- Add the **garlic** and **Arborio rice** and cook for 1 min further, stirring to coat the grains in the **oil**.



3. Simmer

- Reduce the heat to medium and add 1/3 of the **mushroom stock**.
- Stir continuously until it has absorbed.
- Continue to add the **stock**, a little at a time for 20 min or until all the **stock** is absorbed and the **rice** is cooked 'al dente' – this is your **risotto**.

Tip! The amount of stock you will require, depends on the size of your pan and the heat over which you simmer the risotto. Make sure to adjust the amount accordingly.



4. Finish risotto

- Meanwhile, finely chop the **parsley** leaves.
- Once the **risotto** is cooked remove from the heat and add the **grated Parmesan**, half of the chopped **parsley** (reserve the rest for garnish) and a squeeze of **lemon** juice to taste.
- Season with **salt** and **pepper** and mix well.



5. Serve

- Serve the **Classic Mushroom Risotto**, garnished with the remaining **fresh parsley**.

Classic British Fish and Chips

with Peas and Tartar Sauce

A classic, loved by many!

hello chef

851 calories | 46 protein | 92 carbs | 36 fat

Family Friendly

cook: 40 min

R3561-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3556 / 851
Fats (g)	35.6
of which saturated (g)	12.8
Carbohydrates (g)	92
of which sugars (g)	6.2
Fibers (g)	13.9
Proteins (g)	45.5
Salt (g)	3.4

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What You'll Need

Oven

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fish	
Cod fillet 6*	700 Grams
Plain flour 10*,11*	100 Grams
Corn starch	120 Grams
Baking powder	10 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Water	200 ML
Vegetable oil	10 Tbsp

Chips	
Potatoes	1200 Grams
Vegetable oil	2 Tbsp
Salt	2 Tsp
Flaky sea salt	4 Grams

Peas	
Green peas	375 Grams
Butter 4*	50 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Tartar sauce	
Capers	40 Grams
Fresh dill	15 Grams
Lemon	2 Piece
Mayonnaise 5*,9*,13*	100 Grams
Dijon mustard 13*	12 Grams
Sour cream 4*	120 Grams
Salt	1 Tsp

Allergens: *6 Fish, *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs, *9 Soya, *13 Mustard

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1. Roast chips

- Preheat the oven to 200°C/180°C fan.
- Slice the **potatoes** (skins on) into **chips**.
- Add the **chips** to a lined baking tray with a drizzle of **vegetable oil** and a generous pinch of **salt**.
- Toss the **chips** in the **oil** until they are fully coated.
- Roast for 30 min or until golden and crisp.



2. Prep batter

- Meanwhile, reserve 4 Tbsp of **flour** in a bowl and set aside.
- In a separate shallow bowl, whisk the remaining **flour**, **corn starch**, **baking powder**, **salt** and **pepper** with the cold **measured water** until smooth.
- Add an extra splash of water if needed - this is your **batter**.
- Refrigerate.

Tip! Using cold water makes the batter crispy and light when fried.



3. Make tartar sauce

- Finely chop the **capers** and **dill**.
- Slice the **lemon** into wedges.
- In a small bowl combine the **capers**, **dill**, **mayonnaise**, **Dijon mustard**, **sour cream**, a squeeze of **lemon** and a pinch of **salt**.
- Set the **tartar** sauce aside.

Tip! Adjust the tartar sauce to your liking.



4. Cook peas

- Bring a pot of salted water to a boil.
- Add the **peas**. Boil for 1 min.
- Drain the **peas**.
- Return them to the pot with the **butter** and a pinch of **salt** and **pepper**.
- Cover to keep warm.
- Set aside.



5. Fry cod

- Slice the **cod** into 4 **fillets**.
- Add each **fillet** to the **flour** and turn to coat both sides.
- Heat a pan over a medium-high heat. Add enough **vegetable oil** to cover the bottom of the pan.
- Once hot, coat each **fillet** in the **batter**.
- Let the excess **batter** drip off, before placing the **fish** in the **oil**.
- Fry for 3-5 min on each side until crispy and golden.
- Drain the fried **cod** on kitchen paper.

Tip! Add extra oil to the pan between fillets if necessary.



6. Serve

- Serve the **Classic British Fish and Chips** with **Peas** and **Tartar Sauce**
- Sprinkle the **chips** with the **flaky sea salt**.
- Serve remaining **lemon wedges** on the side.

Tip! Not into tartar? Service with ketchup instead.

Mushroom, Spinach and Feta Crustless Quiche

with Green Beans

Low on carbs, big on flavour!

hello chef

631 calories | 50 protein | 33 carbs | 35 fat

Low Carb

cook: 50 min

R2731-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2639 / 631
Fats (g)	34.8
of which saturated (g)	18.4
Carbohydrates (g)	33
of which sugars (g)	14.7
Fibers (g)	7.5
Proteins (g)	49.7
Salt (g)	6.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

For quiche	
Chestnut mushrooms	500 Grams
Shallots	2 Pieces
Garlic cloves	6 Pieces
Spinach	400 Grams
Parmesan 4*	60 Grams
Feta cheese 4*	200 Grams
Olive oil	4 Tbsp
Salt	1 Tsp
Organic Eggs 5*	8 Pieces
Whole milk 4*	200 ML
Black pepper	0.5 Tsp
Grated mozzarella 4*	120 Grams

To serve	
Green beans	500 Grams

Allergens: *4 Milk, *5 Eggs

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1. Prep vegetables

Preheat the oven to 200°C/180°C fan. Clean the **mushrooms** and quarter them. Peel and chop the **shallots** and **garlic**. Rinse and chop the **spinach**. Grate the **Parmesan**. Crumble the **feta**.



2. Fry vegetables

Heat a pan over a high heat with a drizzle of **olive oil**. Once hot, add the **mushrooms** and fry them for 5-6 min until browned and starting to crisp. Reduce the heat to medium and add the **shallots**, **garlic** and **spinach** with a pinch of **salt**. Fry for 3 min further until the **spinach** is wilted and moisture has evaporated.



3. Combine

Coat a pie dish with a drizzle of **olive oil**. Pour the fried vegetables into the pie dish. In a bowl, combine the **eggs**, measured **milk**, **Parmesan** and **black pepper**. Whisk. Pour the mixture over the vegetables. Add the crumbled **feta** and the **grated mozzarella cheese**.



4. Bake

Bake the crustless quiche in the oven for 30 min or until set and golden brown on the top (the baking time may vary according to the size of your pie dish). If the top starts to brown too quickly, cover lightly with a piece of foil.



5. Boil green beans

Meanwhile, wash and trim the **green beans**. Cook the **green beans** in a pot of salted boiling water for 3-4 min or until tender. Drain once cooked.



6. Serve

Allow the quiche to rest for 5 min once removed from the oven. Serve with the **green beans** to the side.

Blueberry Oat Muffins

with Whipped Honey Butter

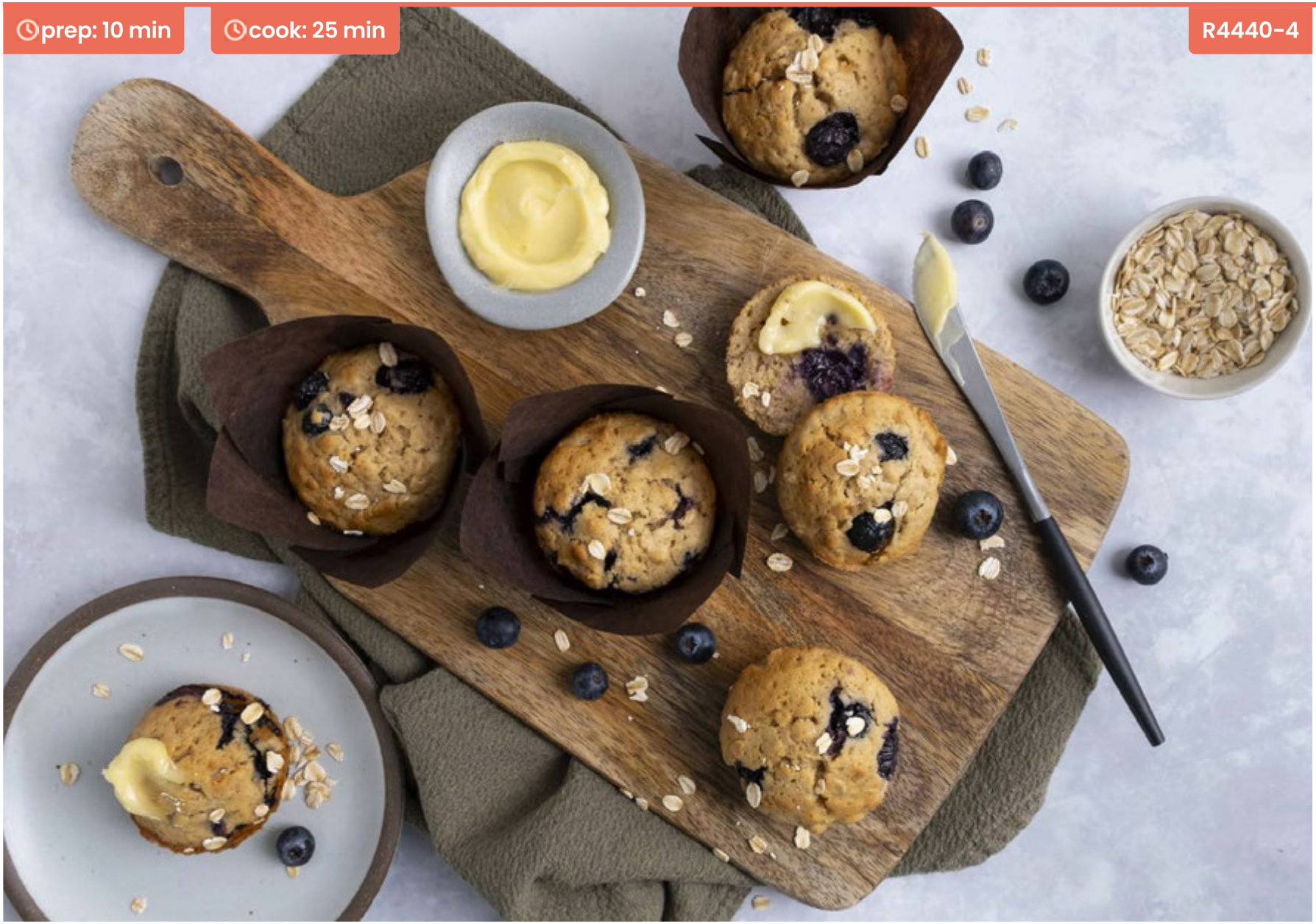
The perfect breakfast snack!

hello chef

472 calories | 8 protein | 51 carbs | 23 fat

Family Friendly

prep: 10 min | cook: 25 min | R4440-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1964 / 472
Fats (g)	23.1
of which saturated (g)	14
Carbohydrates (g)	51
of which sugars (g)	31.2
Fibers (g)	2.3
Proteins (g)	7.6
Salt (g)	0.7

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 6 servings

Blueberry muffins	
Plain flour 10*,11*	150 Grams
Rolled oats	75 Grams
Baking powder	5 Grams
Salt	0.5 Tsp
Cinnamon powder	2 Grams
Butter 4*	100 Grams
Brown sugar	100 Grams
Caster sugar	100 Grams
Organic Eggs 5*	1 Piece
Natural yogurt 4*	170 Grams
Blueberries	125 Grams
Paper muffin cup	6 Piece

To serve	
Butter 4*	50 Grams
Honey	15 Grams
Salt	0.5 Tsp

Allergens: *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs

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1. Prep

- Preheat the oven to 180°C/160°C fan.
- Line a **muffin tray** with the **muffin cups** provided.
- In a large bowl, combine the **flour**, **oats**, **baking powder**, **cinnamon** and a pinch of **salt**.
- In a separate large microwavable bowl, melt 100g **butter** (set the other block aside for use in step 4).
- Once the **butter** is melted, add the **brown sugar**, **caster sugar**, **egg** and **yogurt**.
- Mix to incorporate.



2. Make batter

- Add the **dry ingredients** to the **butter mixture**, along with the **blueberries**.
- Using a wooden spoon or spatula, gently mix until combine.

Tip! Be careful not to over-mix the batter as this will result in a tough, bread-like muffin.



3. Bake

- Evenly divide the **blueberry muffin batter** between the **muffin cups**.
- Bake for 20-25 min or until a skewer inserted into the centre of a **muffin** comes out clean.



4. Make honey butter

- Meanwhile, add the remaining block of **butter** to a small bowl.
- Using a tablespoon, whip the **butter** for 1-2 min until smooth.
- Add the **honey** and a small pinch of **salt** and whip for the final 1 min.

Tip! Ensure the butter is at room temperature to ensure easy whipping.



5. Serve

- Serve the **Blueberry Muffins** with the **Whipped Honey Butter**.

Tip! Once the Blueberry Muffins have fully cooled, store in an airtight container or ziplock bag at room temperature for up to 3 days.

No-Bake Fresh Strawberry Cheesecake

with Lotus Biscoff Base

Rich and decadent, this easy-to-make cheesecake will satisfy your sweet tooth!

hello chef

580 calories | 5 protein | 51 carbs | 39 fat

cook: 60 min

R4573-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2414 / 580
Fats (g)	39
of which saturated (g)	17.2
Carbohydrates (g)	51
of which sugars (g)	37
Fibers (g)	1.9
Proteins (g)	5.2
Salt (g)	0.8

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What You'll Need

- Whisk
- Food processor

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 6 servings

Cheesecake

Butter 4*	75 Grams
Lotus biscuits 9*,10*,11*	175 Grams
Whipping cream 4*	200 ML
Cream cheese 4*	320 Grams
Icing sugar	75 Grams
Vanilla essence	5 ML
Lemon	1 Piece

Coulis

Strawberries	250 Grams
White sugar	50 Grams

Allergens: *4 Milk, *9 Soya, *10 Wheat, *11 Gluten

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1. Make crumb

- Melt the **butter** in a pan over a low heat.
- Add the **Lotus biscuits** to a food processor and blitz to form a fine **crumb**.
- In a bowl, combine the melted **butter** and **biscuit crumbs**.
- Mix to form a texture similar to wet sand.

Tip! Don't have a food processor? Place the Lotus biscuits into a large ziplock bag and crush with a rolling pin.



2. Layer base

- Add the **Lotus crumb** to a loose-bottom 20x20 cm cake or tart tin.
- Using the back of a spoon, compact the **crumb** to the bottom.

Tip! Alternatively, divide the crumb between a selection of cups, jars, or bowls (whatever you have on hand will work).



3. Make filling

- In a large bowl, use a whisk or electric beater to whip the **cream** to form stiff peaks.
- In another large bowl, add the **cream cheese**, **icing sugar**, **vanilla** extract, and 2 tsp of **lemon juice** (reserve the rest for the **coulis**).
- Using a spatula, beat the **ingredients** together until smooth.
- Fold the **whipped cream** into the **cream cheese mixture** until smooth.

Tip! Stiff peaks refers to when you remove the whisk or beaters the peak that forms will keep its shape.



4. Layer filling

- Spread the **filling** over the **crumb** and smooth the top.
- Cover the **cheesecake** with a lid or clingfilm and place in the refrigerator for 3-4 hours, or as long as overnight.

Tip! Strapped for time? Set the cheesecakes in the freezer for 30 mins.



5. Make coulis

- Meanwhile, remove the top of the **strawberries** and cut them into quarters.
- To a pan add the **strawberries**, **white sugar** and 2 Tbsp of **lemon** juice.
- Heat over a medium heat for 10 min stirring regularly, until the **strawberries** have started to break down to form a thick **sauce**.
- Refrigerate until serving.



6. Serve

- Remove the set **Cheesecake** from the tin and top with the **strawberry coulis**

Tip! Cover cheesecakes with a lid or cling film. Store in the refrigerator and consume within 4 days.

Homemade Beef and Carrot Burgers

with Sweet Potato Fries

There's nothing like a homemade burger with healthier chips!

hellochef

1258 calories | 50 protein | 110 carbs | 70 fat

Family Friendly

cook: 35 min

R2141-4



Nutritional information

	per serving*
Energy (kJ/kcal)	5264 / 1258
Fats (g)	69.5
of which saturated (g)	30.2
Carbohydrates (g)	110
of which sugars (g)	24.3
Fibers (g)	17.2
Proteins (g)	50.3
Salt (g)	3.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Patties	
Beef mince	700 Grams
Red onion	2 Piece
Garlic cloves	6 Piece
Carrot	2 Piece
Organic Eggs 5*	2 Piece
Dried oregano	2 Grams
Dried basil	4 Grams
Dried thyme	2 Grams
Worcestershire sauce 6*,11*	30 ML
Salt	1 Tsp
Black pepper	1 Tsp
Grated cheddar 4*	120 Grams
Olive oil	2 Tbsp

Sweet potato fries	
Sweet potatoes	1200 Grams
Olive oil	4 Tbsp
Salt	1 Tsp

To serve	
Burger bun 3*,4*,10*,11*	4 Piece
Iceberg lettuce	1 Piece
Tomatoes	3 Piece
Gherkins	80 Grams

Allergens: *5 Eggs, *6 Fish, *11 Gluten, *4 Milk, *3 Sesame Seeds, *10 Wheat

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1. Make fries

Preheat the oven to 225°C. Scrub and slice your **sweet potatoes** to chips. Lay on a lined baking tray. Season with **salt** and drizzle with **olive oil**. Roast in the oven for about 25–30 minutes.



2. Make patties

Peel and **mince onion** and **garlic**. Soften on a pan, in a bit of **oil**, for 5 minutes. In a bowl, combine **beef mince**, softened **onion** and **garlic**, finely **grated carrot**, **eggs**, **oregano**, **basil**, **thyme**, **Worcestershire sauce**, **salt** and **pepper**. Massage well with your hands.



3. Form patties

Divide the mixture to large balls and flatten the balls to **burger** patties. Set aside.



4. Prep fillings

Wash and chop **lettuce**. Slice **tomatoes**. Have the cheese ready.



5. Fry patties

Heat **oil** in a large pan over medium-high heat. Fry patties for 5 minutes, then flip and fry for another 5 minutes. Cover with **grated** cheese and let it melt. Heat the **burger buns** and fill with **lettuce**, tomato and **burger** patties. Serve with pickled **gherkins** and **sweet** potato fries.

Fillet Steak with Parmesan Crusted Potatoes

and Tenderstem Broccoli

Enjoy these cheesy potatoes served with a delicious, tender steak and crunchy Tenderstem broccoli!

hello chef

909 calories | 74 protein | 76 carbs | 35 fat

Gourmet | Family Friendly

cook: 45 min

R3548-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3793 / 909
Fats (g)	34.9
of which saturated (g)	17.3
Carbohydrates (g)	76
of which sugars (g)	14.9
Fibers (g)	7.8
Proteins (g)	73.5
Salt (g)	5.1

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What You'll Need

Oven

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steak	
Fillet steak	1000 Grams
Vegetable oil	2 Tbsp
Salt	2 Tsp

Parmesan potatoes	
New potatoes	1000 Grams
Parmesan 4*	120 Grams
Vegetable oil	2 Tbsp
Salt	2 Tsp
Black pepper	1 Tsp

Tenderstem broccoli	
Tenderstem broccoli	300 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Gravy	
Butter 4*	50 Grams
Plain flour 10*,11*	50 Grams
Water	500 ML
Onion marmalade	56 Grams
Worcestershire sauce 6*,11*	30 ML
Beef stock cube 4*,5*,9*,11*,15*	2 Piece

Allergens: *4 Milk, *10 Wheat, *11 Gluten, *6 Fish, *5 Eggs, *9 Soya, *15 Celery

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1. Boil potatoes

Preheat the oven to 200°C/180°C fan. Halve the **potatoes**. Cook them in a pot of salted boiling water for 10 min or until tender. Once cooked, drain and leave them to steam dry in a colander for 5 min.

Tip! Steam drying your potatoes is important to ensure they are easy to crush.



2. Fry steak

Meanwhile, grate the **Parmesan**. Pat the **steaks** dry with kitchen paper, rub them with **oil** and season with **salt**. Heat a large pan over a high heat. Once very hot, add the **steaks** and fry them for 3 min on each side. Set the **steaks** aside. Reserve the pan.



3. Crush potatoes

Place the **potatoes** on a lined baking tray cut-side down. Crush them by pressing down firmly with the back of a spoon. Drizzle with **oil** and season them with **salt** and **pepper**. Bake for 10 min. Once baked for 10 min, top the **potatoes** with the grated **Parmesan**. Place the **steaks** on a second baking tray and finish cooking them and the **potatoes** in the oven for 10 min further. Once done, transfer the **steaks** to a plate and leave them to rest for 10 min. Once rested, season generously with **salt** and **pepper**.



4. Fry broccoli

Return the **steak** pan to a high heat with the **Tenderstem broccoli**, a splash of water and a drizzle of **oil**. Fry for 8-10 min or until crunchy and brown on the edges. Season with **salt**. Set aside on a plate and keep warm. Reserve the pan.

Tip! Alternatively, roast the broccoli in a hot oven for 8-10 mins.



5. Make sauce

Return the pan to a medium heat. Add the **butter** and cook for 2 min until it begins to brown. Add the **flour** and stir for 1 min. Gradually whisk in the **measured water**, **onion marmalade**, **Worcestershire sauce** and **beef stock cube**. Cook for 2-3 min until thickened. Season generously with **black pepper**. Set aside.



6. Serve

Serve the rested **steak** with the **Parmesan potatoes**, **Tenderstem broccoli** and **pan sauce** to the side.

Chicken in Creamy Garlic Mushroom Sauce

with Broccoli and Cauliflower

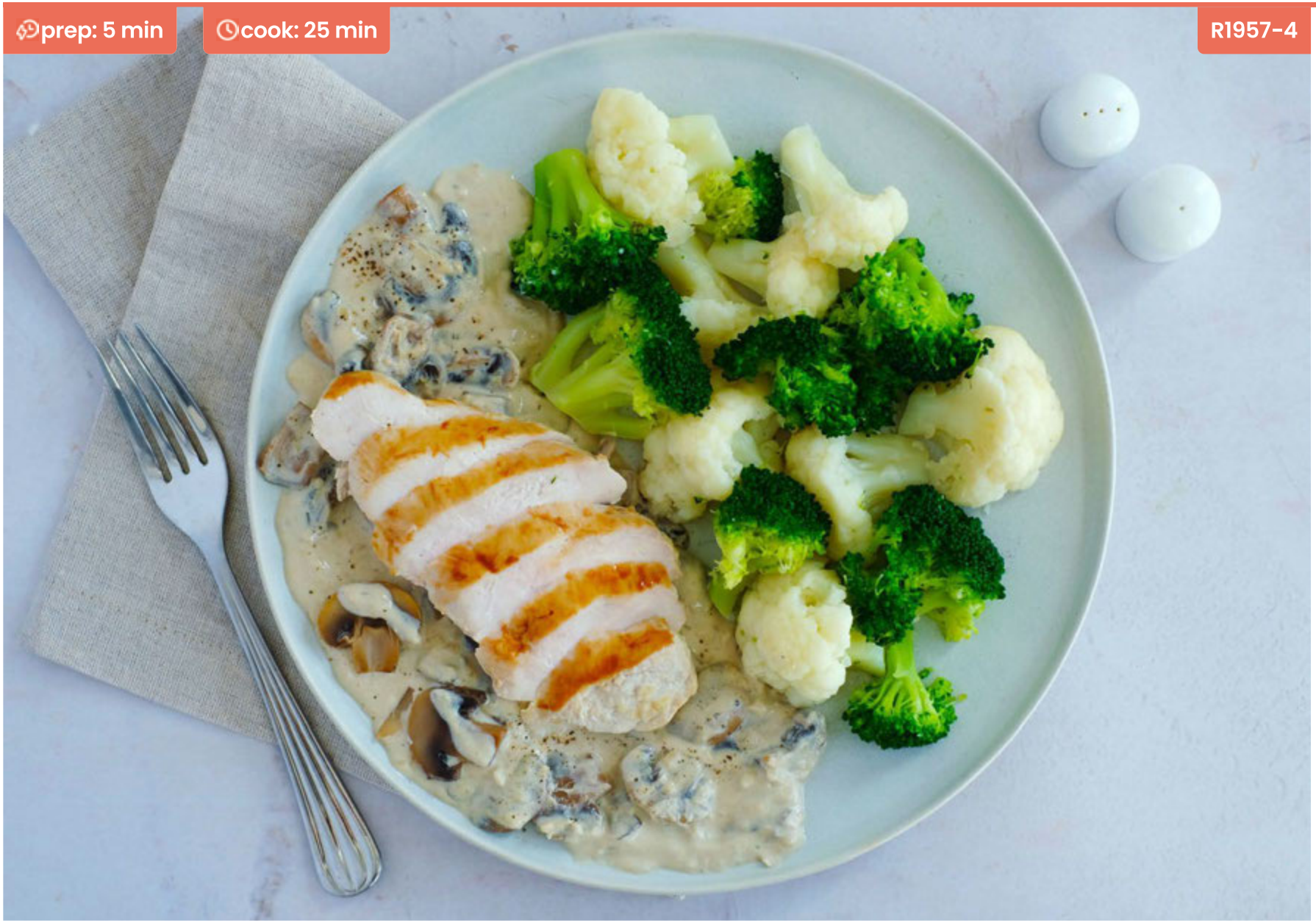
Garlic, chicken and cream - what's not to like!

hello chef

507 calories | 62 protein | 18 carbs | 20 fat

Low Carb | Quick Prep | Calorie Smart

prep: 5 min | cook: 25 min | R1957-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2112 / 507
Fats (g)	20.3
of which saturated (g)	12.7
Carbohydrates (g)	18
of which sugars (g)	5.9
Fibers (g)	5.5
Proteins (g)	61.5
Salt (g)	4.2

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What You'll Need

- Box grater

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04-825-44-00
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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

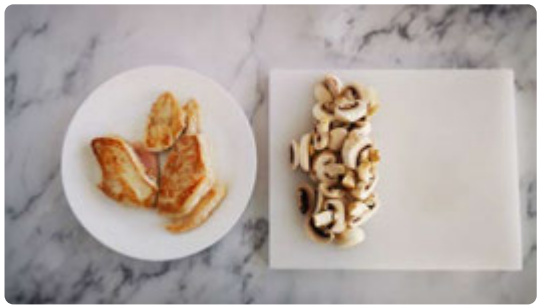
for 4 servings

Chicken	
Chicken breast	800 Grams
Mushroom	500 Grams
Garlic paste	20 Grams
Vegetable oil	2 Tbsp
Cooking cream **4***	200 ML
Water	200 ML
Chicken stock cube **4*,5*,9*,15***	1 Piece
Salt	1 Tsp
Black pepper	1 Tsp
Parmesan **4***	60 Grams

Vegetables	
Broccoli	400 Grams
Cauliflower	400 Grams
Salt	1 Tsp
Black pepper	0.5 Tsp

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Prep

- Clean the **mushrooms** with a cloth, knife or brush (don't wash them with water).
- Roughly chop or tear the **mushrooms**.
- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken breasts**.
- Fry for 2-3 min on each side until browned.
- Transfer the **chicken** to a plate. Reserve the pan.



2. Fry mushrooms

- Return the reserved pan to a medium-high heat with another drizzle of **oil**.
- Fry the **mushrooms** for 7-8 min until browned.
- Reduce the heat to medium-low and add the **garlic paste**.
- Fry for 1 min further.

Tip! Fry the mushrooms until well browned. Their flavour will intensify the crispier they become.



3. Simmer sauce

- Return the **chicken breasts** to the pan with the 200 ml **cooking cream**, **measured water**, 1 **chicken stock cube**, **salt** and **pepper**.
- Simmer covered, for 8-10 min until the **chicken** is cooked through.



4. Boil vegetables

- Meanwhile, separate the **broccoli** and **cauliflower** into florets.
- Bring a pot of salted water to the boil.
- Add the **cauliflower** and cook for 3 min.
- Add the **broccoli** and cook for 5 min further. Drain.
- Meanwhile, grate the **Parmesan**.



5. Serve

- Once the **chicken** is cooked, add the grated **Parmesan** to the pan.
- Cook for 2-3 min or until the sauce begins to thicken.
- If the sauce is too thick add a splash of water. Mix well.
- Serve the **chicken** and the **sauce** with the **vegetables** to the side.

Crispy

with Roast Potatoes and Avocado Chimichurri

803 calories | 56 protein | 69 carbs | 41 fat

Calorie Smart

cook: 40 min

R4694-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3360 / 803
Fats (g)	41.2
of which saturated (g)	5.7
Carbohydrates (g)	69
of which sugars (g)	7.5
Fibers (g)	24.3
Proteins (g)	55.6
Salt (g)	0

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chimichurri

Avocado	1 Piece
Fresh parsley	15 Grams
Fresh coriander	15 Grams
Garlic cloves	4 Piece
Small red chilli	2 Piece
Red vinegar	120 ML
Red onion	2 Piece

Potatoes

Potatoes	900 Grams
Vegetable seasoning **2*,10*,11*,13***	4 Grams
Salt	0.5 Tsp

Tofu

Firm tofu **9***	600 Grams
Cumin powder	4 Grams
Paprika powder	4 Grams
Salt	0.5 Tsp
Corn starch	20 Grams

Allergens: *2 Tree Nuts, *10 Wheat, *11 Gluten, *13 Mustard, *9 Soya

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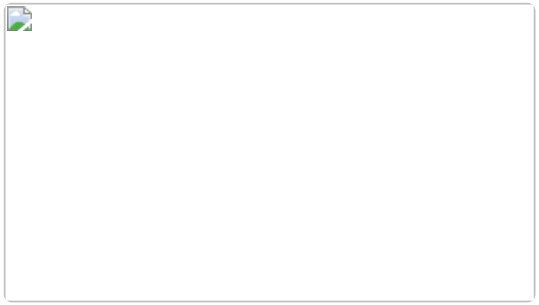
1. Prep



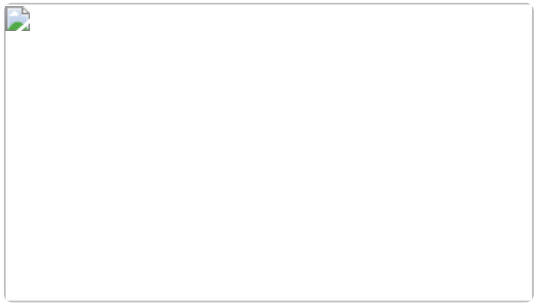
2. Roast Potatoes



3. Make Chimichurri



4. Grill Salmon



5. Serve

Breaded Chicken
with Linguine Marinara

Classic Italian flavours that come together deliciously.

hello chef

984 calories | 69 protein | 141 carbs | 16 fat

Family Friendly

cook: 35 min

R3858-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4122 / 984
Fats (g)	15.6
of which saturated (g)	3.7
Carbohydrates (g)	141
of which sugars (g)	12.1
Fibers (g)	12
Proteins (g)	69
Salt (g)	4.7

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What You'll Need

- Rolling pin

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Organic Eggs **5***	2 Piece
Salt	1 Tsp
Black pepper	1 Tsp
Plain flour **10*,11***	100 Grams
Smoked paprika powder	4 Grams
Garlic onion powder	8 Grams
Panko bread crumbs **10*,11*,12***	120 Grams
Dried thyme	4 Grams
Vegetable oil	2 Tbsp

Pasta & sauce	
Linguine **10*,11***	500 Grams
Vegetable oil	2 Tbsp
Garlic paste	20 Grams
Tomato paste	70 Grams
Cherry tomatoes	300 Grams
Dried oregano	4 Grams
Chicken stock cube **4*,5*,9*,15***	1 Piece
Water	300 ML
Tomato passata	400 Grams
Brown sugar	10 Grams
Black pepper	1 Tsp
Fresh basil	15 Grams
Grated Parmesan **4***	60 Grams

Allergens: *5 Eggs, *10 Wheat, *11 Gluten, *12 Lupin, *4 Milk, *9 Soya, *15 Celery

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1. Prep breading

- Bring a large pot of salted water to the boil.
- Meanwhile, whisk the **eggs** in a shallow bowl with a pinch of **salt** and **black pepper**.
- Add the **flour**, **smoked paprika** and **garlic onion powder** to a second shallow bowl and mix.
- Add the **panko bread crumbs** and **dried thyme** to a third shallow bowl and set aside.

Tip! Adding a pinch of salt and black pepper to the eggs, flour and panko ensures a well seasoned mix.



2. Bread chicken

- Wrap the **chicken breasts** in cling film and place them on a chopping board.
- Using a rolling pin, bash the **chicken breasts** until almost halved in thickness.
- One by one, coat the **chicken breasts** in the seasoned **flour** before dipping them in the beaten **egg** and finally coating them in the **panko breadcrumbs**.
- Refrigerate until step 5.



3. Boil linguine

- Once the pot of water is boiling, add the **linguine** and cook for 8-10 min until 'al dente' or cooked to your liking.



4. Prep sauce

- Meanwhile, heat a large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **garlic paste**, **tomato paste** and **cherry tomatoes**.
- Fry for 1 min stirring frequently.
- Add the **oregano**, 1 **chicken stock cube**, **measured water**, **tomato passata**, **brown sugar** with a pinch of **pepper**.
- Simmer, covered, for 5 min or until the **tomatoes** are soft.
- After 5 min, remove from the heat and set aside.
- Keep covered.



5. Fry chicken

- Meanwhile, heat a second large pan over a medium-high heat with a generous drizzle of **oil**.
- Add the **chicken** and reduce the heat to medium.
- Fry for 3-5 min on each side or until golden brown and cooked through.
- Drain on kitchen paper to remove any excess **oil**.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready.



6. Serve

- Meanwhile, pick and roughly tear the **basil** leaves.
- Add the cooked **linguine** to the **sauce** along with the **basil** and toss.
- Slice the **breaded chicken**.
- Divide the **pasta** among bowls and top with the **chicken** slices.
- Sprinkle the **Parmesan** over.

Creamy Butternut Squash Pasta

with Smoky Bacon and Candied Pecans

An indulgent, rich and silky smooth butternut squash pasta sauce with loads of bacon flavour! Topped with cinnamon-spiced honey pecans, you're in for a treat.

hello chef

1108 calories | 43 protein | 116 carbs | 55 fat

Family Friendly

cook: 40 min

R4175-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4628 / 1108
Fats (g)	55.4
of which saturated (g)	22
Carbohydrates (g)	116
of which sugars (g)	17.5
Fibers (g)	14
Proteins (g)	42.6
Salt (g)	6.5

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What You'll Need

Oven | Blender

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pasta	
Butternut squash	1200 Grams
Fresh thyme	10 Grams
Vegetable oil	1 Tbsp
Beef bacon	240 Grams
Kale	150 Grams
Conchiglie rigate pasta 5*,10*,11*	375 Grams
Water	600 ML
Garlic onion powder	8 Grams
Chicken stock cube 4*,5*,9*,15*	2 Piece
Cooking cream 4*	200 ML
Parmesan 4*	60 Grams

Candied pecans	
Pecan nuts 2*	80 Grams
Honey	30 Grams
Cinnamon powder	4 Grams
Nutmeg	4 Grams
Salt	0.25 Tsp

Allergens: *5 Eggs, *10 Wheat, *11 Gluten, *4 Milk, *9 Soya, *15 Celery, *2 Tree Nuts

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1. Roast

- Preheat the oven to 220°C/200°C fan.
- Peel and deseed the **butternut squash**, and chop into small bite-sized pieces.
- Line a baking tray with parchment paper and place the **squash** onto one side.
- Top with a few sprigs of **fresh thyme**, reserving some for the **sauce** later.
- Drizzle with a bit of **oil**. Roast for 10-12 min until slightly soft.
- Add the **bacon** alongside. Roast for 12-15 min further until the **butternut squash** is soft and fully cooked through, and the **bacon** is crispy.
- Remove from oven and set aside.



2. Boil pasta

- Meanwhile, strip the **kale** leaves off the woody stems, and tear into small bite-sized pieces.
- Bring a large pot of salted water to the boil.
- Once boiling, add the **pasta**.
- Cook for 8-10 min.
- Add the **kale**.
- Cook for 1 min further until softened.
- Drain the **pasta** and **kale**, and set aside.
- Reserve the pot for step 5.



3. Blend sauce

- Transfer the roasted **butternut squash** into a blender, reserving some pieces for garnish.
- Discard the twigs of **thyme**.
- Add the **measured water**, **garlic onion powder**, 2 **chicken stock cube**, and the **cooking cream**.
- Blend on high for 1 min or until you have a smooth, silky **pasta sauce**.

Tip! For an extra indulgent and smoky bacon-flavoured pasta sauce, add a few teaspoons of the rendered bacon fat from the roasting tray into the blender with the rest of the ingredients.



4. Make candied pecans

- Heat a small frying pan over medium heat.
- Once hot, crumble in the **pecans** by hand.
- Dry toast for 1 min.
- Add the **honey**, **cinnamon**, **nutmeg**, and a pinch of **salt**.
- Cook for 1 min further until the **pecans** are coated and sticky.
- Turn off the heat and set aside.

Tip! Adjust the sweetness from the honey to your liking.



5. Mix pasta

- Grate the **parmesan**.
- Return the reserved pot to a medium-high heat.
- Once hot, add the **pasta sauce**, drained **pasta** and **kale**, and mix to combine.
- Bring to a simmer.
- Cook for 1-2 min until reheated.
- Stir in the **parmesan** cheese, reserving some for garnish.

Tip! Adjust the consistency of the sauce to your liking by adding a few splashes of water if needed.



6. Serve

- Serve the **Creamy Butternut Squash Pasta** with **Smoky Bacon** and **Candied Pecans**.
- Top with the reserved **butternut squash**, **beef bacon**, and **candied pecans**.
- Sprinkle with remaining grated **parmesan** cheese.

Tip! You can leave the beef bacon whole or chop into smaller chunks if you prefer.

Palak Tofu

with Basmati Rice

To keep things vegan, we've swaped paneer for tofu in this Indian classic.

hello chef

799 calories | 42 protein | 105 carbs | 33 fat

cook: 45 min

R2188-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3345 / 799
Fats (g)	33.2
of which saturated (g)	12.4
Carbohydrates (g)	105
of which sugars (g)	13
Fibers (g)	15
Proteins (g)	41.5
Salt (g)	1.5

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What You'll Need

- Blender

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

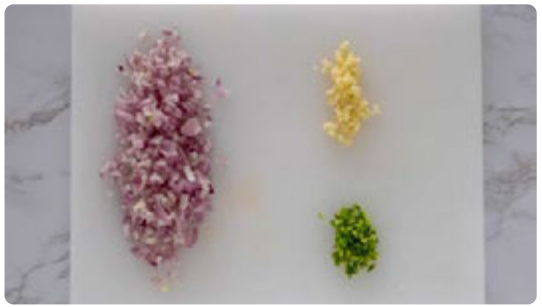
Ingredients

for 4 servings

Tofu	
Firm tofu 9*	600 Grams
Vegetable oil	2 Tbsp
Curry	
Red onion	2 Piece
Garlic cloves	5 Piece
Large green chilli	2 Piece
Vegetable oil	2 Tbsp
Ginger paste	20 Grams
Cumin powder	4 Grams
Chilli powder	2 Grams
Garam masala	10 Grams
Vegetable stock cube 15*	1 Piece
Water	100 ML
Tomato passata	500 Grams
Brown sugar	10 Grams
Coconut milk	400 ML
Spinach	450 Grams
Salt	1 Tsp
Lemon	2 Piece
Rice	
Basmati rice	300 Grams
Salt	1 Tsp
Water	600 ML

Allergens: *9 Soya, *15 Celery

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1. Prep

- Peel and finely chop the **red onion**.
- Peel and mince the **garlic**.
- Finely chop the **green chilli**.
- Bring a pot of salted water to a boil.



2. Boil rice

- Rinse and drain the **rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat.
- Lower heat, cover and cook for 12-14 min, until **rice** is tender.
- Remove from the heat and keep covered until serving. Fluff with a fork before serving.



3. Make sauce

- Meanwhile, heat a large non-stick pan over a medium-low heat with a drizzle of **oil**.
- Add the **onion** and cook for 5-6 min until softened.
- Once softened, add the **garlic**, **ginder paste**, **green chilli** (spicy!), **cumin**, **chilli powder** (spicy!) and **garam masala powder**. Cook for 1 min.
- Add the 1 **stock cube**, **measured water**, **tomato passata**, **brown sugar** and **coconut milk**.
- Simmer for 10 min until thickened.



4. Fry tofu

- Meanwhile, drain the **tofu** and pat dry with paper towel.
- Heat a separate large non-stick pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **tofu** and fry for 5 min until golden and crispy (see pro tip). Season with **salt**.
- Set aside.

Tip! The key to achieving crispy tofu is a hot pan, a generous amount of oil and patience. Once you've placed the cubes in the hot pan, don't touch them for a while. Turn them only once browned.



5. Blanch

- Trim the **spinach** stems and roughly chop the leaves.
- Once the water is boiling, add the **spinach** and boil for 3 min.
- Drain and squeeze out any excess water.



6. Serve

- Add the **spinach** to the sauce.
- Blitz the sauce in a blender until smooth.
- Add the fried **tofu cubes**.
- Serve with **rice** and **lemon** wedges.

Thai Chicken Mince Stir-fry

with Basil

This dish takes inspiration from a Thai street food classic. We've left out the rice to keep it low-carb and added green beans and bean sprouts.

hellochef

587 calories | 62 protein | 22 carbs | 30 fat

Low Carb | Calorie Smart

cook: 30 min

R2668-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2457 / 587
Fats (g)	30
of which saturated (g)	8.6
Carbohydrates (g)	22
of which sugars (g)	8.7
Fibers (g)	4.3
Proteins (g)	61.6
Salt (g)	4.3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken mince	800 Grams
Green beans	375 Grams
Spring onion	80 Grams
Garlic cloves	8 Piece
Small red chilli	4 Piece
Bean sprouts	200 Grams
Thai basil	15 Grams
Vegetable oil	4 Tbsp
Soy sauce 9*,10*,11*	60 ML
Oyster sauce 8*,10*	40 Grams
Brown sugar	10 Grams
Organic Eggs 5*	4 Piece
Crispy onions	40 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *8 Molluscs, *5 Eggs

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1. Prep vegetables

- Trim the **green beans**.
- Trim and finely slice the **spring onions**.
- Peel and mince the **garlic**.
- Finely chop the **chilli**.
- Rinse the **bean sprouts**.
- Pick the **Thai basil** leaves from their stems.

Tip! Thai basil has a strong aniseed flavour, leave it out if you're not a fan.



2. Boil beans

- Cook the **green beans** in a pot of salted boiling water for 3 min.
- Drain well.



3. Fry chicken

- Meanwhile, heat a large non-stick pan over a medium-high heat with a drizzle of **vegetable oil**.
- Once hot, add the **chicken mince**.
- Fry for 4-5 min.



4. Add vegetables

- Add the drained **green beans**, **spring onion**, **garlic** and **chilli** (spicy!) to the pan.
- Cook for 1 min further.
- Add the **soy sauce**, **oyster sauce** and **brown sugar**.
- Simmer for 2 min.
- Remove the pan from the heat.
- Add the **bean sprouts** and **Thai basil** leaves.
- Give everything a good mix up.
- Set aside.



5. Fry eggs

- Heat a second non-stick pan with a drizzle of **vegetable oil** over a medium heat.
- Once hot, crack the **eggs** into the pan.
- Fry for 2-3 min or until done to your liking.
- For a set **egg** yolk, cover the pan with a lid.



6. Serve

- Serve the **fried eggs** over the **Thai Chicken Mince Stir-fry with Basil**.
- Garnish with the **crispy onions**.

Pulled King Oyster Mushroom BBQ Sandwich

with Roasted Potatoes and Coleslaw

-

694 calories | 21 protein | 109 carbs | 22 fat

cook: 45 min

R4374-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2916 / 694
Fats (g)	22.3
of which saturated (g)	1.5
Carbohydrates (g)	109
of which sugars (g)	28.1
Fibers (g)	18.6
Proteins (g)	20.8
Salt (g)	2.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Mushroom brisket	
King oyster mushrooms	800 Grams
Red onion	1 Piece
Smoked paprika powder	8 Grams
Garlic onion powder	4 Grams
Barbecue sauce 11*,13*	120 Grams
Ciabatta 10*,11*	3 Piece

coleslaw	
Red cabbage	150 Grams
Carrot	1 Piece
Vegan mayonnaise	100 Grams
Wholegrain mustard 13*	30 Grams
White sugar	10 Grams
White vinegar	22 ML

Potatoes	
Potatoes	900 Grams
BBQ spice 15*	4 Grams
Dried thyme	4 Grams

Allergens: *11 Gluten, *13 Mustard, *10 Wheat, *15 Celery

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1. Roast potatoes

Preheat the oven to 180/200c. Cut the **potatoes** into wedges, sprinkle with **bbq** seasoning. Add to a baking sheet with a drizzle of oil and roast for 30 min until cooked through.



2. Prep mushrooms.

Meanwhile, clean **mushrooms** with a damp paper towel. Using two forks, shred the stems and caps roughly into pieces.



3. Bake

Place on another baking tray lined with parchment paper-lined. Add vegetable oil, **smoked paprika**, **garlic onion powder**, salt and pepper. Toss around to evenly coat the **mushrooms**, then bake for 20 minutes, or until **mushrooms** are a bit crispy and brown on the edges. Stir through the gochujang, brown **sugar**, and **barbecue sauce**, and roast for 3-5 min further.



4. Make coleslaw

Meanwhile, peel and grate the **carrots**. Finely shred the **cabbage**. In a bowl, combine the vegetables with the **sugar**, **vegan mayonnaise**, dijon **mustard**, and a pinch of salt.



5. prep

Slice the **onion** into rounds. Cut the **ciabatta** in half and slice down the middle. Toast the bread until crispy.



6. Serve

Top each **ciabatta** with the **BBQ** pulled **mushrooms**, top with the coleslaw, and serve with the **potatoes** to the side.

Chilli Con Carne Lettuce Cups

with Sour Cream and Cheddar

These low carb lettuce cups loaded with chilli con carne are guaranteed to be moreish!

hello chef

632 calories | 49 protein | 29 carbs | 36 fat

Low Carb | Speedy

cook: 25 min

R3725-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2646 / 632
Fats (g)	36
of which saturated (g)	21
Carbohydrates (g)	29
of which sugars (g)	15.5
Fibers (g)	7.9
Proteins (g)	48.5
Salt (g)	2.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chilli con carne	
Lean beef mince	700 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Red pepper	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Fajita seasoning	20 Grams
Chipotle powder	4 Grams
Tomato passata	500 Grams
Chicken stock cube 4*,5*,9*,15*	1 Piece
Water	100 ML
Brown sugar	10 Grams
Black pepper	1 Tsp
Fresh coriander	15 Grams

To serve	
Boston lettuce	2 Piece
Lime	2 Piece
Sour cream 4*	120 Grams
Grated cheddar 4*	120 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Prep vegetables

Peel and finely chop the **red onion**. Peel and mince the **garlic**. Deseed and finely chop the **red pepper**.



2. Fry mince

Heat a large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **onion** and **beef mince** with a pinch of **salt** and fry for 5-7 min until browned.



3. Add seasoning

Once browned, add the **garlic**, **red pepper**, **fajita seasoning** and **chipotle (spicy!)**. Fry for 2 min further.

Tip! Sensitive to spice? Go easy on the chipotle.



4. Simmer

Add the **tomato passata**, crumbled 1 **stock cube**, **measured water** and **brown sugar**. Mix well, reduce the heat to medium-low and simmer for 5 min. Season with **salt** and **black pepper**. Remove from the heat.



5. Prep

Meanwhile, finely chop the **fresh coriander** leaves. Separate the **boston lettuce** leaves. Slice the **lime** into wedges.



6. Serve

Add half of the **coriander** (reserve some for garnish) to the **beef** and stir through. Divide the **lettuce** leaves among plates. Top them with the **Chilli con Carne** and garnish with the remaining **coriander**, dollops of the **sour cream** and the **grated cheddar cheese**. Serve the **lime** wedges alongside.

Indonesian Rendang with Lentils
and Black Beans

In this recipe you'll make your own curry paste, packed with flavour!

1025 calories | 33 protein | 136 carbs | 36 fat

cook: 45 min

R2097-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4293 / 1025
Fats (g)	35.6
of which saturated (g)	20.8
Carbohydrates (g)	136
of which sugars (g)	27.7
Fibers (g)	28.1
Proteins (g)	32.6
Salt (g)	3.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Food processor

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry paste	
Shallots	4 Piece
Garlic cloves	8 Piece
Large red chilli	4 Piece
Ginger	60 Grams
Lemongrass paste	20 Grams
Vegetable oil	4 Tbsp
Turmeric powder	4 Grams
Black pepper	1 Tsp

For curry	
Carrot	4 Piece
Canned lentils	530 Grams
Black beans	480 Grams
Coconut milk	800 ML
Water	200 ML
Vegetable stock cube 15*	2 Piece
Soy sauce 9*,10*,11*	40 ML
Lime leaves	3 Piece
Brown sugar	10 Grams
Salt	1 Tsp
Fresh coriander	15 Grams

Rice	
Jasmine rice	300 Grams
Water	600 ML
Salt	1 Tsp

Allergens: *15 Celery, *9 Soya, *10 Wheat, *11 Gluten

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1. Mix curry paste

Peel and chop the **shallots** and **garlic**. Finely chop the **chilli** (remove the seeds if you like it milder). Peel and grate the **ginger**. Add the **shallots**, **garlic**, **chilli** (spicy!), **ginger**, **lemongrass paste**, **oil**, **turmeric** and **black pepper** to a food processor. Blitz until smooth. (Alternatively, use a large pestle and mortar.) This is your **curry paste**.



2. Prep ingredients

Peel and finely chop the **carrots**. Rinse and drain the **canned lentils** and the **black beans**.



3. Cook curry paste

Heat a pan over a medium heat. Once hot, add the **curry paste** (made in step 1) and cook for 5 min, stirring.



4. Add and stew

Add the **carrots**, **lentils**, **black beans**, **coconut milk**, measured **water**, **vegetable stock cube**, **soy sauce**, **lime leaves** and **brown sugar**. Bring to a light simmer, cover, and cook for 20 min. Add a splash of **water**, if needed. Finally season with **salt** to taste.



5. Boil rice

Meanwhile, add the **jasmine rice**, the measured **water** and a pinch of **salt** to a pan with a lid and bring to a boil. Reduce the heat to low, cover, and cook for 10-12 min or until the **water** is absorbed and the **rice** is cooked. Remove from the heat and keep covered. Fluff with a fork before serving.



6. Serve

Serve the Rendang curry over the **rice** and garnish with the freshly chopped **coriander**.

Bang Bang Chicken Skewers
with Asian Slaw

Bang Bang is from Chinese cuisine - a sweet, spicy and creamy sauce to coat chicken.

765 calories | 56 protein | 42 carbs | 43 fat

Speedy | Low Carb

cook: 25 min

R4398-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3199 / 765
Fats (g)	42.5
of which saturated (g)	6.5
Carbohydrates (g)	42
of which sugars (g)	25.4
Fibers (g)	8.4
Proteins (g)	55.5
Salt (g)	7

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Box grater

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken cubes	800 Grams
Bamboo skewers	12 Piece
Smoked paprika powder	8 Grams
Garlic onion powder	4 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Vegetable oil	2 Tbsp

Bang Bang sauce	
Lime	2 Piece
Mayonnaise 5*,9*,13*	120 Grams
Sweet chilli sauce	80 ML
Sriracha sauce	42 Grams
Honey	30 Grams

Salad	
Red cabbage	200 Grams
Carrot	2 Piece
Red pepper	2 Piece

Dressing	
Soy sauce 9*,10*,11*	30 ML
Rice vinegar	30 ML
Sesame oil 3*,9*	30 ML

To serve	
Fresh coriander	30 Grams
Salted peanuts 1*	80 Grams

Allergens: *5 Eggs, *9 Soya, *13 Mustard, *10 Wheat, *11 Gluten, *3 Sesame Seeds, *1 Peanuts

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1. Prep

- Add the **chicken cubes** to a large bowl, cutting bigger pieces in half.
- Soak the **bamboo skewers**.



2. Spice chicken

- To the **chicken**, add the **paprika powder**, 1 sachet **garlic onion powder**, **salt** and **pepper**.
- Mix to coat the **chicken**.
- Divide the **chicken** between the **skewers**.
- Set aside until step 4.



3. Make Slaw

- Thinly shred the **cabbage**.
- Peel and thinly slice or grate the **carrot**.
- De-seed and thinly slice the **red pepper**.
- Pick the **coriander** leaves.
- In a large bowl, combine the **cabbage**, **carrot**, **red pepper** and **coriander**, reserving some for garnish.
- Add the **soy sauce**, **rice vinegar**, **sesame oil**.
- Toss to combine.
- Set the **Asian Slaw** aside.

Tip! Drain off some of the dressing before serving to avoid a soggy salad.



4. Make Bang Bang sauce

- Cut the **lime** in half.
- In a small bowl, combine the **mayonnaise**, **sweet chilli sauce**, **Sriracha sauce**, **honey** and a squeeze of **lime** juice to taste.
- Set the **Bang Bang sauce** aside.



5. Fry chicken

- Heat a large frying pan over medium-high heat with a drizzle of **oil**.
- Fry the **chicken skewers** for 3-4 min on each side, turning often.
- Baste with the **Bang Bang sauce**, reserving some for serving.
- Cook for 2-3 min further until the **chicken** is nicely browned and cooked through.



6. Serve

- Serve the **Bang Bang Chicken Skewers** alongside the **Asian Slaw**.
- Top with crushed **peanuts** and reserved **coriander**.
- Serve left over **Bang Bang sauce** for dipping.

Chicken Stir-fry in Chinese Chilli Sauce

with Garlic Jasmine Rice and Sesame Cucumbers

Your tastebuds are in a for a zingy, spicy and garlicky treat in this quick Chinese-style stir-fry!

hello chef

823 calories | 62 protein | 107 carbs | 23 fat

Speedy | Global Eats

cook: 25 min

R4371-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3446 / 823
Fats (g)	22.7
of which saturated (g)	3.4
Carbohydrates (g)	107
of which sugars (g)	18.7
Fibers (g)	9.3
Proteins (g)	61.6
Salt (g)	5.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken cubes	600 Grams
Chinese chilli sauce 9*,10*	40 Grams
Corn starch	20 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Carrot	2 Piece
Red pepper	2 Piece
Vegetable oil	1 Tbsp
Plum sauce 9*,10*	40 Grams

Cucumbers	
Lime	1 Piece
Cucumber	2 Piece
Rice vinegar	30 ML
White sugar	10 Grams
Sesame oil 3*,9*	30 ML
Salt	0.5 Tsp
Black sesame seeds 3*	5 Grams

Rice	
Jasmine rice	300 Grams
Vegetable oil	1 Tbsp
Garlic paste	20 Grams
Salt	1 Tsp
Water	700 ML

Garnish	
Fresh coriander	30 Grams
Salted peanuts 1*	80 Grams

Allergens: *9 Soya, *10 Wheat, *3 Sesame Seeds, *1 Peanuts

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1. Boil rice

- Rinse the **jasmine rice** in cold water.
- Heat a pot with a lid over medium high heat with a drizzle of **vegetable oil**.
- Add the **garlic paste**, **rice**, and a pinch of **salt**.
- Cook for 1 min until fragrant, then add the **measured water** and bring to a boil.
- Once boiling, reduce the heat to low and cover.
- Cook for 12-14 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pan from the heat.
- Keep covered until serving.



2. Prep

- Meanwhile, slice the **lime** into wedges.
- In a bowl combine the **chicken cubes**, **chinese chilli sauce**, **corn starch**, a squeeze of **lime**, a pinch of **salt** and **pepper**, and a small splash of **water**.
- Mix and set aside.



3. Prep

- Peel and slice the **carrots** into half moons.
- Deseed and roughly chop the **red pepper**.
- Roughly chop the **coriander**.



4. Fry

- Heat a large pan over a medium high heat with a drizzle of **oil**.
- Fry the **chicken** for 3-4 min until browned.
- Add the **carrots** and **red pepper**.
- Fry for 2-3 min further, cover and cook until softened.
- Stir through with the **plum sauce** until coated.
- Stir through the **peanuts** and **coriander**, reserving some for garnish in Step 6.



5. Make cucumber salad

- Thinly slice the **cucumber**.
- In a bowl, whisk the **rice vinegar**, **sugar**, a squeeze of **lime**, **sesame oil**, a pinch of **salt**, and **black sesame seeds**.
- Toss the **cucumbers**.
- Set aside to marinate.



6. Serve

- Serve the **Chicken Stir-fry** in **Chinese Chilli Sauce** with **Garlic Jasmine Rice** and **Sesame Cucumbers**.
- Garnish with any extra **peanuts** and **fresh coriander**.

Chicken Fajita Salad Bowl

with Lime Crema Dressing

Who said salad had to be boring?

hello chef

615 calories | 54 protein | 42 carbs | 28 fat

Low Carb

cook: 30 min

R3145-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2571 / 615
Fats (g)	28.2
of which saturated (g)	6.9
Carbohydrates (g)	42
of which sugars (g)	16.8
Fibers (g)	17.5
Proteins (g)	54.2
Salt (g)	0.6

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What You'll Need

- Rolling pin

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salad	
Chicken breast	800 Grams
Red pepper	2 Piece
Red onion	2 Piece
Vegetable oil	2 Tbsp
Fajita seasoning	20 Grams
Salt	1 Tsp
Avocado	2 Piece
Romaine lettuce	600 Grams
Tomatoes	2 Piece

Dressing	
Fresh coriander	15 Grams
Garlic cloves	1 Piece
Sour cream 4*	120 Grams
Honey	15 Grams
Lime	1 Piece
Vegetable oil	2 Tbsp
Chipotle powder	2 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *4 Milk

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1. Prep

- Wrap the **chicken breasts** in cling film.
- Place them on a chopping board.
- Using a rolling pin, bash the **chicken breasts** until halved in thickness.
- Deseed and finely slice the **peppers**.
- Peel and slice the **onion**.



2. Fry chicken

- Drizzle the **chicken** with **oil**, sprinkle with half of the **fajita seasoning** (reserve the rest for the veg).
- Heat a non-stick pan over a medium-high heat.
- Once hot, add the **chicken breasts** with a pinch of **salt**.
- Cook for 5-7 min on either side until golden and cooked through.



3. Fry peppers

- Meanwhile, heat a second pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **peppers** and **onions** with a pinch of **salt**.
- Cook for 4 min.
- Add the remaining **fajita seasoning** (and a splash of water if needed).
- Cook for 2 more min until softened.
- Once cooked, remove from the heat and set aside.



4. Prep salad

- Meanwhile, cut the **avocado** in half and remove the stone.
- Scoop the **avocado** out of its skin using a spoon, then slice it.
- Wash and finely slice the **romaine lettuce**.
- Roughly chop the **tomatoes**.



5. Make dressing

- Finely chop the **coriander** leaves.
- Peel and mince the **garlic**.
- In a bowl, combine the **sour cream**, **honey**, the juice of the 1 **lime**, the **oil**, a pinch of **chipotle powder** **(spicy!)**, the **garlic** and the **coriander**.
- Season.
- Set the **Lime Crema Dressing** aside.

> **Tip!** Use half or don't add the raw garlic to the dressing if you find the taste too punchy.



6. Serve

- Slice the **chicken**.
- Divide the **lettuce** between bowls.
- Top with the sliced **chicken**, **peppers** and **onions**, **avocado** and **tomato**.
- Drizzle with the **dressing**.
- Serve the **Chicken Fajita Salad Bowl** with **Lime Crema Dressing**.

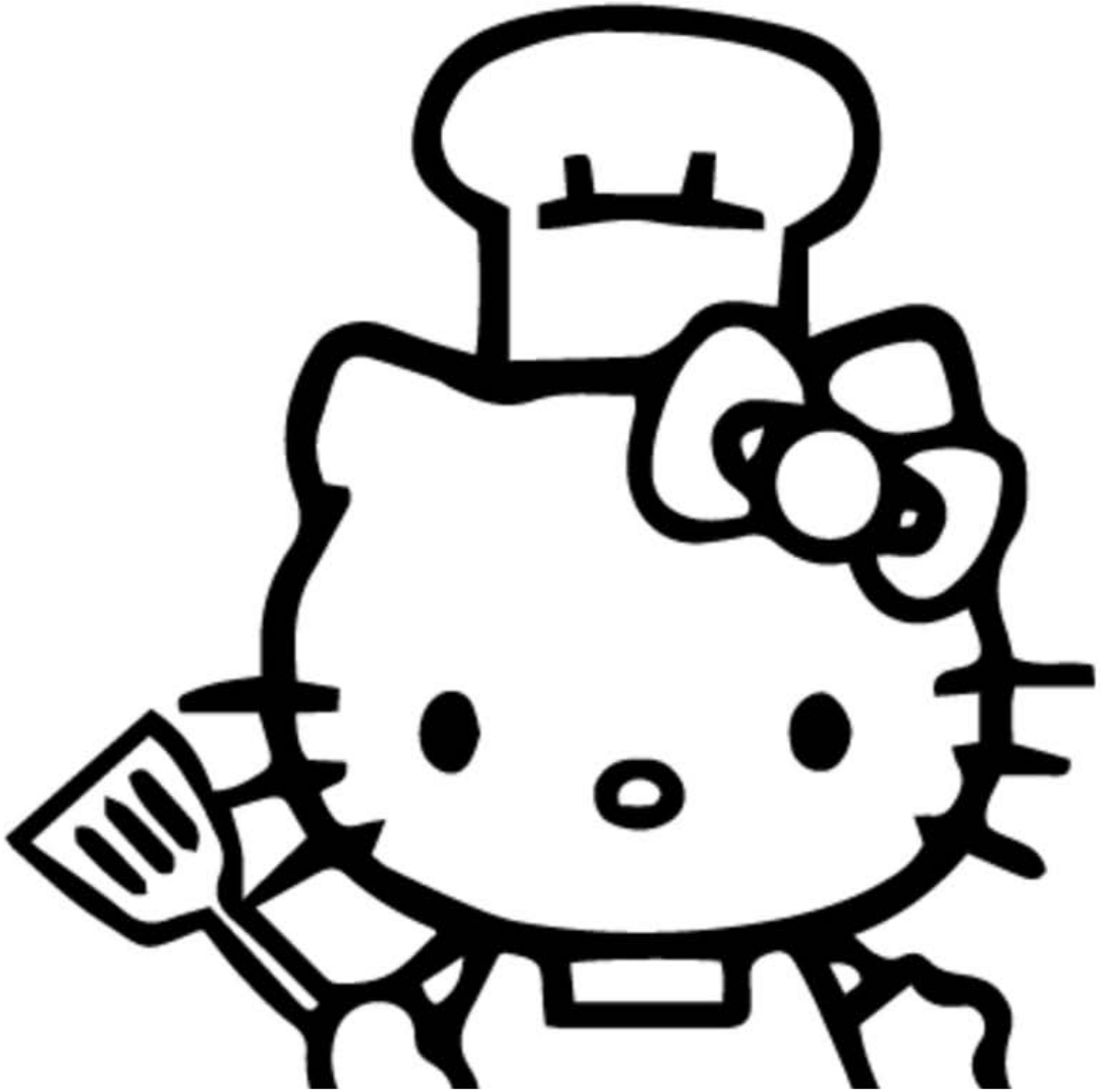
Sesame-Crusted Tofu and Kimchi Fried Rice

-

795 calories 41 protein 117 carbs 28 fat

cook: 30 min

R4046-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3328 / 795
Fats (g)	27.6
of which saturated (g)	3.7
Carbohydrates (g)	117
of which sugars (g)	16
Fibers (g)	11.7
Proteins (g)	40.8
Salt (g)	4.4

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Kimchi Fried Rice	
Jasmine rice	300 Grams
Sweet corn kernels	122 Grams
Carrot	1 Piece
Spring onion	80 Grams

Sauce	
Soy sauce 9*,10*,11*	30 ML
Sesame oil 3*,9*	30 ML
Agave syrup	20 ML
Ginger paste	20 Grams
Miso paste 9*	40 Grams

Tofu	
Firm tofu 9*	600 Grams
Black sesame seeds 3*	20 Grams
Sesame seeds 3*	20 Grams
Plain flour 10*,11*	20 Grams
Black salt	6 Grams
Garlic onion powder	8 Grams

Kimchi 6*,7*	300 Grams
Gochujang 9*	20 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds, *6 Fish, *7 Crustaceans

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1. cook rice

cook sushi **rice**



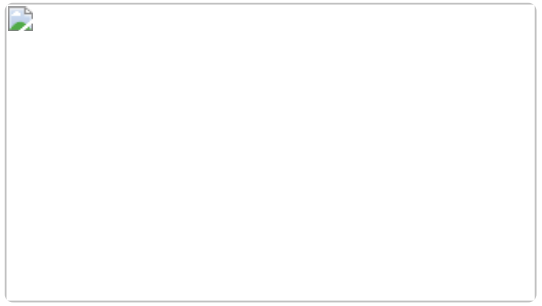
2. prep

chop **kimchi**, **spring onion** (reserve greens), **carrot**,



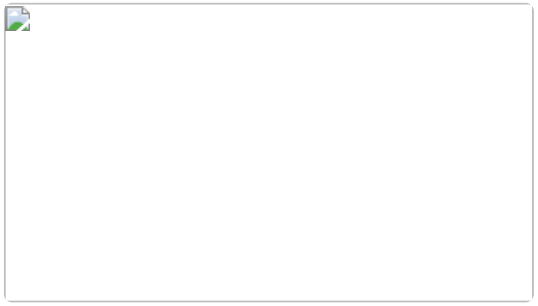
3. make sauce

mix **gochujang**, **soy sauce**, **sesame oil**, honey, **ginger paste**



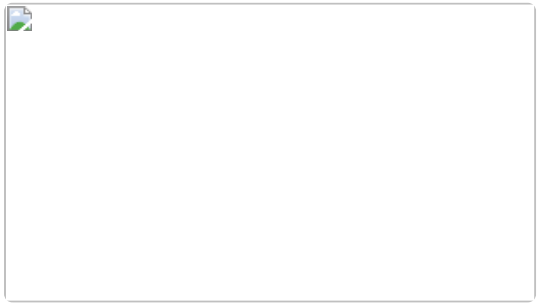
4. fry tofu

fry **tofu**, **garlic onion powder**, **black salt**. Set aside on plate.



5. add

fry **carrots**, **corn**, **spring onion**. Return **tofu** and cooked sushi **rice**. Add **sauce**. mix



6. serve

divide amongst bowls, top with **spring onions** greens

Salmon Fishcakes, Fried Eggs

and Green Bean Salad

Soft in the middle with a crunchy coating... it's fish fingers in disguise!

hello chef

750 calories | 56 protein | 75 carbs | 27 fat

Family Friendly

cook: 50 min

R2312-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3137 / 750
Fats (g)	26.6
of which saturated (g)	13
Carbohydrates (g)	75
of which sugars (g)	6.6
Fibers (g)	10.4
Proteins (g)	55.8
Salt (g)	1.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fish cakes	
Salmon goujons 6*	400 Grams
Smoked Salmon Slices 6*	200 Grams
Fresh parsley	15 Grams
Potatoes	600 Grams
Butter 4*	50 Grams
Salt	2 Tsp
Plain flour 10*,11*	100 Grams
Organic Eggs 5*	2 Piece
Panko bread crumbs 10*,11*,12*	180 Grams
Vegetable oil	4 Tbsp
Black pepper	1 Tsp

Salad	
Green beans	250 Grams
Green peas	200 Grams
Spring onion	80 Grams
Lemon	1 Piece
Olive oil	4 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Fried eggs	
Vegetable oil	2 Tbsp
Organic Eggs 5*	4 Piece

Allergens: *6 Fish, *4 Milk, *10 Wheat, *11 Gluten, *5 Eggs, *12 Lupin

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1. Cook potatoes

Peel and chop the **potatoes**. Add them to a pot of salted boiling water. Cook the **potatoes** for 15 min until soft. Drain the **potatoes**, return them to the pan with the **butter** and **salt** and mash until smooth.

Tip! Boil the potatoes until they're almost falling apart. Mash them well to ensure there are no lumps.



2. Fry salmon

Meanwhile, roughly chop the **smoked salmon** and **parsley** leaves. Heat a pan over a medium heat with a drizzle of **oil**. Once hot, add the **salmon** with a pinch of **salt** and **pepper**. Fry for 2-3 min or until cooked through. Once cooked, flake the **salmon** with a fork. Transfer **salmon** to a bowl or plate, wipe the pan and reserve it.



3. Make cakes

Once the **potatoes** are cooked, gently fold in the flaked **salmon**, **smoked salmon** and **parsley**. Shape the mixture into 12 patties. Add the **flour**, **eggs** and **panko bread crumbs** to three separate bowls. Whisk 2 of the **eggs** and season with **salt**. Season the **flour** with **salt** and **pepper**. Turn the patties in the seasoned **flour**, then dip them in the beaten **eggs** and finally coat them in the **panko bread crumbs**.

Tip! Freeze your fishcakes for 30 minutes before breading - this will make them firm up nicely.



4. Fry cakes

Heat a non-stick pan over a medium heat with a drizzle of **vegetable oil**. Cook the patties for 6 min on each side or until golden brown.

Tip! Handle the patties carefully and don't flip them until they have browned on the under side.



5. Cook veg

Meanwhile, trim and chop the **green beans**. Cook the **beans** and **peas** in a pot of salted boiling water for 3 min until tender. Drain. Meanwhile, trim and slice the **spring onion**. Add 2 tbsp of **lemon** juice to a bowl with the **olive oil**, **salt** and **pepper**. Whisk until combined. Toss the drained **peas**, **beans** and **spring onion** in the dressing.

Tip! Simply serve the peas and beans with butter if you're cooking for kids.



6. Fry eggs

Heat a second pan with a drizzle of **oil** over a medium heat. Once hot, crack the remaining **eggs** into the pan and fry for 2-4 min or until done to your liking. Serve the **fishcakes** over the **green bean salad**, with a **fried egg** on top.

Lemony Chicken

with Creamy Mash Potato and Roasted Vegetables

This wholesome supper has weeknight comfort written all over it!

hello chef

905 calories | 67 protein | 129 carbs | 15 fat

Family Friendly

cook: 40 min

R4404-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3782 / 905
Fats (g)	15.3
of which saturated (g)	8.3
Carbohydrates (g)	129
of which sugars (g)	29
Fibers (g)	24.6
Proteins (g)	66.8
Salt (g)	3.7

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Bake	
Chicken breast	800 Grams
Red onion	4 Piece
Garlic cloves	4 Piece
Red pepper	2 Piece
Small zucchini	4 Piece
Water	100 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Dijon mustard 13*	12 Grams
Dried thyme	4 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Olive oil	4 Tbsp
Lemon	2 Piece
Coriander cumin powder	8 Grams
Lemon pepper seasoning 13*,15*	4 Grams

Mash swap	
Potatoes	1200 Grams
Butter 4*	50 Grams
Whole milk 4*	200 ML
Salt	1 Tsp
Black pepper	1 Tsp
Sweet potatoes	1200 Grams

To serve	
Fresh parsley	15 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *13 Mustard

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1. Prep

Preheat the oven to 200°C/180°C fan. Bring a pot of salted water to the boil. Peel and slice the **onion** into quarters and separate them into individual petals. Peel and mince the **garlic**. Deseed and roughly chop the **peppers**. Slice the **zucchini** into batons. Boil the **measured water** and dissolve 1 **chicken stock cube** and the **Dijon mustard** in it.



2. Roast vegetables

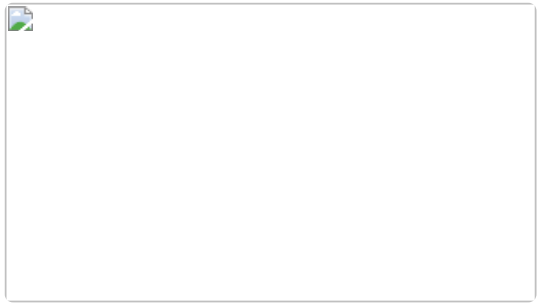
Add the **onion**, **garlic**, **peppers**, **zucchini** and the **stock** to a baking dish. Sprinkle with half of the **dried thyme** (reserve the rest to use in step 4) and season with **salt** and **pepper**. Drizzle with the **olive oil** and bake for 15 min.

Tip! If cooking for kids, keep a portion of vegetables without thyme and roast them to one side of the baking dish.



3. Make mash

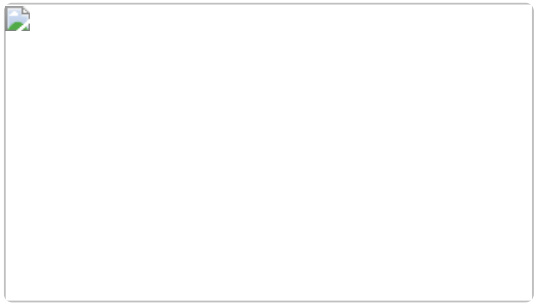
Meanwhile, peel and chop the **potatoes** into bite-sized pieces. Once the water is boiling, add the **potatoes** and cook over a medium-high heat for 20 min or until soft. Drain and return to the pot. Add the **butter** to the pot and mash until smooth, gradually adding the **milk** until it reaches your desired consistency. Season with **salt** and **pepper**. Cover and set aside.



4. Marinate chicken

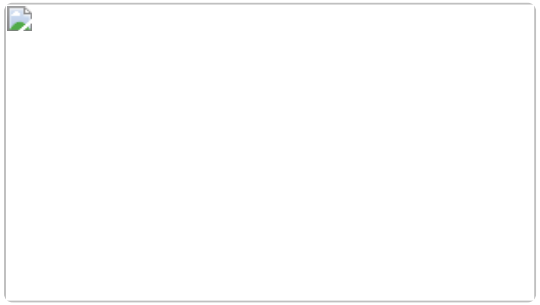
Meanwhile, slice half of the **lemon** into slices and juice the rest into a large bowl. Add the **chicken** thighs to the large bowl with the **lemon** juice along with the remaining **dried thyme** and season with **salt** and **black pepper**.

Tip! Marinate the chicken up to 24 hours in advance.



5. Fry chicken

Place a large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken** thighs, skin-down and fry for 5-6 min until browned. The **chicken** does not need to be cooked at this point.



6. Serve

Place the **chicken** on top of the **roasted vegetables**, skin-side up and arrange the **lemon** slices on top. Continue baking for 12-15 min further or until the **chicken** and **vegetables** are cooked through. Meanwhile, pick and finely chop the **parsley** leaves. Serve the **lemony chicken** and the **roasted vegetables** with the **creamy potato mash** alongside. Garnish with the **parsley**.

Tip! If cooking for kids, serve the mashed potato, chicken and roasted vegetables separately. Serve the parsley on the side as 'sprinkles'.

Mackerel Kedgeree

with Snow Peas and Chives

Kedgeree is widely believed to have been introduced to the UK by Victorian colonials returning from India.

hello chef

633 calories | 20 protein | 92 carbs | 27 fat

Family Friendly

cook: 30 min

R3086-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2636 / 633
Fats (g)	27.4
of which saturated (g)	15.3
Carbohydrates (g)	92
of which sugars (g)	8.7
Fibers (g)	7.5
Proteins (g)	19.5
Salt (g)	0.5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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04-383-93-99
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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Smoked mackerel	500 Grams
Basmati rice	300 Grams
Shallots	2 Pieces
Garlic cloves	4 Pieces
Cardamom pods	8 Pieces
Fresh chives	15 Grams
Snow peas	200 Grams
Large red chilli	2 Pieces
Lemon	2 Pieces
Butter [4*]	100 Grams
Turmeric powder	4 Grams
Curry powder	10 Grams
Salt	1 Tsp
Water	550 ML
Black pepper	1 Tsp
Organic Eggs [5*]	4 Pieces

Allergens: *4 Milk, *5 Eggs

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1. Soak rice

Rinse the **rice** 2-3 times until the water runs clear. Once clear, cover with cold water and set aside to soak.



2. Prep

Peel and slice the **shallots** and **garlic**. Split the **cardamom pods** open with the back of a knife. Peel the skin off the **mackerel**, then flake it into bite-size pieces. Finely chop the **chives**. Slice the **snow peas**. Finely slice the **chilli**. Slice the **lemon** into wedges.



3. Sweat

Heat a pan with a lid over a medium heat with the **butter**. Once melted, add the **turmeric**, **curry powder**, **cardamom**, **shallots** and **garlic** with a pinch of **salt**. Cook for 3 min until fragrant.



4. Simmer

Meanwhile, drain the **rice**. Add the drained **rice** to the pan with the **measured water**, **salt** and **pepper**. Stir once and cover with a lid. Simmer for 12 min or until all the water has been absorbed.



5. Boil eggs

Meanwhile, cook the **eggs** in boiling water for 5-7 min or until cooked to your liking. Drain, run under cold water and peel once cool enough to handle. Slice into quarters.



6. Serve

Once the **rice** is tender, place the **snow peas** and **mackerel** on top of the **rice**. Cover with a lid, remove the pan from the heat and set aside for 3 min. After 3 min, add the **chilli** and a generous squeeze of **lemon** juice. Give everything a good mix up. Divide among plates, top with the **egg** and garnish with the **chives**.

Harissa Baked Chicken

with Zaatar Vegetables and Tahini Sauce

This one-tray bake is jam-packed with popular Middle Eastern flavours.

595 calories | 61 protein | 37 carbs | 25 fat

Low Carb | Calorie Smart

cook: 35 min

R3881-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2038 / 595
Fats (g)	25.1
of which saturated (g)	1.7
Carbohydrates (g)	37
of which sugars (g)	11.1
Fibers (g)	8.4
Proteins (g)	60.8
Salt (g)	1.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Harissa paste	40 Grams
Garlic paste	20 Grams
Coriander cumin powder	8 Grams
Salt	1 Tsp
Olive oil	1 Tbsp

Vegetables	
Carrot	2 Piece
Small zucchini	4 Piece
Yellow pepper	2 Piece
Vegetable oil	2 Tbsp
Zaatar	10 Grams
Garlic onion powder	8 Grams
Sesame seeds 3*	20 Grams
Salt	1 Tsp

Tahini sauce	
Lemon	2 Piece
Tahini 3*	80 Grams
Honey	30 Grams
Salt	1 Tsp

To serve	
Almond flakes 1*,2*	60 Grams

Allergens: *3 Sesame Seeds, *1 Peanuts, *2 Tree Nuts

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1. Prep

Preheat the oven to 200°C/180°C fan. Peel and slice the **carrots** into thin rounds. Chop the **zucchini** into half moons. Deseed and roughly chop the **yellow pepper**.



2. Bake vegetables

Add the **vegetables** to a lined baking tray with a drizzle of **oil**, the **zaatar**, **garlic onion powder**, **sesame seeds** and a generous pinch of **salt**. Toss until evenly coated. Bake for 10 min.



3. Marinate chicken

Meanwhile, in a large bowl, combine the **harissa paste (spicy!)**, **garlic paste**, **coriander cumin powder**, **salt** and a drizzle of **olive oil**. Add the **chicken** to the bowl and turn to coat. Refrigerate until step 5.

Tip! Sensitive to spice? Go easy on the harissa paste.



4. Make sauce

Slice the **lemon** into wedges. In a bowl, combine the **tahini**, a squeeze of **lemon** juice (reserve the rest for garnish), the **honey**, 4 Tbsp of **water** and a pinch of **salt** - this is your **lemon tahini sauce**.

Tip! Adjust the amount of water to reach your desired consistency.



5. Bake chicken

Once the **vegetables** have roasted for 10 min, top them with the **chicken** with the marinade and roast for 12-15 min further or until the **chicken** is cooked through and the **vegetables** are tender.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready.



6. Serve

Divide the **harissa chicken** and **roasted vegetables** among plates and drizzle with the **tahini sauce**. Garnish with the **almond flakes** and serve the remaining **lemon** wedges alongside.

Butternut Squash and Cheddar Soup

with Apple and Pecan

Did you know, half of the world's pecans are grown in Mexico and the southern States where the nut is also native to?

hellofresh

1060 calories | 26 protein | 98 carbs | 68 fat

Low Carb

cook: 40 min

R2953-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4412 / 1060
Fats (g)	67.9
of which saturated (g)	39.7
Carbohydrates (g)	98
of which sugars (g)	47
Fibers (g)	19.2
Proteins (g)	25.9
Salt (g)	1.7

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Soup	
Butternut squash	1200 Grams
Brown onion	2 Piece
Garlic cloves	4 Piece
Carrot	4 Piece
Mature cheddar 4*	120 Grams
Grated cheddar 4*	120 Grams
Olive oil	4 Tbsp
Salt	1 Tsp
Paprika powder	4 Grams
Black pepper	1 Tsp
Water	1600 ML
Vegetable stock cube 15*	1 Piece
Cooking cream 4*	200 ML

Apple and pecan topping	
Green apple	4 Piece
Pecan nuts 2*	80 Grams
Butter 4*	50 Grams
Maple syrup	40 ML
Cinnamon powder	2 Grams

Allergens: *4 Milk, *15 Celery, *2 Tree Nuts

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1. Prep

Peel the **butternut squash**, remove the seeds and chop it into cubes. Peel and chop the **onion**, **garlic** and **carrot**. Grate the **mature cheddar**.



2. Start soup

Heat a large soup pot over a medium-high heat with a drizzle of **oil**. Once hot, add the **butternut squash**, **onion** and **carrot**, and cook with a pinch of **salt** for 5 min. Add the **garlic** and cook for 1 min further.



3. Simmer

Add the **paprika**, **black pepper**, **measured water** and **stock cube**. Bring to a simmer and cover with a lid. Simmer for 25 min or until the **squash** has softened.



4. Prep topping

Meanwhile, peel the **apples** and cut them into small cubes. Roughly chop the **pecan nuts**. Heat a pan over a medium heat with the **butter**. Add the **apple** and cook for 2 min until slightly softened. Add the **pecan**, **maple syrup** and a pinch of **cinnamon powder**. Cook for 1 min further.



5. Puree soup

Add the **cream** to the soup and puree it with a hand-held blender. If the soup is too thick, add a splash of water. Add the **grated** cheeses and stir until melted. Check the seasoning.



6. Serve

Divide the **soup** among bowls and sprinkle with the **apple** and **pecan** mix.

Eggplant Masala

with Cardamom Rice and Cashew Salad

Moreish is the only word to describe this Indian inspired dish!

helló chef

716 calories | 21 protein | 114 carbs | 22 fat

cook: 40 min

R4408-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2996 / 716
Fats (g)	22.4
of which saturated (g)	10
Carbohydrates (g)	114
of which sugars (g)	25.9
Fibers (g)	16.3
Proteins (g)	21.2
Salt (g)	1.9

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What You'll Need

Oven

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04-825-44-00
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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Eggplant masala	
Long Eggplant	750 Grams
Turmeric powder	4 Grams
Vegetable seasoning 2*,10*,11*,13*	10 Grams
Vegetable oil	2 Tbsp
Red onion	2 Piece
Small green chilli	2 Piece
Curry leaves	12 Grams
Ghee 4*	30 Grams
Tomato paste	70 Grams
Ginger garlic paste	20 Grams
Garam masala	10 Grams
Fenugreek leaves	4 Grams
Coriander cumin powder	8 Grams
White sugar	10 Grams
Tomato passata	400 Grams
Water	300 ML
Vegetable stock cube 15*	1 Piece

Rice	
Long grain rice	300 Grams
Vegetable oil	1 Tbsp
Cardamom pods	8 Piece
Salt	1 Tsp
Water	600 ML

Salad	
Lime	2 Piece
Carrot	2 Piece
Fresh coriander	30 Grams
Cashew nuts 1*,2*	60 Grams
Nigella seeds 3*,13*	10 Grams

Mint yogurt	
Fresh mint	10 Grams
Natural yogurt 4*	340 Grams

Allergens: *2 Tree Nuts, *10 Wheat, *11 Gluten, *13 Mustard, *4 Milk, *15 Celery, *1



1. Bake eggplant

Preheat the oven to 200°C/180°C fan. Cut the **eggplants** into bite-sized pieces. In a large bowl, combine the **turmeric** and **vegetable seasoning** with a generous drizzle of **oil**. Add the **eggplant** to the bowl and mix to coat in the spices. Place the **eggplant** onto a lined baking tray and bake for 15-20 min, until tender.



2. Cook rice

Meanwhile, rinse the **rice**. Heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **cardamom** and fry for 30 sec until fragrant. Add the **rice**, **salt** and measured **water**. Mix well and bring to a boil. Once boiling, reduce the heat to low, cover, and cook for 12-14 min or until the **water** is absorbed and the **rice** is cooked. Once cooked, remove the pot from the heat and keep covered until serving.



3. Prep

Meanwhile, peel and finely chop the **onion**. Finely slice the **chilli**.

Tip! Sensitive to heat, deseed the chilli before slicing or use less.



4. Make curry

Strip the **curry leaves**. Heat a large pot over a medium-high heat with the **ghee**. Fry the **onions** for 5-6 min until softened. Add the **tomato paste**, **ginger garlic paste**, **chilli**, **garam masala**, **fenugreek**, **coriander cumin powder** and **curry leaves**. Fry for 1-2 min until fragrant. Add the **sugar**, **passata**, **measured water** and 1 **stock cube**. Bring to a boil, lower the heat and simmer for 4-5 min. Stir through the baked **eggplant** and cook for an additional 5 min.

Tip! For a saucier masala add an extra cup of water.



5. Make salad

Meanwhile, cut the **lime** into wedges. Peel the **carrot** and chop it into thin matchsticks, or alternatively, grate it. Pick and finely chop the **coriander**. In a bowl, combine the **carrots** and **coriander** (saving some for garnish) with the **cashews**. Squeeze in the **lime** juice and scatter over the **nigella seeds**.

Tip! Dry toast the cashews for 1-2 min until golden for extra flavour and colour.



6. Serve

Pick and finely chop the **mint**. In a small bowl, combine the **yogurt** and **mint**. Divide the **masala** amongst bowls, spoon on the **rice** and serve with the **salad** and **yogurt** on the side. Garnish with the reserved **fresh coriander**.

Simple Tuna Wholewheat Spaghetti

with Spinach

Fun fact: Parmigiano Reggiano is named after the provinces in which it is made! Find it in Parma, Reggio Emilia, Modena, Bologna and Mantua.

hellochef

701 calories | 55 protein | 78 carbs | 19 fat

Family Friendly

cook: 20 min

R2996-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2948 / 701
Fats (g)	18.9
of which saturated (g)	5.6
Carbohydrates (g)	78
of which sugars (g)	7.2
Fibers (g)	11.8
Proteins (g)	55.3
Salt (g)	2.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Canned tuna 6*	480 Grams
Whole-wheat spaghetti 9*,10*,11*	400 Grams
Spinach	200 Grams
Garlic cloves	4 Piece
Large red chilli	2 Piece
Spring onion	80 Grams
Parmesan 4*	60 Grams
Olive oil	4 Tbsp
Salt	1 Tsp
Cream cheese 4*	40 Grams
Lemon	2 Piece
Black pepper	1 Tsp

Allergens: *6 Fish, *9 Soya, *10 Wheat, *11 Gluten, *4 Milk

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1. Boil pasta

Bring a large pot of salted water to the boil. Once boiling, add the **spaghetti** and cook for 12-14 min until 'al dente' or cooked to your liking. Drain and reserve a cup of pasta water.



2. Prep spinach

Meanwhile, boil a kettle. Place the **spinach** in a colander and pour the freshly boiled water from the kettle over it. Once the **spinach** is cool enough to handle, give it a good squeeze and chop it roughly.



3. Prep

Drain the **tuna**. Peel and very finely chop the **garlic**. Very finely chop the **chilli** and **spring onion**. Grate the **Parmesan**.



4. Fry

Heat a large pan over a medium heat with a generous drizzle of **olive oil**. Once hot, add the **spinach**, **spring onion**, **chilli** (spicy!) and **garlic** with a generous pinch of **salt** and cook for 1 min. Remove the pan from the heat and set aside.



5. Toss

Add the drained **tuna**, **cream cheese**, **spaghetti** and **Parmesan** to the pan and give everything a good toss. Loosen with pasta water if needed. Drizzle with a squeeze of **lemon** juice and another lug of **olive oil**. Season with a generous pinch of **salt** and **pepper** and serve immediately.

Roasted Sumac Chicken and Lentil Salad

with Tahini Dressing and Feta

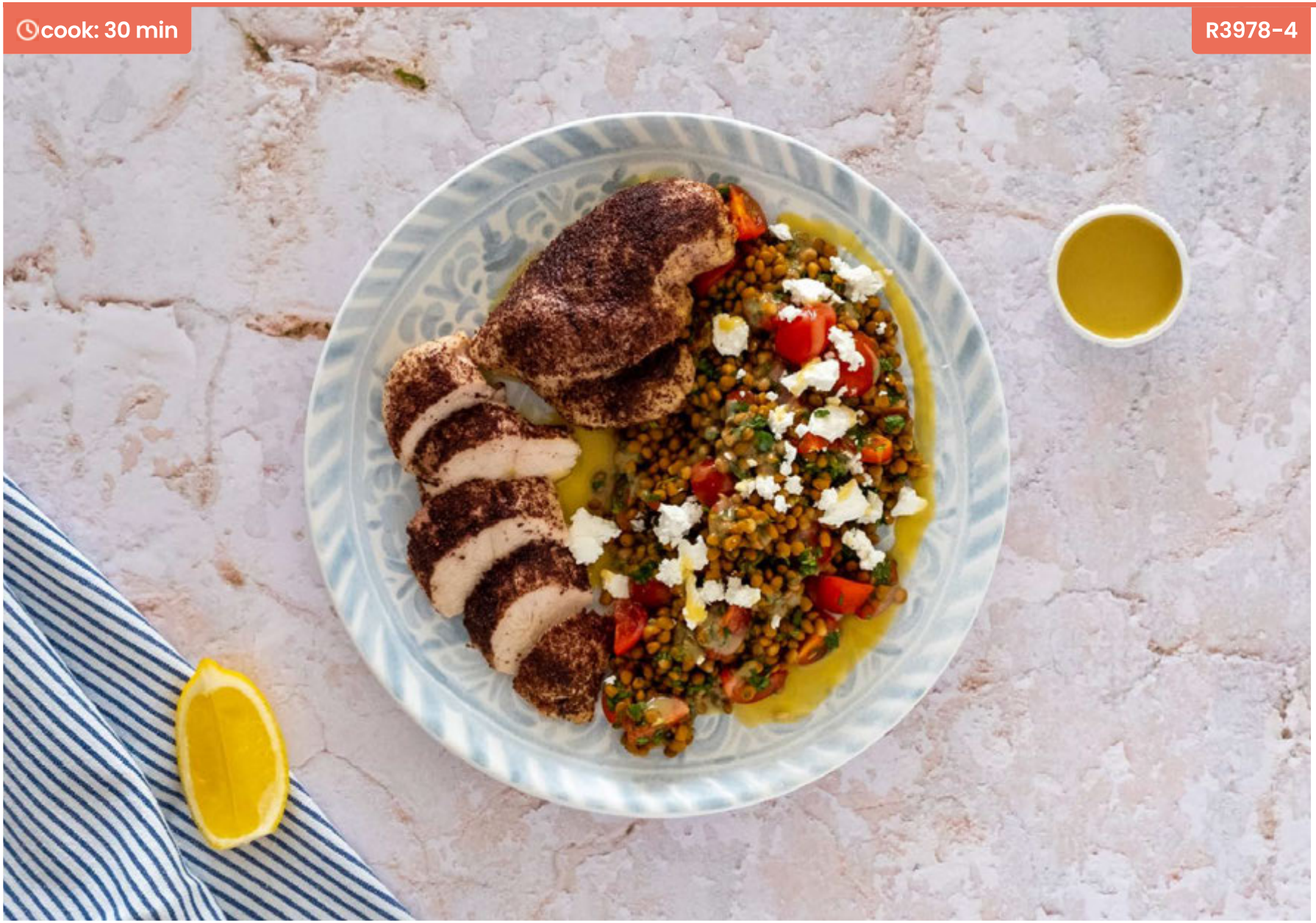
Inspired by our love for Lebanese cuisine, this dish is packed with tangy flavors, fresh herbs, and a boost of protein.

566 calories | 65 protein | 21 carbs | 15 fat

Low Carb | Calorie Smart

cook: 30 min

R3978-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2036 / 566
Fats (g)	15.2
of which saturated (g)	3.4
Carbohydrates (g)	21
of which sugars (g)	17.7
Fibers (g)	13.5
Proteins (g)	65.1
Salt (g)	3.7

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp
Sumac	4 Grams

Tabbouleh	
Canned lentils	530 Grams
Fresh parsley	30 Grams
Fresh mint	10 Grams
Cherry tomatoes	300 Grams
Olive oil	1 Tbsp
Salt	1 Tsp

Dressing	
Lemon	2 Piece
Tahini 3*	60 Grams
Honey	15 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Feta cheese 4*	100 Grams

Allergens: *3 Sesame Seeds, *4 Milk

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1. Roast chicken

- Preheat the oven to 200°C/180°C fan.
- Place the **chicken breast** onto a lined baking tray with a generous pinch of **salt** and a drizzle of **oil**.
- Sprinkle the **sumac** over evenly.
- Bake for 15 min or until the **chicken** is cooked through.



2. Prep salad

- Meanwhile, drain and rinse the **lentils**.
- Finely chop the **parsley**.
- Strip and finely chop the **mint** leaves.
- Chop the **cherry tomatoes** into quarters.
- Add the **lentils**, **herbs** and **tomatoes** to a large bowl with a generous pinch of **salt**.
- Toss well.
- Set aside.



3. Make dressing

- Slice the **lemon** into wedges.
- In a bowl, mix together the **tahini**, a squeeze of **lemon** (reserve some for serving), the **honey**, 4 Tbsp of **water**, **olive oil** and a pinch of **salt**.
- Set the **tahini dressing** aside.



4. Serve

- Once the **chicken** is cooked through, serve the **Roasted Sumac Chicken** on the **Lentil Salad**.
- Drizzle with **Tahini Dressing**.
- Crumble **Feta** over the top.
- Serve any remaining **lemon** wedges on the side.

Chinese Sticky Chicken and Rice

with Pak Choi

Who doesn't love sticky chicken!

hellochef

842 calories | 71 protein | 102 carbs | 20 fat

Global Eats

cook: 45 min

R2391-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3524 / 842
Fats (g)	20.4
of which saturated (g)	5
Carbohydrates (g)	102
of which sugars (g)	22
Fibers (g)	4.5
Proteins (g)	71
Salt (g)	5.6

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What You'll Need

Oven

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Skin-on, bone-in chicken thighs	1200 Grams
Honey	30 Grams
Hoisin sauce 3*,9*,10*	120 Grams
Soy sauce 9*,10*,11*	40 ML
Ketchup	32 Grams

Rice	
Basmati rice	300 Grams
Salt	1 Tsp
Water	600 ML

Vegetables	
Garlic cloves	4 Piece
Ginger	60 Grams
Spring onion	80 Grams
Large red chilli	2 Piece
Baby pak choi	6 Piece
Vegetable oil	2 Tbsp
Tamari 9*	30 ML
Sesame oil 3*,9*	30 ML

Allergens: *3 Sesame Seeds, *9 Soya, *10 Wheat, *11 Gluten

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1. Roast chicken

Preheat the oven to 220°C/200°C. In a bowl, combine the **honey**, mustard, **soy sauce** and **ketchup**. Using a sharp knife, slit the skin on the **chicken thighs**. Place them in a roasting dish and pour the **marinade** over them. Roast for 30-35 min or until crispy, sticky and cooked through.



2. Cook rice

Add the **basmati rice**, a pinch of **salt** and the **measured water** to a pan with a lid and bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pan from the heat and keep covered until step 5.



3. Prep

Meanwhile, peel and mince the **garlic**. Peel and finely grate the **ginger**. Trim and chop the **spring onion**. Finely slice the **red chilli**. Trim and roughly chop the **pak choi**.

Tip! Use a teaspoon to peel the ginger.



4. Fry

Heat a non-stick pan over a medium heat with a drizzle of **vegetable oil**. Once hot, add the **garlic**, **ginger**, **spring onion**, **tamari** and **pak choi** and fry for 5 min or until the **pak choi** begins to soften



5. Toss rice

Add the cooked **rice** to the pan and give everything a good mix up. Remove the pan from the heat and add the **sesame oil**.



6. Serve

Serve the **chicken** over the **rice** and **pak choi** and garnish with the sliced **chilli (spicy!)**.

Mediterranean Style Gnocchi with Chicken, Mozzarella

with Mozzarella and Basil

This is a quick prep recipe that is very easy to prep.

hellofresh

830 calories | 72 protein | 108 carbs | 11 fat

Quick Prep | Family Friendly

prep: 5 min | cook: 45 min | R3999-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3498 / 830
Fats (g)	11.4
of which saturated (g)	5.3
Carbohydrates (g)	108
of which sugars (g)	16.8
Fibers (g)	14.5
Proteins (g)	71.8
Salt (g)	3.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pasta	
Chicken breast	600 Grams
Eggplant	2 Piece
Small zucchini	4 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Cherry tomatoes	300 Grams
Gnocchi 4*,5*,9*,10*	1000 Grams
Black pepper	1 Tsp

Tomato sauce	
Olive oil	1 Tbsp
Tomato passata	500 Grams
Water	300 ML
Brown sugar	10 Grams
Vegetable stock cube 15*	2 Piece
Dried oregano	4 Grams
Garlic onion powder	8 Grams

Garnish	
Fresh basil	15 Grams
Grated mozzarella 4*	120 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *10 Wheat, *15 Celery

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1. Prep

Trim and chop the **eggplants** into small bite-sized pieces. Chop the **zucchini** into half moons. Pick and roughly chop the **basil** leaves. Chop the **chicken** into bite-sized pieces.



2. Fry

Heat a large non-stick pan over a medium-high heat with a drizzle of **olive oil**. Once hot, add the **chicken** with a pinch of **salt** and fry for 5 min. Transfer the **chicken** onto a plate and return the pan to a medium-high heat with another drizzle of **oil**. Once hote, add the **eggplants** with a pinch of **salt** and fry for 5 min. Add the **zucchini** and fry for 3 min further. Transfer the **vegetables** to a plate and reserve the pan.



3. Simmer sauce

Meanwhile, heat a second large non-stick pan over a medium-high heat. Add the **tomato passata**, **measured water**, **brown sugar**, **stock cube**, **dried oregano**, **cherry tomatoes** and the **garlic onion powder**. Simmer, covered, for 8 min or until the **tomatoes** soften.



4. Fry gnocchi

Meanwhile, return the reserved pan to a medium-high heat with another drizzle of **olive oil**. Once hot, add the **gnocchi** and fry for 3 min or until golden and crisp on each side. Transfer the **gnocchi** to a separate plate.



5. Toss gnocchi

Once the **tomatoes** have softened, return the **chicken** to the **tomato** sauce and simmer for 3 min. Add the **vegetables** and **gnocchi** to the **tomato sauce** and simmer for 3 min further. Add a pinch of **black pepper** and half of the **basil**.



6. Serve

Divide the **gnocchi** amongst bowls. Top with the remaining **basil** and **grated mozzarella**.

Cheese Crust Pizza

with Salami, Pepper and Rocket

A gluten-free pizza alternative for the salami lovers!

hellochef

640 calories | 58 protein | 30 carbs | 37 fat

Low Carb

cook: 30 min

R2474-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2674 / 640
Fats (g)	36.5
of which saturated (g)	17.5
Carbohydrates (g)	30
of which sugars (g)	14.7
Fibers (g)	9.4
Proteins (g)	57.5
Salt (g)	3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Crust	
Organic Eggs 5*	8 Pieces
Grated mozzarella 4*	300 Grams

Toppings	
Red onion	2 Pieces
Red pepper	2 Pieces
Tomato paste	280 Grams
Dried oregano	2 Grams
Kalamata olives	80 Grams
Chilli flakes	2 Grams

To serve	
Rocket	40 Grams
Cherry tomatoes	500 Grams
Parmesan 4*	60 Grams

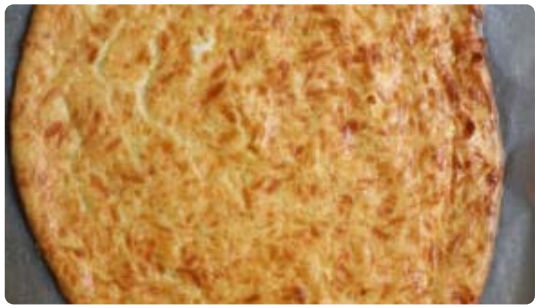
Allergens: *5 Eggs, *4 Milk

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1. Make crust

Preheat the oven to 225°C. Start by making the crust. Crack **eggs** into a medium-sized bowl and add **grated mozzarella** cheese. Give it a good stir to combine.



2. Bake crust

Use a spatula to spread the cheese and egg batter on a baking sheet lined with baking paper. You can form two round circles or just make one large rectangular pizza. Bake in the oven for 15 minutes until the pizza crust turns golden. Remove and let cool for 2-3 minutes.



3. Slice

Meanwhile, thinly slice **onion** and **pepper**.



4. Place toppings

Spread **tomato paste** on the crust and sprinkle **oregano** on top. Top with **peppers**, **olives** and **onions**. Finally add the salami slices on top and sprinkle with **chilli flakes**.



5. Bake and serve

Bake for another 7-10 minutes or until the pizza has turned golden brown on top. Serve with **rocket** leaves, **cherry tomato** halves and **Parmesan** shavings.

Brunch Pizza Bread

with Beef Salami, Veggies, and Cheese

-

418 calories | 21 protein | 44 carbs | 19 fat

Family Friendly

cook: 30 min

R4544-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1482 / 418
Fats (g)	19
of which saturated (g)	10.4
Carbohydrates (g)	44
of which sugars (g)	4.2
Fibers (g)	1.4
Proteins (g)	21.2
Salt (g)	2.6

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What You'll Need

Oven

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 6 servings

dry	
Plain flour 10*,11*	280 Grams
Baking powder	10 Grams
Baking soda	5 Grams
Salt	0.25 Tsp

wet	
Organic Eggs 5*	1 Piece
Whole milk 4*	200 ML
Sour cream 4*	90 Grams
Olive oil	4 Tbsp

toppings	
Grated cheddar 4*	60 Grams
Grated mozzarella 4*	90 Grams
Tomato paste	50 Grams
Mild tomato salsa	120 Grams
Dried basil	2 Grams
Red onion	1 Piece
Green pepper	1 Piece
Black olive slices	40 Grams
Beef salami slices 9*,13*	150 Grams

Allergens: *10 Wheat, *11 Gluten, *5 Eggs, *4 Milk, *9 Soya, *13 Mustard

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1. Prep

Preheat oven to 180°C/160°C fan. Grease a 23 x 33 cm (9 x 13") metal pan then line with **baking** or parchment paper. Peel and slice the **onions**. Deseed and finely slice the **green pepper**.



2. Make pizza sauce

In a small bowl, combine the **tomato paste**, **mild salsa**, and **basil** - this is your pizza sauce.

3. Prep dry and wet ingredients

In a bowl, whisk together the **flour**, **baking powder**, **baking soda**, and **salt**. In another bowl, whisk together the **eggs**, **milk**, **sour cream**, and **olive oil**.



4. Combine

Pour the wet ingredients into the dry ingredients. Mix with a rubber spatula until the **flour** is mostly mixed in but you can still see a bit of **flour**. Add the **cheddar** cheese then stir until you can no longer see **flour**.

Tip! Some small lumps is fine, they will bake out.

5. Assemble

Add the batter into the **baking** pan and evenly spread. Spread the surface with pizza sauce. Top with the **mozzarella** cheese, then (in this order) **onion**, **green pepper**, **black olive**, and **salami**.

Tip! The batter will be thick, but will rise while it bakes.

6. Bake

Bake 25 minutes uncovered. Cover with a **baking** tray (or foil) then bake for a further 15 minutes. Cool 10 minutes in the pan then use the paper overhang to lift or slide out onto a cooling rack. Cool for a further 10 minutes before slicing to serve.

Herbed Prawns and Pesto Couscous

with Lemon Basil Dressing

This recipe is based on the Mediterranean diet, a way of eating that puts great emphasis on fresh herbs, vegetables, and whole grains. Known to be one of the healthiest lifestyles to follow!

hello chef

495 calories | 30 protein | 58 carbs | 16 fat

Calorie Smart

cook: 30 min

R3951-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2064 / 495
Fats (g)	15.6
of which saturated (g)	2.5
Carbohydrates (g)	58
of which sugars (g)	7.7
Fibers (g)	8
Proteins (g)	30.2
Salt (g)	1.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Prawns	
Jumbo prawns 7*	600 Grams
Dried thyme	4 Grams
Dried oregano	4 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp
Cherry tomatoes	300 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Water	200 ML

Pesto couscous	
Water	400 ML
Vegetable stock cube 15*	1 Piece
Green pesto 2*,4*	100 Grams
Couscous 10*,11*	200 Grams

Dressing	
Lemon	2 Piece
Fresh basil	15 Grams
Olive oil	4 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *7 Crustaceans, *15 Celery, *2 Tree Nuts, *4 Milk, *10 Wheat, *11 Gluten

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1. Make couscous

- Boil the **measured water** and dissolve the 1 **vegetable stock cube** and **green pesto** in it.
- Add the **couscous** to a large bowl with the **stock** and cover with a plate for 10 min.
- After 10 min, fluff up with a fork and set aside.



2. Marinate prawns

- Meanwhile, drain the **prawns** on kitchen paper.
- In a large bowl, combine the **dried thyme** and **dried oregano** with a drizzle of **oil** and a pinch of **salt** and **black pepper** to taste.
- Add the **prawns** to the **herbs**.
- Mix well and set aside.



3. Prep

- Slice the **cherry tomatoes** in half.
- Peel and finely chop the **red onion**.
- Peel and mince the **garlic**.



4. Fry

- Heat a pan over a medium-high heat with a drizzle of **oil**.
- Fry the **prawns** for 2-3 min.
- Transfer to a plate and reserve the pan.
- Return the pan to a medium heat with a drizzle of **oil**.
- Fry the **onion** and **garlic** with a pinch of **salt** for 2 min.
- Add the **tomatoes** and **measured water**.
- Cover and simmer for 5 min or until the **tomatoes** soften.
- Crush the **tomatoes** with the back of a spatula.
- Return the **prawns** to the pan and set aside.



5. Make dressing

- Meanwhile, slice the **lemon** into wedges.
- Pick and finely chop the **basil** leaves.
- In a small bowl mix together a squeeze of **lemon** juice, **olive oil** and **basil** with a pinch of **salt** and **pepper** to taste.



6. Serve

- Serve the **Herbed Prawns** and **Pesto Couscous** with **Lemon basil dressing** and garnish with the remaining **lemon wedges**.

Vietnamese Beef Meatball Pho Soup

with Rice Noodles and Toppings

Our take on a classic! Meatballs and noodles simmered in a flavourful beef stock with charred onion and ginger; infused with spices of cinnamon, star anise, fennel and coriander.

568 calories | 41 protein | 58 carbs | 20 fat

Calorie Smart

cook: 45 min

R4213-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2377 / 568
Fats (g)	19.5
of which saturated (g)	7.8
Carbohydrates (g)	58
of which sugars (g)	14.9
Fibers (g)	9.9
Proteins (g)	41.4
Salt (g)	10

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meatball	
Lean beef mince	700 Grams
Spring onion	80 Grams
Fresh mint	20 Grams
Panko bread crumbs 10*,11*,12*	20 Grams
Chinese 5 spice	4 Grams
Garlic paste	20 Grams
Soy sauce 9*,10*,11*	20 ML
Salt	0.5 Tsp
Black pepper	1 Tsp

Soup	
Brown onion	2 Piece
Ginger	45 Grams
Fennel seeds	4 Grams
Coriander seeds	4 Grams
Cinnamon stick	2 Piece
Star anise	3 Piece
Water	2000 ML
Rice noodles	300 Grams
Carrot	2 Piece
Beef stock cube 4*,5*,9*,11*,15*	3 Piece
Fish sauce 6*,10*	20 ML

To serve	
Fresh coriander	30 Grams
Thai basil	15 Grams
Small red chilli	2 Piece
Lime	2 Piece
Bean sprouts	100 Grams
Hoisin sauce 3*,9*,10*	40 Grams

Allergens: *10 Wheat, *11 Gluten, *12 Lupin, *9 Soya, *4 Milk, *5 Eggs, *15 Celery, *6 Fish, *3 Sesame Seeds

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1. Bake meatballs

- Preheat the oven to 180°C/200°C.
- Line a baking tray with parchment paper.
- Trim and finely chop the **spring onions**.
- Pick and finely chop the **mint**.
- Combine the **beef mince**, **spring onions**, **mint**, **panko bread crumbs**, **Chinese 5 spice**, **garlic paste**, **soy sauce**, and **black pepper**.
- Mix well until combined and form into 24 **meatballs**.
- Bake for 15-20 min until cooked through.
- Set aside.



4. Prep toppings

- Meanwhile, pick the **coriander** leaves.
- Pick the **Thai basil**.
- Slice the **red chilli** into thin strips.
- Slice the **lime** into wedges.
- Rinse and pat dry the **bean sprouts**.
- Arrange all the vegetables on a plate.
- These will be your individual toppings to flavour your **soup** upon serving!.

Tip! Sensitive to heat? Deseed the red chillis and use only a small amount.



2. Start soup base

- Meanwhile, peel and slice the **onion** in half.
- Peel the **ginger** and slice into coins.
- Place a large pot with a lid over medium-high heat.
- Add the **onion** and **ginger** and dry-cook for 3-4 min to develop some charred, smoky flavour.
- Add the **fennel seeds**, **coriander seeds**, **cinnamon stick**, and **star anise**.
- Dry toast for 1 min until fragrant. Add the **measured water**.
- Bring to a boil, then cover. Lower the heat to medium, and simmer for 15-18 min.

Tip! This method will help develop a deeply flavourful stock!



5. Finish Soup

- Peel and finely slice the **carrots**.
- Using a fine mesh strainer over a very large bowl, carefully pour the **soup** over to strain the cooked aromatics (**onion**, **ginger**, and **seeds**).
- Discard the aromatics.
- Return the now cleared **soup** back to the pot, and add the **beef stock cubes**, **carrots**, the baked **meatballs**, and **fish sauce**.
- Bring to a simmer and cook for 2-3 min further until the **carrots** are tender and the **meatballs** are warmed through.

Tip! Adjust the quantity of the broth by adding more water if it has evaporated too much.



3. Boil rice noodles

- Meanwhile, boil a kettle of water.
- To a large bowl, add the **noodles** with a good pinch of **salt**, and pour the hot water over.
- Cover with a lid or cling film, and leave to soak for 10 min.
- Drain once tender, and rinse with cold water.

Tip! The noodles will be warmed back up again later when serving in step 6.



6. Serve

- Divide the **rice noodles** and **meatballs** among bowls, and pour the hot **soup** over.
- Let everyone garnish their own bowl with the **fresh coriander**, **bean sprouts**, **Thai basil**, and **red chilli (spicy!)**.
- Serve the **Vietnamese Beef Meatball Pho Soup** with **lime wedges** and **hoisin sauce** to the side.

Halloumi and Chickpea Flatbreads

with a Creamy Sesame Dressing

This flatbread dinner is crafted with Middle Eastern-inspired flavors, offering a simple and delightful culinary experience.

943 calories | 34 protein | 92 carbs | 52 fat

Family Friendly

cook: 30 min

R4393-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3139 / 943
Fats (g)	51.8
of which saturated (g)	26.7
Carbohydrates (g)	92
of which sugars (g)	11.5
Fibers (g)	13.7
Proteins (g)	34.1
Salt (g)	37.3

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Vegetables	
Chickpeas	480 Grams
Halloumi 4*	400 Grams
Garlic cloves	2 Piece
Lemon	1 Piece
Olive oil	2 Tbsp
Cumin powder	4 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Ras el hanout	10 Grams
Red cabbage	200 Grams
Fresh coriander	30 Grams
Carrot	2 Piece
Sumac	4 Grams

Dressing	
Sesame dressing 3*,5*,9*,10*,11*	60 Grams
Mayonnaise 5*,9*,13*	100 Grams
Water	60 ML

To serve	
Arabic flatbread packet 10*,11*	2 Piece

Allergens: *4 Milk, *3 Sesame Seeds, *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten, *13 Mustard

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1. Prep

- Preheat the oven to 220°C/200°C fan.
- Drain and rinse the **chickpeas**.
- Drain and use kitchen towel to pat dry the **halloumi**.
- Slice into chunks.
- Peel and finely chop the **garlic**.
- Zest the **lemon** and cut into wedges.



2. Roast

- Add the **chickpeas** to a lined baking tray.
- Add a drizzle of **oil**, **cumin powder**, **garlic**, **lemon zest** and a pinch of **salt** and **pepper**.
- Roast for 10 min.
- Meanwhile, coat the **halloumi** in **ras el hanout**.
- After 10 min, add the **halloumi** to the tray.
- Roast for 10-15 min until the **chickpeas** are crispy and **halloumi** is bubbling with crisp edges.



3. Prep salad

- Meanwhile, finely shred the **cabbage**.
- Pick the **coriander leaves**, reserve some for garnishing.
- Peel the **carrot** and cut into fine strips.
- Toss the salad ingredients together in a bowl with **sumac**, a pinch of **salt** and a squeeze of **lemon juice**.



4. Make sesame dressing

- In a small bowl, combine the **sesame dressing**, **mayonnaise** and **lemon juice** to taste.
- Add 1-2 Tbsp **water** to create a runny consistency.



5. Serve

- Warm the **arabic flatbread** in the hot oven or a microwave for 30 seconds.
- Serve the **Halloumi** and **Chickpea Flatbreads** topped with a spoonful of the **Salad** and a drizzle of **Creamy Sesame Dressing**.

Spaghetti Bolognese with Wholewheat Spaghetti

We've given the classic bolognese supper a healthy boost by adding grated carrot and serving it with wholewheat pasta!

hellochef

991 calories | 72 protein | 117 carbs | 25 fat

Family Friendly | Weekly classic

cook: 30 min

R3526-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4176 / 991
Fats (g)	25
of which saturated (g)	10.2
Carbohydrates (g)	117
of which sugars (g)	25.4
Fibers (g)	18.2
Proteins (g)	71.5
Salt (g)	5.7

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Box grater

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Bolognese	
Lean beef mince	700 Grams
Brown onion	2 Piece
Garlic cloves	6 Piece
Carrot	2 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Tomato paste	140 Grams
Soy sauce 9*,10*,11*	20 ML
Worcestershire sauce 6*,11*	30 ML
Beef stock cube 4*,5*,9*,11*,15*	1 Piece
White sugar	10 Grams
Peeled plum tomatoes	800 Grams
Dried oregano	4 Grams

To serve	
Whole-wheat spaghetti 5*,9*,10*,11*	500 Grams
Parmesan 4*	60 Grams
Fresh basil	15 Grams
Black pepper	1 Tsp

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *6 Fish, *4 Milk, *5 Eggs, *15 Celery

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1. Prep

- Peel and chop the **onion** and **garlic**.
- Peel and grate the **carrot**.



2. Fry vegetables

- Heat a pan over medium-high heat with a drizzle of **olive oil**.
- Fry the **onions**, **carrot** and **garlic** with a pinch of **salt** for 6-8 min until softened and beginning to caramelise.



3. Fry beef

- Add the **beef mince** and cook for 4-5 min further, breaking it up with a spatula.



4. Simmer

- Add the **tomato paste**, **soy sauce**, **Worcestershire sauce**, 1 **beef stock cube**, **sugar**, **peeled plum tomatoes** (breaking them up with a spatula), and **dried oregano**.
- Bring to a boil, then reduce the heat to low and simmer, covered, for 15 min.
- Add a splash of water if needed.



5. Boil pasta

- Bring a large pot of salted water to the boil.
- Once boiling, add the **spaghetti** and cook for 10-12 min until 'al dente' or cooked to your liking.
- Meanwhile, grate the **Parmesan**.



6. Serve

- Once cooked, drain the **spaghetti** and return to its pot along with a splash of pasta water.
- Add the Bolognese to the pot and give everything a good mix up before dividing among plates.
- Serve the **Spaghetti Bolgonese** topped with grated **Parmesan** and **Fresh Basil** leaves.
- Finish with freshly ground **black pepper** and a drizzle of good quality extra virgin **olive oil**.

Lemony Asparagus Risotto

with Peas and Roasted Tomatoes

Enjoy this perfectly tangy, creamy and comforting vegetarian supper!

helló chef

578 calories | 25 protein | 103 carbs | 14 fat

Calorie Smart

cook: 35 min

R2410-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2417 / 578
Fats (g)	14.1
of which saturated (g)	8.1
Carbohydrates (g)	103
of which sugars (g)	13.5
Fibers (g)	10.3
Proteins (g)	25.3
Salt (g)	1.9

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What You'll Need

Oven | Box grater

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Risotto	
Thin asparagus	500 Grams
Red onion	1 Piece
Lemon	2 Piece
Water	1700 ML
Vegetable stock cube 15*	2 Piece
Parmesan 4*	120 Grams
Olive oil	4 Tbsp
Salt	2 Tsp
Arborio rice	320 Grams
Green peas	200 Grams
Butter 4*	20 Grams
Black pepper	1 Tsp

Roasted tomatoes	
Cherry tomatoes	500 Grams
Olive oil	2 Tbsp
Balsamic vinegar 14*	30 ML

Allergens: *15 Celery, *4 Milk, *14 Sulphur Dioxide

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1. Roast tomatoes

- Preheat the oven to 220°C/200°C.
- Add the **tomatoes** to a baking dish and drizzle with **olive oil**.
- Roast for 20-25 min or until the **tomatoes** begin to soften.
- Once softened, remove the **cherry tomatoes** from the oven and drizzle them with the **balsamic vinegar**.
- Roast for a final 5 min.



2. Prep

- Meanwhile, trim and chop the **asparagus** into bite-size pieces.
- Peel and finely chop the **onion**.
- Wash the **lemon** thoroughly and grate its zest with a fine blade, taking care to avoid its bitter white pith.
- Slice the **lemon** in half.
- Boil the **measured water** and dissolve the **stock cube** in it.
- Grate the **Parmesan**.



3. Fry

- Heat a non-stick pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **onion** with a pinch of **salt**.
- Fry for 5 min or until softened.
- Once softened, add the aborio **rice**.
- Cook for 1 min further, stirring to coat the grains in the **oil**.



4. Simmer

- Add 1/3 of the **stock** and stir continuously until it has absorbed.
- Continue to add the **stock**, a little at a time, for 15 min.

Tip! Stirring the rice continuously helps release the starch, making it creamier!



5. Finish risotto

- Add the **asparagus** and **green peas**.
- Add any remaining **stock**. Simmer for 5 min or until all the **stock** is absorbed and the **rice** is cooked 'al dente' – this is your **risotto**.
- Simmer for 5 min or until all the **stock** is absorbed and the **rice** is cooked 'al dente'.
- Add more water, if needed.



6. Serve

- Add the **butter** and grated **Parmesan**.
- Simmer for 1-2 min further.
- Season with **salt** and **pepper** to taste.
- Add a squeeze of **lemon** juice and add 2 tsp **lemon zest**.
- Serve the **Lemony Asparagus Risotto** with **Peas** and **Roasted Tomatoes**.

Tip! Adjust the amount of lemon to your liking.

Mediterranean Fish en Papillote:

Cod Baked in a Baking Paper Parcel

Mediterranean Fish en Papillote recipe captures all the classic flavours of that sunny region all wrapped up in one parcel for a no fuss, no mess dinner.

hellochef

563 calories | 44 protein | 97 carbs | 7 fat

Calorie Smart | Global Eats

cook: 40 min

R4511-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2354 / 563
Fats (g)	6.9
of which saturated (g)	1.2
Carbohydrates (g)	97
of which sugars (g)	7.9
Fibers (g)	8.7
Proteins (g)	43.9
Salt (g)	0.8

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fish	
Cod fillet 6*	700 Grams
Red onion	2 Piece
Cherry tomatoes	300 Grams
Yellow pepper	2 Piece
Garlic cloves	4 Piece
Lemon	2 Piece
Fresh parsley	15 Grams
Fennel seeds	4 Grams
Olive oil	5 Tbsp
Dried oregano	4 Grams
Chilli flakes	2 Grams
Kalamata olives	80 Grams

Rice	
Basmati rice	300 Grams
Water	600 ML

Allergens: *6 Fish

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1. Make rice

- Rinse and drain the **rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat.
- Lower heat, cover and cook for 12-14 min, until **rice** is tender.
- Remove from the heat and keep covered until serving.



2. Prep

- Preheat oven to 220°C/200°C fan.
- Peel and thinly slice the **onion**.
- Slice **tomatoes** in half.
- Deseed and thinly slice the **pepper**.
- Peel and chop the **garlic**.
- Halve the **lemon** and cut one half into thin slices.
- Pick the **parsley** leaves and roughly chop.



3. Make dressing

- Lightly crush the **fennel seeds** using a mortar and pestle or under a rolling pin.
- In a small bowl, combine **olive oil**, **garlic**, **oregano**, **fennel seeds**, a pinch of **chilli flakes (spicy!)**, **salt**, **pepper** and **parsley**, reserving a small handful for serving.

Tip! Can't handle the heat? Go easy on the chilli flakes.



4. Arrange

- Cut 4 large (20x30cm) sheets of baking paper. Fold each in half to create a crease.
- Open the folded paper and arrange **chopped vegetables** and **olives** on one half of each sheet, leaving space around the edges.
- Cut the **cod** into portions and place each portion on top of the **vegetables**. Season with **salt** and **pepper**.
- Add the **herb dressing** and **lemon slices** on top.

Tip! Alternatively, use an oven proof dish and cover with foil.



5. Bake

- Fold over the baking paper to cover the **fish** and **vegetables**.
- Start from one end of the crease and fold the edges of the paper together making tight pleats.
- Continue folding all the way round the edge to form a seal which ensures the steam and sauce does not escape.
- Bake for 15-18 min until the **fish** is flakey and cooked through.
- Once baked, cut open each parcel to reveal cooked **fish** and **vegetables**, taking care of escaping steam.



6. Serve

- Remove the **fish** and **vegetables** from the baking paper.
- Serve the **Mediterranean Fish en Papillote** on a bed of warm **rice**.
- Pour over any **juices** from the parcel.
- Sprinkle with reserved **parsley** and add a squeeze of **lemon juice** to taste.

Homemade Granola

with Nuts & Seeds

Making granola at home has never been easier - this one has all the nutritious fruit, nuts and seeds to kick start your day. Paired perfectly with your favourite yogurt or milk!

hello chef

226 calories | 6 protein | 19 carbs | 9 fat

Speedy

cook: 20 min

R4416-4



Nutritional information

	per serving*
Energy (kJ/kcal)	946 / 226
Fats (g)	8.8
of which saturated (g)	1.4
Carbohydrates (g)	19
of which sugars (g)	13.4
Fibers (g)	4.8
Proteins (g)	6.3
Salt (g)	9.6

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What You'll Need

Oven

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 10 servings

Granola	
Rolled oats	225 Grams
Pecan nuts 2*	40 Grams
Dried apricots 14*	50 Grams
Coconut flakes	20 Grams
Golden raisins 14*	30 Grams
Dried cranberries	30 Grams
Chia seeds	15 Grams
Almond slivers 2*	20 Grams
Sliced pistachios 2*	20 Grams
Sunflower seeds	20 Grams
Pumpkin seeds	20 Grams
Cinnamon powder	1 Grams
Maple syrup	70 ML
Olive oil	2 Tbsp
Salt	0.25 Tsp

Allergens: *2 Tree Nuts, *14 Sulphur Dioxide

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1. Prep

- Preheat oven to 200°C/180°C fan.
- Roughly chop the **pecan nuts** and **dried apricots**.



2. Combine

- Add the **oats**, **pecan nuts**, **dried apricots**, **coconut flakes**, **golden raisins**, **dried cranberries**, **chia seeds**, **almond slivers**, **sliced pistachios**, **sunflower seeds**, **pumpkin seeds** and **cinnamon** to large baking tray or dish.

Tip! Feel free to add or remove any ingredients according to your taste preference.



3. Finish

- Drizzle the **granola** with the **maple syrup** (reserve some for step 4).
- Drizzle with **olive oil** and a light pinch of **salt**.
- Mix well.

Tip! Olive oil is high in unsaturated fats and will add a very subtle and deliciously savoury flavour to the granola. Alternatively, use a neutral oil according to your preference.



4. Bake

- Bake the **granola** in the oven for 15 minutes or until fragrant and golden brown.
- Give the **granola** a good mix half way through baking.
- Once baked, drizzle the **baked granola** with the remaining **maple syrup**.
- Mix well.

Tip! Mixing the granola half way ensures it bakes evenly.



5. Serve

- Serve the **Homemade Granola** with your favourite yogurt, a drizzle of honey and fresh fruit alongside or according to your preference.



6. Storage

- Once your **granola** has fully cooled, store in an airtight container or ziplock bag at room temperature for up to one week.

Mediterranean-style Grilled Chicken with Zucchini Fritters

and Tzatziki

This recipe is based on the Mediterranean diet which is more of an eating pattern than a strict diet. It's based on research stating that people living in Mediterranean countries live longer!

hellochef

787 calories | 79 protein | 29 carbs | 42 fat

Low Carb

cook: 45 min

R3393-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3288 / 787
Fats (g)	42.3
of which saturated (g)	13.3
Carbohydrates (g)	29
of which sugars (g)	6.7
Fibers (g)	8.5
Proteins (g)	78.7
Salt (g)	3.4

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Zucchini fritters	
Small zucchini	4 Piece
Salt	2 Tsp
Spring onion	80 Grams
Fresh parsley	15 Grams
Organic Eggs *5	2 Piece
Grated mozzarella *4	120 Grams
Feta cheese *4	100 Grams
Black pepper	1 Tsp
Almond flour *1,*2	160 Grams
Vegetable oil	4 Tbsp

Tzatziki	
Fresh dill	15 Grams
Cucumber	4 Piece
Garlic cloves	1 Piece
Greek yogurt *4	300 Grams
Lemon	1 Piece
Salt	1 Tsp
Black pepper	1 Tsp

Chicken	
Chicken breast	800 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *5 Eggs, *4 Milk, *1 Peanuts, *2 Tree Nuts

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1. Prep zucchini

Preheat the grill to high. Grate the **zucchinis** and add it to a colander with a generous sprinkle of **salt**. Place in the sink for 10 min. After 10 min, add the **zucchini** to a clean tea towel and squeeze out any moisture.



2. Make tzatziki

Meanwhile, finely chop the **dill**. Grate the **cucumber** and squeeze the excess liquid out with your hands. Peel and mince the **garlic**. In a bowl, combine the **Greek yogurt**, **grated cucumber**, **garlic** and **dill** with a squeeze of **lemon**. Season with **salt** and **pepper**. This is your **tzatziki**.



3. Make batter

Trim and finely chop the **spring onions**. Finely chop the **parsley**. Add the **zucchinis**, **eggs**, **parsley**, **grated mozzarella**, **feta** and **spring onions** to a second bowl. Season with **salt** and **pepper**. Stir in the **almond flour**. Set aside.



4. Grill chicken

Place the **chicken** onto an oiled baking tray, drizzle with **oil** and season with **salt** and **pepper**. Grill for 10 min or until cooked through.



5. Fry fritters

Meanwhile, heat a large pan over a medium-high heat with a drizzle of **oil**. With clean hands, shape the batter into **patties**, squeezing them so they stick together. Add to the pan and cook for 2-3 min on each side until browned and cooked through.



6. Serve

Once done, top the **chicken** with a squeeze of **lemon**. Serve the grilled **chicken** with the **zucchini fritters** and the **tzatziki** to the side.

Crispy Thai Seabream

with Tamarind Sauce and Cauliflower Rice

Sweet and sour with a hint of spice!

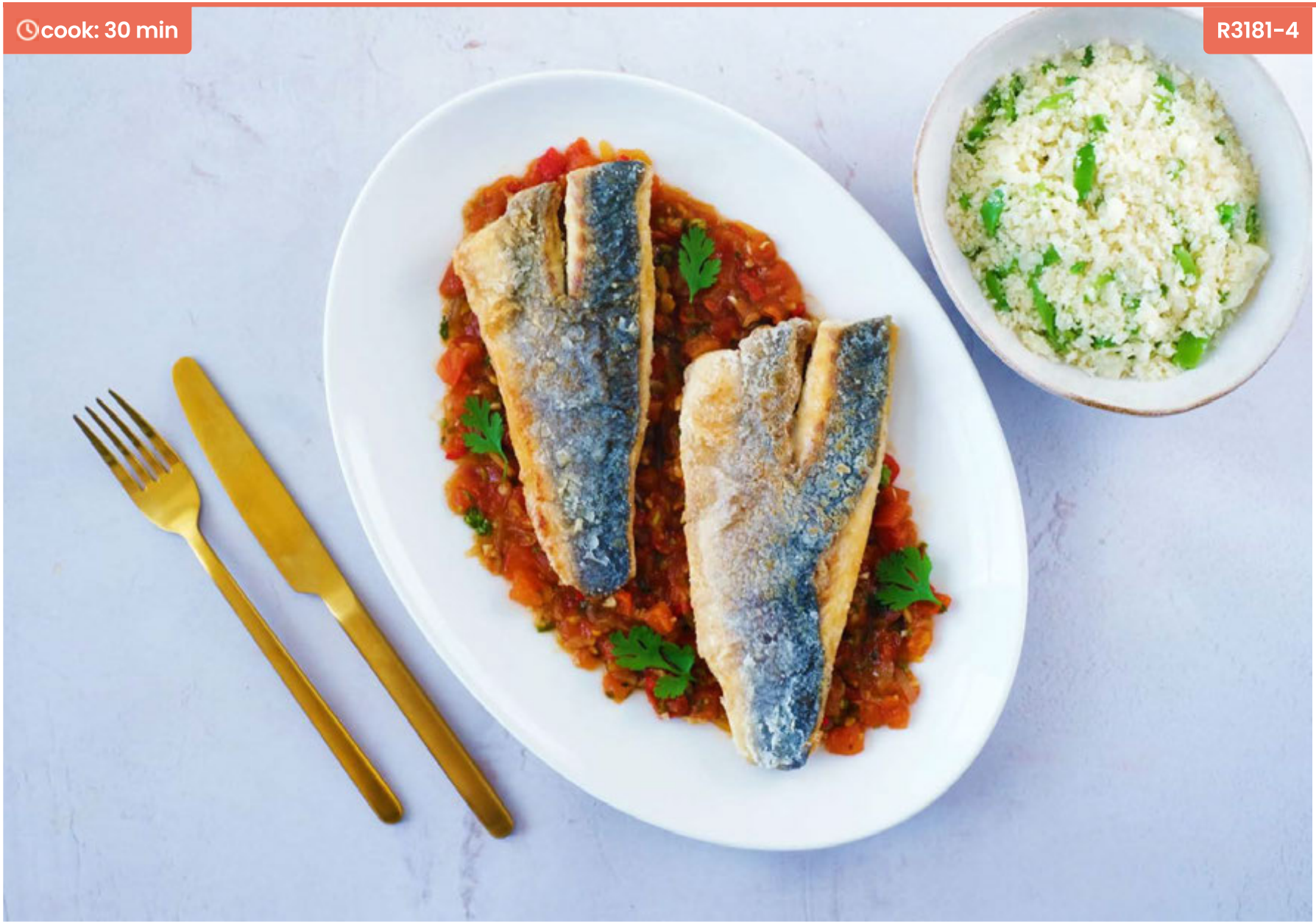
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442 calories | 48 protein | 55 carbs | 6 fat

Low Carb | Calorie Smart

cook: 30 min

R3181-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1846 / 442
Fats (g)	5.5
of which saturated (g)	1.1
Carbohydrates (g)	55
of which sugars (g)	15.3
Fibers (g)	10.6
Proteins (g)	48.1
Salt (g)	2.4

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What You'll Need

- Food processor

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Seabream	
Seabream 6*	660 Grams
Small red chilli	2 Piece
Red onion	2 Piece
Garlic cloves	4 Piece
Tomatoes	4 Piece
Lemongrass	1 Piece
Fresh coriander	15 Grams
Vegetable oil	2 Tbsp
Fish sauce 6*,10*	20 ML
Tamarind paste	30 Grams
Brown sugar	10 Grams
Corn starch	120 Grams
Salt	1 Tsp

Cauli-rice	
Sugar snap peas	200 Grams
Cauliflower	800 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Allergens: *6 Fish, *10 Wheat

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1. Prep

- Finely chop the **chilli**.
- Peel and slice the **onion**.
- Peel and mince the **garlic**.
- Chop the **tomatoes** into bite-sized pieces.
- Slice the **lemongrass** in half and bash it with the back of a knife.
- Slice the **sugar snap peas** into bite-sized pieces.
- Finely chop the **coriander**.

Tip! Sensitive to spice? Deseed the chilli or use only half the amount.



2. Make tamarind sauce

- Heat a large non-stick pan with a drizzle of **oil** over medium heat.
- Fry the **garlic**, **chilli (spicy!)**, **onion** and **lemongrass** for 3 min.
- Add the **tomatoes**, **fish sauce**, **tamarind**, **brown sugar** and **coriander**.
- Cook for 2 min.
- Cover, remove from the heat and set aside.



3. Make cauliflower rice

- Meanwhile, using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains.
- Heat a saucepan over a medium heat with a drizzle of **oil**.
- Fry the **cauliflower** rice with a pinch of **salt** for 5 min.
- Add the **sugar snap peas**.
- Cook for a final 2 min.
- Transfer to a bowl to keep warm and reserve the pan.



4. Coat seabream

- Pat the **seabream** fillets dry with kitchen paper.
- Coat both sides in the **corn starch**.
- Season with **salt**.



5. Fry seabream

- Return the empty pan to a medium-high heat with a generous drizzle of **oil**.
- Fry the **seabream**, skin-side down, for 4 min or until crispy.
- Once crispy, flip and cook for 1-2 min further.

Tip! Alternatively, use the oven to bake the fish for 10-12 min at 180°C, or until cooked through and flakey.



6. Serve

- Serve the **Crispy Thai Seabream** with **Tamarind Sauce** and **Cauliflower Rice**.

Homemade Buttery Garlic Ciabatta

Air Fryer-friendly - ready in just minutes.

Buttery and garlicky ciabatta bread - this is everyone's favourite. Perfect for any occasion!

hellochef

523 calories | 12 protein | 69 carbs | 22 fat

Family Friendly | Speedy

cook: 15 min

R4648-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2195 / 523
Fats (g)	21.7
of which saturated (g)	13.1
Carbohydrates (g)	69
of which sugars (g)	1.4
Fibers (g)	4.2
Proteins (g)	11.6
Salt (g)	2.1

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 2 servings

Garlic butter

Butter 4*	50 Grams
Garlic cloves	2 Piece
Fresh parsley	15 Grams
Salt	0.25 Tsp

To serve

Ciabatta 10*,11*	2 Piece

Allergens: *4 Milk, *10 Wheat, *11 Gluten

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1. Make garlic and herb butter

- If using an oven, preheat the oven to 200°C/180°C fan.
- If using an air fryer, preheat to 180°C.
- Remove the **butter** from the fridge to come to room temperature.
- Peel and mince the **garlic**. Pick the **parsley** leaves and roughly chop.
- In a small bowl, combine the **butter**, **garlic** and **parsley** with a pinch of **salt** to taste.



2. Spread

- Slice the **ciabatta** into halves.
- Evenly spread the **garlic and herb butter** over the **bread halves**.



3. If using an oven

- Place the **garlic ciabatta** onto a lined baking tray.
- Place in the centre of the oven and bake for 8-10 min or until the **bread** is golden-brown, crispy and the **garlic and herb butter** has melted.



4. If using an airfryer

- Place the **garlic ciabatta** in a lined air fryer basket. Air fry for 4-6 min or until the **bread** is golden-brown, crispy and the **garlic and herb butter** has melted.



5. Serve

- Serve the **Homemade Buttery Garlic Ciabatta** alongside your favourite dish.

Test

Test

Test

346 calories | 14 protein | 63 carbs | 4 fat

Family Friendly | Quick Prep

prep: 5 min | cook: 30 min | R4291-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1464 / 346
Fats (g)	3.8
of which saturated (g)	1
Carbohydrates (g)	63
of which sugars (g)	1.4
Fibers (g)	0
Proteins (g)	13.8
Salt (g)	0.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pasta

Fresh pappardelle 5*,11*	250 Grams

Allergens: *5 Eggs, *11 Gluten

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1. -

Tandoori Seabream

with Braised Lentils

Healthy, wholesome and perfectly spiced!

hellochef

490 calories | 55 protein | 56 carbs | 8 fat

Low Carb | Calorie Smart

cook: 30 min

R2961-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2048 / 490
Fats (g)	7.8
of which saturated (g)	2.5
Carbohydrates (g)	56
of which sugars (g)	17.7
Fibers (g)	12
Proteins (g)	55
Salt (g)	1.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fish	
Seabream 6*	660 Grams
Ginger garlic paste	20 Grams
Natural yogurt 4*	340 Grams
Garam masala	5 Grams
Chipotle powder	4 Grams
Smoked paprika powder	4 Grams
Onion powder	4 Grams
Salt	1 Tsp
Vegetable oil	4 Tbsp

Lentils	
Brown onion	2 Piece
Garlic cloves	4 Piece
Carrot	2 Piece
Tomatoes	2 Piece
Vegetable oil	4 Tbsp
Salt	1 Tsp
Red lentils	160 Grams
Curry powder	10 Grams
Water	600 ML
Vegetable stock cube 15*	1 Piece
Black pepper	0.5 Tsp

To serve	
Lime	2 Piece
Fresh coriander	15 Grams

Allergens: *6 Fish, *4 Milk, *15 Celery

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1. Season fish

Add the **seabream** fillets to a plate, skin side down. In a small bowl, combine the **ginger garlic paste**, 2 Tbsp of **yogurt** (reserve the rest for serving), the **garam masala**, **chipotle (spicy!)**, **smoked paprika**, **onion powder** and **salt**. Spread the mix over the **fish** and refrigerate.



2. Prep vegetables

Peel and finely chop the **onion** and **garlic**. Peel and finely chop the **carrot**. Chop the **tomatoes**.



3. Start stew

Heat a pan over a medium heat with a drizzle of **oil**. Once hot, add the **onion** and **carrot**. Cook with a pinch of **salt** for 5 min. Add the **garlic** and **tomatoes** and cook for 1-2 min further.



4. Simmer

Add the **red lentils**, **curry powder**, **measured water**, **vegetable stock cube** and **black pepper**. Bring to a simmer and reduce the heat to low. Cover with a lid and cook for 20 min or until the **lentils** are soft. If the stew thickens too much, add a splash of water.



5. Fry fish

See pro tip! Once the **lentil stew** is done, heat a second pan over a medium-high heat with a drizzle of **oil**. Once hot, add the spiced **seabream**, skin side down, and fry for 3-4 min. Flip and fry for a final 1 min on the other side.

Tip! Don't move the fish around in the pan until you're ready to flip it. That way the skin won't stick to the pan!



6. Serve

Slice the **lime** into wedges and pick the **coriander** leaves. Divide the **lentil stew** among shallow bowls or plates. Top with the **seabream**. Serve with a dollop of the remaining **yogurt**, the **lime** wedges and **fresh coriander** leaves.

Smoked Salmon Poke Bowl

with Quinoa and Avocado

Poke bowls are native to Hawaii and commonly feature raw fish. Ours is made using smoked salmon!

hellochef

700 calories | 38 protein | 54 carbs | 41 fat

Low Carb

cook: 30 min

R3251-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2927 / 700
Fats (g)	41
of which saturated (g)	9.3
Carbohydrates (g)	54
of which sugars (g)	7.4
Fibers (g)	13.6
Proteins (g)	37.9
Salt (g)	2.7

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04-383-93-99
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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Smoked Salmon	
Smoked Salmon Slices 6*	400 Grams
Spring onion	80 Grams
Sour cream 4*	120 Grams
Dijon mustard 13*	12 Grams
Black pepper	1 Tsp
Lime	2 Piece

Quinoa	
Mixed quinoa	200 Grams
Water	400 ML

Toppings	
Salt	1 Tsp
Avocado	2 Piece
Edamame beans 9*	200 Grams
Cucumber	4 Piece
Sushi ginger	80 Grams

Dressing	
Fresh coriander	15 Grams
Coconut sugar	10 Grams
Soy sauce 9*,10*,11*	20 ML
Sesame oil 3*,9*	30 ML

Allergens: *6 Fish, *4 Milk, *13 Mustard, *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Cook quinoa

Place the **quinoa** in a bowl, cover with warm water and rinse well. Drain in a fine sieve. Add the **measured water** to a saucepan and bring it to a boil over a high heat. Once boiling, add the **quinoa** and **salt**. Reduce the heat to medium-low, cover with a lid and simmer for 15 min or until the liquid is fully absorbed and the **quinoa** is tender.

Tip! Make the quinoa in advance, so it has time to cool.



2. Mix salmon

Meanwhile, finely chop the **smoked salmon** and add it to a large bowl. Trim and finely chop the **spring onions** and add them to the same bowl along with the **sour cream**, **dijon mustard**, **pepper** and a squeeze of **lime** (reserve the rest for the dressing). Mix well.



3. Make dressing

Finely chop the **coriander** and add it to a small bowl. Add the remaining **lime** juice, **sugar**, **soy sauce**, and **sesame oil**. Mix well. This is your **dressing**.



4. Prep toppings

Slice the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon and slice it. Peel the **cucumber** until you are left with a pile of **cucumber** ribbons.



5. Serve

Divide the **quinoa** among bowls and top with the **smoked salmon**, **edamame**, **cucumber** and **avocado**. Drizzle with the **dressing**. Serve the **sushi ginger** on the side.

Mushroom Donburi Bowl

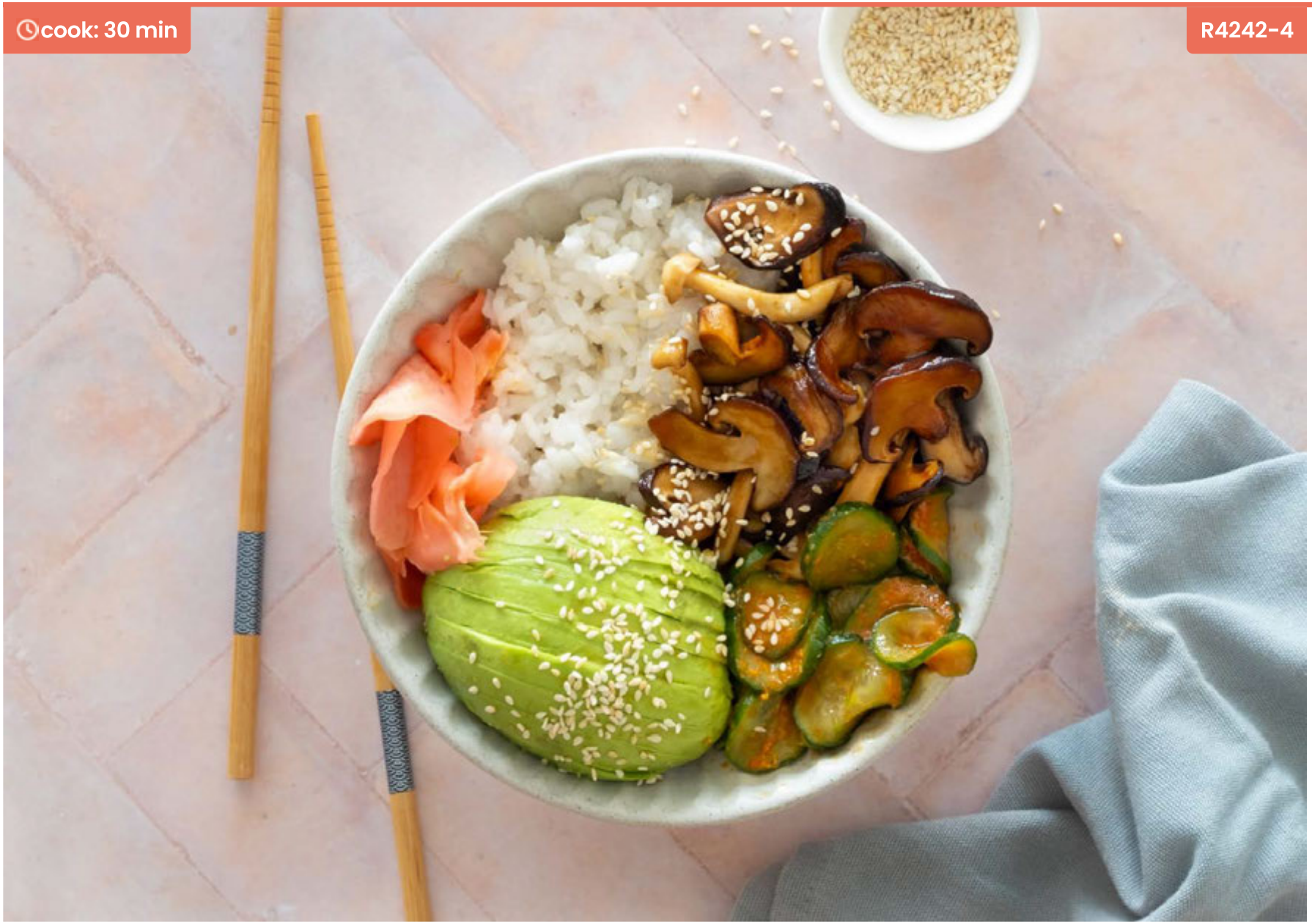
with Spicy Cucumbers

'Donburi' means 'bowl' in Japanese and typically consists of simmered vegetables, meat, fish or seafood, served over steamed rice.

695 calories | 16 protein | 110 carbs | 30 fat

cook: 30 min

R4242-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2908 / 695
Fats (g)	29.8
of which saturated (g)	4.3
Carbohydrates (g)	110
of which sugars (g)	15.8
Fibers (g)	16
Proteins (g)	16.3
Salt (g)	7.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Mushrooms	
Shiitake mushroom	400 Grams
Shimeji mushroom	300 Grams
Vegetable oil	2 Tbsp
Soy sauce 9*,10*,11*	40 ML
Agave syrup	20 Grams
Hoisin sauce 3*,9*,10*	40 Grams

Spicy cucumbers	
Cucumber	2 Piece
Salt	2 Tsp
Ginger garlic paste	20 Grams
Rice vinegar	30 ML
Sesame oil 3*,9*	30 ML
Gochujang 9*	20 Grams

Rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML

To serve	
Sesame seeds 3*	15 Grams
Avocado	2 Piece
Sushi ginger	80 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Salt cucumbers

- Thinly slice the **cucumber**, place in a colander or sieve and sprinkle with **salt**.
- Place the colander in the sink until step 5..

Tip! Salting the cucumber like this helps to draw water from it, which is why it's best to leave the colander in the sink.



2. Boil rice

- Meanwhile, rinse the **jasmine rice** in cold water.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over high heat.
- Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pan from the heat and keep covered until serving.



3. Toast sesame seeds

- Heat a large non stick pan over medium heat and add the **sesame seeds**.
- Toast the **seeds** until starting to brown, about 1-2 min.
- Remove the **sesame seeds** and reserve the pan.

Tip! Toasting the sesame seeds helps to enhance their nutty flavour.



4. Fry mushrooms

- Thinly slice the **shiitake mushrooms**.
- Trim the base of the **shimeji mushroom** cluster to release individual **mushrooms**.
- Heat the pan over medium heat with a drizzle of **oil**.
- Once hot, fry the **mushrooms** for 6-8 min until browned all over and cooked through.
- Add the **soy sauce**, **agave syrup** and **hoisin sauce**.
- Toss the **mushrooms** in the **sauce** until well coated.
- Remove from the heat.



5. Dress cucumbers

- Meanwhile, place the **ginger garlic paste**, **rice vinegar**, **sesame oil** and **gochujang (spicy!)** in a bowl and whisk to combine.
- With clean hands, squeeze any excess water from the **cucumber** slices.
- Add the **cucumber** to the bowl and toss until coated.



6. Serve

- Cut the **avocado** in half and remove its stone.
- Scoop the **avocado** out of its skin using a spoon, then slice it.
- Serve the **Mushroom Donburi Bowl** with **Spicy Cucumbers**.
- Garnish with toasted **sesame seeds**.

Breakfast Oat Smoothies with Blueberries

-

346 calories 10 protein 46 carbs 8 fat

Speedy

cook: 5 min

R4451-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1448 / 346
Fats (g)	7.7
of which saturated (g)	2.2
Carbohydrates (g)	46
of which sugars (g)	33.6
Fibers (g)	7.2
Proteins (g)	10.3
Salt (g)	0.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Blender

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Smoothies	
Banana	1 Piece
Blueberries	125 Grams
Rolled oats	50 Grams
Natural yogurt 4*	170 Grams
Honey	15 Grams
Almond milk 2*	480 ML

Allergens: *4 Milk, *2 Tree Nuts

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1. Combine

- Peel the **banana**.
- To the blender, add the **banana**, **blueberries**, **oats**, **yogurt**, **honey** and **almond milk**.

Tip! For a thicker and creamier smoothie, freeze the blueberries ahead of time.



2. Blend

- Blend the everything for 1-2 min until smooth or to your desired consistency.

Tip! Feel free to add an extra scoop of protein powder of your choice.



3. Serve

- Have the **Breakfast Oat Smoothies with Blueberries** as an on-the-go breakfast.

Garlic Chilli Prawns

over Pesto Rice

Prawns simmered in a spicy garlic tomato butter sauce - YUM!

hello chef

600 calories | 34 protein | 79 carbs | 20 fat

Calorie Smart | Speedy

cook: 25 min

R3852-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2497 / 600
Fats (g)	20.2
of which saturated (g)	5.5
Carbohydrates (g)	79
of which sugars (g)	3.7
Fibers (g)	4.4
Proteins (g)	33.5
Salt (g)	1.8

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What You'll Need

- Blender

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Prawns	
Prawns 7*	700 Grams
Salt	1 Tsp
Water	200 ML
Vegetable oil	2 Tbsp
Butter 4*	20 Grams
Garlic paste	20 Grams
Cherry tomatoes	300 Grams
Chilli flakes	4 Grams
Fresh basil	15 Grams

Pesto rice	
Basmati rice	300 Grams
Green pesto 2*,4*	100 Grams
Salt	1 Tsp
Water	600 ML
Green peas	375 Grams

Allergens: *7 Crustaceans, *4 Milk, *2 Tree Nuts

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1. Boil rice

- Rinse the **rice**.
- Add the **rice**, **pesto**, a pinch of **salt** and the **measured water** to a pot with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, add the **peas**, remove the pot from the heat.
- Keep covered until serving.



2. Fry prawns

- Drain the **prawns** on kitchen paper.
- Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **prawns** with a pinch of **salt**.
- Cook for 2-3 min until pink and cooked through.
- Transfer the **prawns** to a plate.
- Wipe and reserve the pan.



3. Simmer sauce

- Return the reserved pan to a medium heat with the **butter**.
- Once melted, add the **garlic paste** and **tomatoes**.
- Fry for 1 min.
- Add the **measured water** and **chilli flakes** (spicy!).
- Simmer, covered, for 5 min or until the **tomatoes** are soft.
- Once soft, break the **tomatoes** using a spatula and stir the **sauce** until combined.

Tip! Sensitive to spice? Go easy on the chilli flakes.



4. Prep

- Meanwhile, pick and finely chop the **basil** leaves.



5. Add prawns

- Once the **tomatoes** have softened, return the **prawns** to the pan.
- Simmer for 2 min further or until the sauce thickens up slightly.
- Add a pinch of **salt** to taste.



6. Serve

- Serve the **Garlic Chilli Prawns** over **Pesto Rice**.
- Top with the **tomato sauce**.
- Garnish with the **basil**.

Easy Chilli Ginger Chicken

with Sesame Green Beans and Edamame

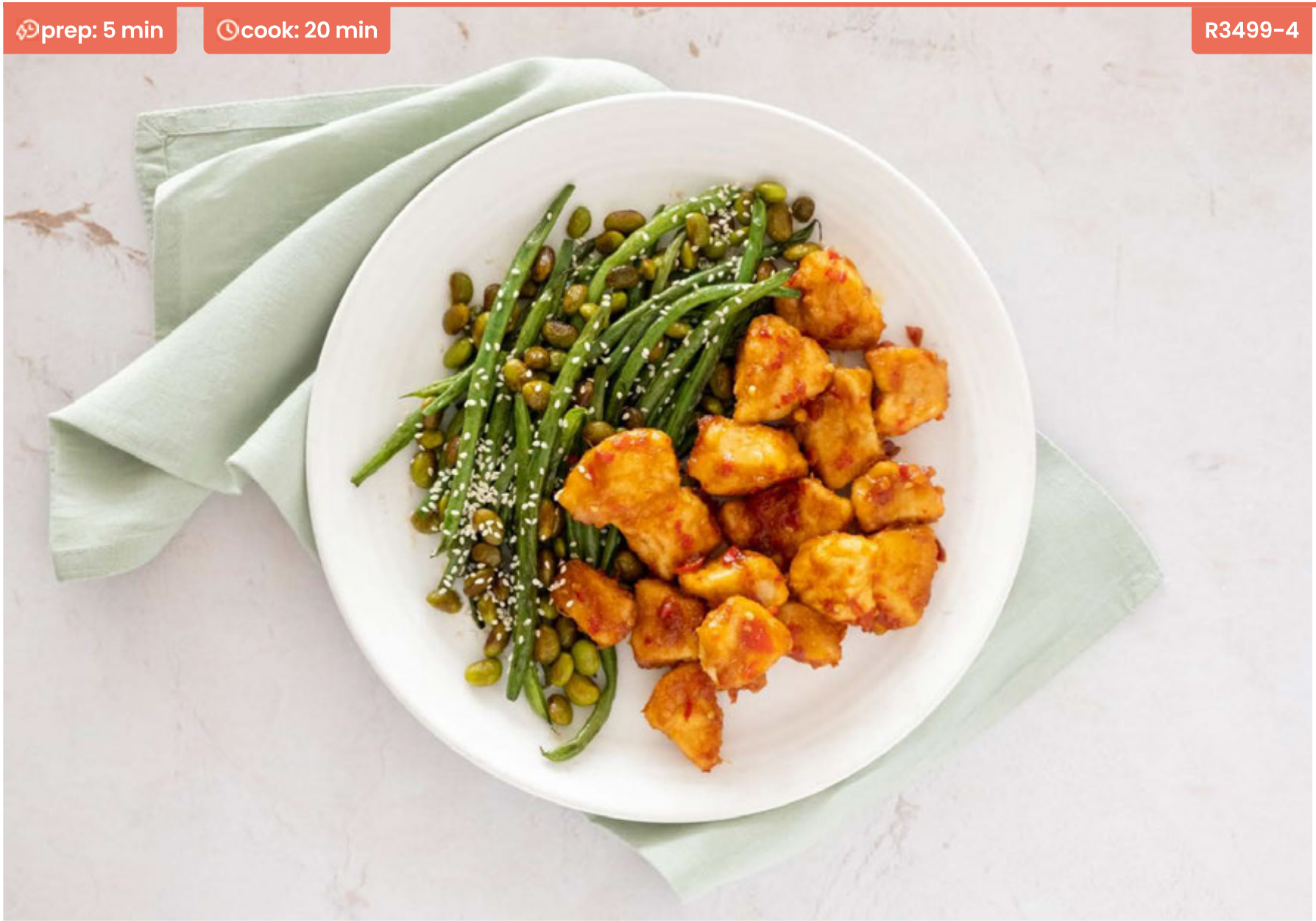
This easy chilli ginger chicken stir-fry is ready in less than 20 minutes!

hello chef

542 calories | 61 protein | 40 carbs | 16 fat

Low Carb | Quick Prep | Calorie Smart

prep: 5 min | cook: 20 min | R3499-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2268 / 542
Fats (g)	16.3
of which saturated (g)	2.1
Carbohydrates (g)	40
of which sugars (g)	13.6
Fibers (g)	9.3
Proteins (g)	60.9
Salt (g)	3.6

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Corn starch	60 Grams
Salt	1 Tsp
Large red chilli	2 Piece
Soy sauce 9*,10*,11*	40 ML
Ginger paste	20 Grams
Chilli jam	56 Grams
Garlic powder	8 Grams
Rice vinegar	30 ML
Vegetable oil	2 Tbsp

Green beans	
Green beans	500 Grams
Vegetable oil	2 Tbsp
Edamame beans 9*	300 Grams
Tamari 9*	30 ML
Sesame oil 3*,9*	30 ML
Sesame seeds 3*	20 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Prep

Chop the **chicken** into bite-sized pieces. Trim the **green beans**. In a bowl, toss the **chicken** in the **corn starch** with a generous pinch of **salt**.



2. Make glaze

Finely chop the **red chilli**. In a bowl, mix the **soy sauce**, **ginger paste**, **chilli jam**, **red chilli** (spicy!) and **garlic powder** with the **rice vinegar**.



3. Fry chicken

Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken** and fry for 5 min or until the **chicken** is cooked through.



4. Add glaze

Add the **glaze** and cook for 1 min or until the **sauce** begins to thicken up.



5. Fry veg

Heat a second large non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **green beans** and fry for 3 min. Add the **edamame** and **tamari** and fry for 1 final min. Remove from the heat and add the **sesame oil** and **sesame seeds**. Toss.



6. Serve

Serve the **ginger chilli chicken** alongside the **green beans** and **edamame**.

Chicken and Green Bean

Biriyani with Yogurt

A great dish that can be served up a few days later, perfect for leftovers.

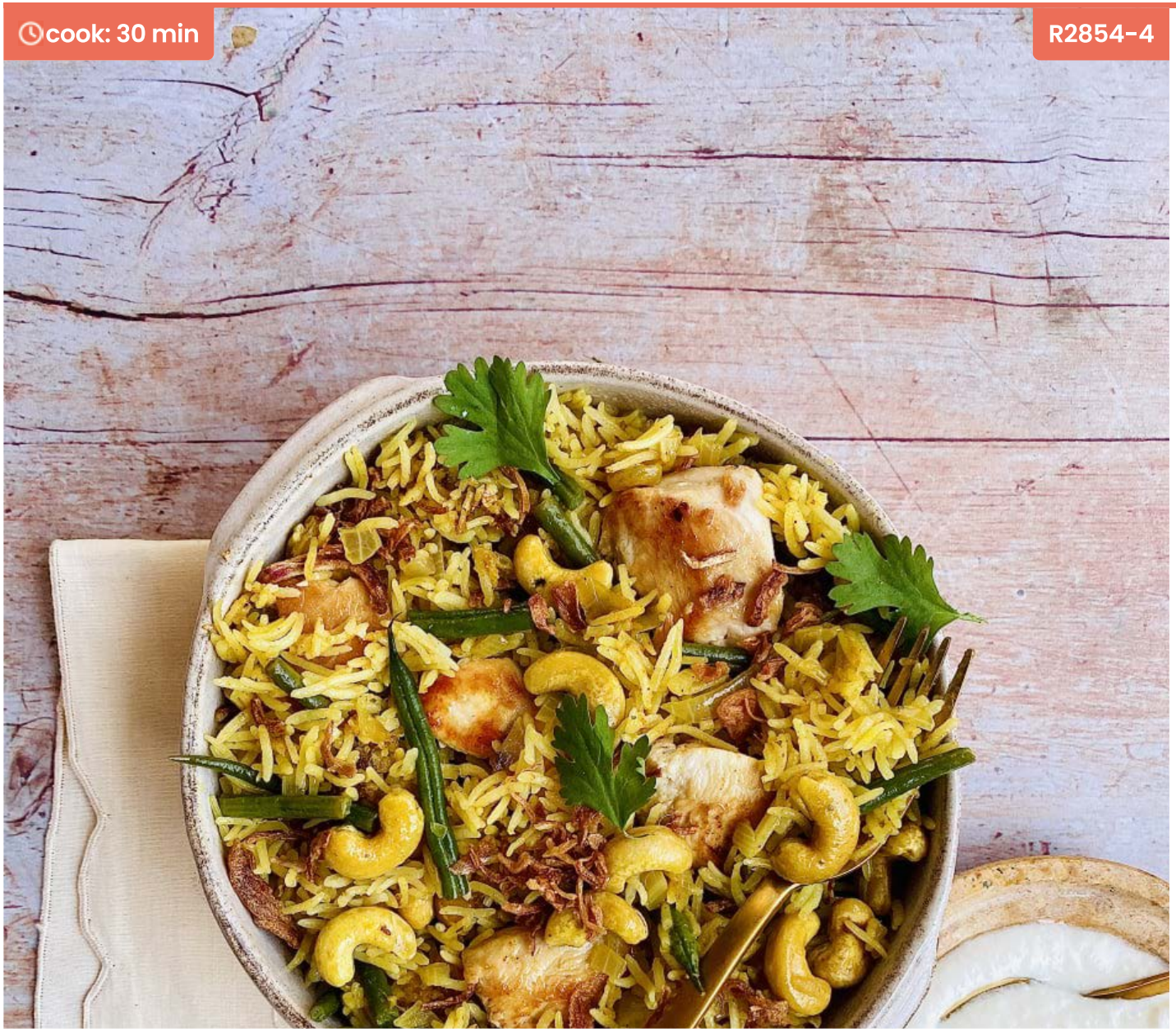
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958 calories | 64 protein | 113 carbs | 33 fat

Global Eats

cook: 30 min

R2854-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4009 / 958
Fats (g)	33.1
of which saturated (g)	14.8
Carbohydrates (g)	113
of which sugars (g)	21.9
Fibers (g)	6.9
Proteins (g)	63.9
Salt (g)	5.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Biriyani	
Chicken breast	600 Grams
Water	600 ML
Chicken stock cube 4*,5*,9*,15*	2 Piece
Red onion	3 Piece
Cardamom pods	6 Piece
Green beans	250 Grams
Basmati rice	300 Grams
Ghee 4*	60 Grams
Salt	1 Tsp
Ginger garlic paste	40 Grams
Turmeric powder	4 Grams
Cumin powder	4 Grams
Curry powder	4 Grams
Cashew nuts 1*,2*	80 Grams
Golden raisins 14*	60 Grams

Garnish	
Natural yogurt 4*	170 Grams
Crispy onions	40 Grams
Fresh coriander	15 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *1 Peanuts, *2 Tree Nuts, *14 Sulphur Dioxide

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1. Prep

- Boil the **measured water** and dissolve the **stock cube** in it.
- Peel and finely chop the **onion**.
- Split the **cardamom pods** open with the back of a knife.
- Trim and roughly chop the **green beans**.
- Thoroughly rinse the **Basmati rice**.

Tip! The trick to perfectly fluffy, non-mushy biriyani, is to thoroughly rinse the rice, thereby removing as much starch as possible. Rinse it once, twice or even thrice, and, time permitting, soak it for 30 min before rinsing.



2. Saute

- Heat a large non-stick pan over a medium-low heat with the **ghee**.
- Once hot, add the **onion** with a pinch of **salt**.
- Cook for 6 min until very soft.
- Once very soft, add the **ginger garlic paste**, **cardamom pods**, **turmeric**, **cumin** and **curry powder**.
- Cook for 1 min further.



3. Prep chicken

- Meanwhile, chop the **chicken** into bite-sized pieces.



4. Simmer

- Add the **chicken**, **rice**, **green beans**, **cashew nuts**, **stock** and **raisins** to the pan and cover.
- Cook for 15 min or until the liquid has been absorbed and the **rice** is tender.



5. Serve

- Serve the **Chicken and Green Bean Biriyani** with a dollop of **Yogurt**.
- Garnish with the **crispy onion** and **fresh coriander** leaves.

Salmon Tikka Masala

with Quinoa

Enjoy this succulent Indian-spiced curry with healthy sides!

654 calories | 53 protein | 60 carbs | 25 fat

Low Carb

cook: 30 min

R2771-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2727 / 654
Fats (g)	24.8
of which saturated (g)	11.6
Carbohydrates (g)	60
of which sugars (g)	12.8
Fibers (g)	7.5
Proteins (g)	53
Salt (g)	0.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Salmon goujons 6*	700 Grams
Red onion	2 Piece
Water	600 ML
Vegetable stock cube 15*	1 Piece
Tomato paste	70 Grams
Vegetable oil	1 Tbsp
Salt	1 Tsp
Ginger garlic paste	20 Grams
Smoked paprika powder	4 Grams
Curry powder	10 Grams
Garam masala	4 Grams
Chipotle powder	4 Grams
Cooking cream 4*	200 ML
Honey	30 Grams

Quinoa	
White quinoa	200 Grams
Water	500 ML
Salt	1 Tsp

To serve	
Cucumber	4 Piece
Fresh coriander	15 Grams
Lime	2 Piece

Allergens: *6 Fish, *15 Celery, *4 Milk

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1. Prep

- Boil the **measured water** and dissolve the 1 **vegetable stock cube** and **tomato paste** in it.
- Keep the **vegetable stock** aside.
- Finely peel and chop the **onion**.



2. Boil quinoa

- Add the **quinoa** to a bowl, cover with warm water and rinse.
- Drain in a fine sieve.
- Add the **measured water** to a pot and bring it to a boil.
- Add the **quinoa** and a pinch of **salt**.
- Cover with a lid and reduce the heat to low.
- Simmer for 15 min or until the liquid is absorbed and the **quinoa** is tender.



3. Start curry

- Meanwhile, heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion** with a pinch of **salt**.
- Fry for 5 min until softened.
- Add the **ginger garlic paste**, **smoked paprika**, **curry powder** and **garam masala**.
- Fry for 2 min further.
- Add the **vegetable stock**.
- Cover with a lid and simmer for 10 min.



4. Make salad

- Meanwhile, finely chop the **cucumber**.
- Finely chop the **coriander** leaves.
- Slice the **lime** into wedges.
- Place the **cucumber** and **coriander** in a bowl and add a squeeze of **lime** juice.
- Put the **limey cucumber salad** aside.
- Reserve the remaining **lime** wedges.

Tip! If cooking for kids, reserve a portion of the chopped cucumber before adding the lime and coriander.



5. Add salmon

- Add the **honey**, **cream** and **chipotle powder** (spicy!).
- Stir through.
- Place the **salmon goujons** on top of the **curry**.
- Cook, covered, for 5-7 min or until the **salmon** is cooked through.
- Remove the pan from the heat.
- Season with a generous squeeze of **lime** juice.

Tip! If cooking for kids, reserve a portion of the curry sauce before adding the chipotle powder. Fry a portion of the salmon goujons in a separate pan for 5-7 min or until the salmon is cooked through.



6. Serve

- Serve the **Salmon Tikka Masala** with **Quinoa** with the **limey cucumber salad** to the side.

Tip! If cooking for kids, serve the plain fried salmon, quinoa and plain cucumbers separately. Serve the reserved curry sauce to the side.

Rainbow Veggie Hash

with Feta and Fried Egg

This dinner is a great one for prepping ahead!

hellóchef

382 calories | 22 protein | 42 carbs | 15 fat

Family Friendly

cook: 40 min

R2470-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1599 / 382
Fats (g)	14.5
of which saturated (g)	7.5
Carbohydrates (g)	42
of which sugars (g)	11.6
Fibers (g)	9
Proteins (g)	22
Salt (g)	4.8

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Hash	
Potatoes	900 Grams
Sweet potatoes	600 Grams
Carrot	4 Pieces
Brown onion	2 Pieces
Garlic cloves	5 Pieces
Red pepper	2 Pieces
Olive oil	6 Tbsp
Salt	2 Tsp
Black pepper	1 Tsp
Fresh parsley	20 Grams
Feta cheese 4*	200 Grams

Topping	
Organic Eggs 5*	4 Pieces
Olive oil	2 Tbsp

Allergens: *4 Milk, *5 Eggs

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1. Boil roots

Place **potatoes**, **sweet** potato and **carrots** into a large pot. Add enough water to almost cover the ingredients. Bring to a boil, cover and cook for about 10-15 minutes until semi-cooked.



2. Prep veggies

Peel and mince **brown onion** and **garlic cloves**. Cut bell **pepper** to cubes.



3. Peel and cube

Drain root vegetables. Once cooled, peel **potatoes**, **sweet potatoes** and **carrots** thinly. Cut to small cubes. (See pro tip!)



4. Fry hash

Heat a generous amount of **oil** in a pan (or two pans). Fry **onion** and bell **pepper** with a pinch of **salt** for 5 minutes. Add **garlic** and cubed **potatoes**, **sweet potatoes** and **carrot**. Fry, turning occasionally, for about 10 minutes, until everything is nicely browned and fully softened. Season generously with **salt** and **pepper**. Chop the **fresh parsley** and fold in. Crumble the **feta cheese** on top. Keep warm.



5. Fry eggs

Heat a bit of **oil** in a pan and fry **eggs** sunny side up or to your liking. (Season lightly with **salt** and **pepper**, optional.) Serve the **eggs** on top of the hash.

Classic Chicken Parmigiana with Basil Pesto Spaghetti

–

Chicken parmigiana (pollo alla parmigiana in Italian!) is known in Australia as Parm, Parma, or Parmi. We hope this dish pays homage to all our Australian customers. Enjoy!

hellofresh

1002 calories | 70 protein | 111 carbs | 28 fat

Family Friendly

cook: 45 min

R4741-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4189 / 1002
Fats (g)	27.8
of which saturated (g)	11.9
Carbohydrates (g)	111
of which sugars (g)	11.9
Fibers (g)	7.7
Proteins (g)	69.7
Salt (g)	4.9

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What You'll Need

Oven | Box grater

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Parmesan 4*	90 Grams
Plain flour 10*,11*	100 Grams
Salt	2 Tsp
Garlic onion powder	8 Grams
Organic Eggs 5*	2 Piece
Panko bread crumbs 10*,11*,12*	120 Grams
Vegetable oil	2 Tbsp
Grated mozzarella 4*	120 Grams

Sides	
Spaghetti 5*,10*,11*	375 Grams
Vegetable oil	2 Tbsp
Salt	2 Tsp
Olive oil	4 Tbsp
Black pepper	0.5 Tsp

Sauce	
Chopped tomatoes	400 Grams
Garlic cloves	2 Piece
Chicken stock cube 4*,5*,9*,15*	1 Piece
Brown sugar	10 Grams
Fresh basil	15 Grams
Green pesto 2*,4*	75 Grams

Allergens: *4 Milk, *10 Wheat, *11 Gluten, *5 Eggs, *12 Lupin, *9 Soya, *15 Celery, *2 Tree Nuts

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1. Bread chicken

In a bowl, combine the **flour**, **salt**, **pepper** and **garlic onion powder**. Add the **eggs** to a second bowl and whisk. Add the **panko** and **Parmesan** to a third bowl. Slice each **chicken breast** in half as if you were cutting a burger bun, so you are left with two thinner **chicken** escalopes.



2. Bake

Carefully turn the **chicken** in the **flour**, followed by the **eggs** and finally in the **panko**. Heat a pan over a medium heat with a generous drizzle of **oil**. Once hot, add the **chicken** to the pan and fry for 2 min on each side until golden. Transfer to a baking tray and bake for 10 min (reserve the pan - just wipe it clean).



3. Make sauce

Meanwhile, peel and very finely chop the **garlic**. Heat the reserved pan over a medium heat with a drizzle of **oil**. Add the onions 1 with a pinch of **salt** and fry for 6 min. Add the **garlic** and cook for 1 min further. Add the tomato passata, **stock cube** 1 and **brown sugar**. Reduce the heat to low and simmer for 10 min (add a splash of water if it gets too thick).



4. Prep

Meanwhile, Chop the **basil** leaves finely and add them to the tomato **sauce**. Once the **chicken** has been cooking for 10 min, top it with the **mozzarella**. Bake for 5 min further or until the **chicken** is cooked through.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready!



5. Cook spaghetti

Boil **spaghetti**. Save pasta water. Grate **parmesan**. Stir in **basil pesto**.

6. Serve

serve

Moroccan Spiced Cod

with Couscous and Cucumber Dill Salad

Flavoured with Ras el Hanout, a spice blend originating from Morocco.

hello chef

485 calories | 44 protein | 60 carbs | 9 fat

Calorie Smart | Global Eats

cook: 30 min

R4707-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1804 / 485
Fats (g)	8.6
of which saturated (g)	0.6
Carbohydrates (g)	60
of which sugars (g)	6.5
Fibers (g)	8
Proteins (g)	44
Salt (g)	0.6

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What You'll Need

- Oven

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Seabream	
Cod fillet 6*	700 Grams
Ras el hanout	10 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Black pepper	0.5 Tsp

Couscous	
Water	400 ML
Couscous 10*,11*	200 Grams
Vegetable seasoning 2*,10*,11*,13*	8 Grams

Salad	
Fresh dill	15 Grams
Carrot	2 Piece
Cucumber	2 Piece
Lemon	1 Piece
Tahini 3*	40 Grams
Water	40 ML
Salt	0.25 Tsp
Black pepper	0.25 Tsp

To serve	
Almond slivers 2*	40 Grams

Allergens: *6 Fish, *10 Wheat, *11 Gluten, *2 Tree Nuts, *13 Mustard, *3 Sesame Seeds

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1. Cook couscous

- Preheat the oven to 200°C/180°C fan.
- Boil the measured **water**.
- In a large bowl, combine the **couscous**, **vegetable seasoning** and boiled measured **water**.
- Cover with a plate or clingfilm and leave to steam for 10 min.
- Once cooked, fluff up with a fork and drizzle with **olive oil**.
- Adjust the **seasoning** with a pinch of **salt** and **pepper** to taste.



2. Cook Cod

- In an oven-proof baking dish, combine the **ras el hanout** with a generous drizzle of **oil** and a pinch of **salt** and **pepper**.
- Add the **cod** and coat in the **marinade**.
- Bake for 12-14 min until fully cooked.



3. Prep salad

- Meanwhile, pick and roughly chop the **dill**.
- Peel and chop the **carrot** into bite-sized pieces.
- Chop the **cucumber** into small bite-sized pieces.
- Cut the **lemon** into wedges.
- In a small bowl, combine the **tahini** with a squeeze of **lemon juice** and 4 Tsp of **water**.



4. Mix salad

- To a large bowl, add the **carrots**, **cucumber** and **dill**.
- Add a drizzle of the **tahini dressing** and a pinch of **salt** and **pepper** to taste.
- Mix well and set aside.



5. Toast almonds

- Heat a dry pan over a medium heat.
- Dry toast the **almond slivers** for 1-2 min until golden and fragrant.
- Set aside for serving.



6. Serve

- Serve the **Moroccan Spiced Cod with Couscous and Cucumber Dill Salad** sprinkled with the toasted **almonds** and remaining **tahini dressing** drizzled over.

Halloumi over Slow Roasted Tomatoes

with Buckwheat and Pesto

Sweet tomatoes and salty cheese pair perfectly in this Mediterranean-inspired supper.

hellochef

697 calories | 39 protein | 61 carbs | 38 fat

Low Carb

cook: 35 min

R2821-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2906 / 697
Fats (g)	38.1
of which saturated (g)	26.5
Carbohydrates (g)	61
of which sugars (g)	12.7
Fibers (g)	11.7
Proteins (g)	38.8
Salt (g)	37.3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Roasted tomatoes	
Cherry tomatoes	500 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Honey	30 Grams

Pesto	
Parmesan 4*	60 Grams
Garlic cloves	1 Piece
Fresh basil	60 Grams
Almond flakes 1*,2*	45 Grams
Olive oil	8 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Serve	
Buckwheat	225 Grams
Halloumi 4*	400 Grams
Lemon	2 Piece
Vegetable oil	4 Tbsp
Capers	80 Grams
Rocket	40 Grams

Allergens: *4 Milk, *1 Peanuts, *2 Tree Nuts

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1. Roast tomatoes

- Preheat the oven to 180°C/ 160°C fan.
- Place the **cherry tomatoes** onto a lined baking tray.
- Drizzle with **olive oil** and a pinch of **salt**.
- Toss well.
- Roast for 30 min or until the skins are blistered and the **tomatoes** are soft.
- After 30 min, drizzle the **tomatoes** with the **honey**.
- Roast for 5 min further.



2. Boil buckwheat

- Meanwhile, bring a small pot of salted water to the boil.
- Rinse the **buckwheat**.
- Once the water is boiling, add the **buckwheat**.
- Cook for 15 min or until tender.
- Drain and transfer back to the pot to cool slightly.



3. Prep

- Meanwhile, slice the **halloumi** into 1cm thick slices.
- Juice half of the **lemon** into a small bowl and slice the remaining **lemon** into wedges.
- Grate the **Parmesan**.
- Peel the **garlic**.
- Pick the **basil** leaves and discard the stems.



4. Blitz pesto

- Place the **almond flakes**, **garlic**, the **Parmesan**, **basil leaves**, 2 Tbsp **lemon juice**, **olive oil**, **salt** and **pepper** in a food processor.
- Blitz until smooth.
- Add a splash of cold water if the **pesto** looks too thick.

Tip! Don't add the raw garlic to the pesto if you find the taste too punchy or use half instead.



5. Fry capers

- Heat a large pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **capers**.
- Fry for 3 min or until crispy.
- Drain the **capers** on a piece of kitchen paper.
- Wipe and reserve the pan.



6. Serve

- Return the reserved pan to a medium-high heat with a drizzle of **oil**.
- Once hot, add the **halloumi**. Fry for 2-3 min each side until golden brown.
- Toss the **buckwheat** and **rocket** in half of the **pesto**.
- Top with **tomatoes**, **halloumi**, a dollop of the **pesto** and a sprinkle of the **crispy capers**.
- Serve the **Halloumi over Slow Roasted Tomatoes** with **Buckwheat** and **Pesto**.
- Garnish with the **lemon wedges**.

Tip! Don't fry the halloumi on too high a heat. It should be golden on the outside and soft on the inside.

Tofu "Egg Roll" Noodle Bowl

with Cabbage, Carrots, and Bean Sprouts

Taking classic flavours found in egg rolls, and turning them into an easy weeknight stir-fry!

hello chef

535 calories | 38 protein | 48 carbs | 26 fat

Calorie Smart | Global Eats

cook: 25 min

R3986-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2235 / 535
Fats (g)	26
of which saturated (g)	4.3
Carbohydrates (g)	48
of which sugars (g)	14.7
Fibers (g)	12.8
Proteins (g)	37.8
Salt (g)	4.5

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What You'll Need

- Box grater

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stir-fry	
Rice noodles	200 Grams
Salt	1 Tsp
Carrot	2 Piece
White cabbage	450 Grams
Small red chilli	2 Piece
Spring onion	80 Grams
Vegetable oil	2 Tbsp
Organic Eggs 5*	2 Piece
Firm tofu 9*	600 Grams
Bean sprouts	100 Grams

Stir-fry Sauce	
Soy sauce 9*,10*,11*	60 ML
Ginger garlic paste	30 Grams
Brown sugar	10 Grams
Oyster sauce 8*,10*	40 Grams
Rice vinegar	30 ML
Sesame oil 3*,9*	30 ML

To serve	
Fresh coriander	30 Grams
Lime	2 Piece
Sesame seeds 3*	20 Grams

Allergens: *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten, *8 Molluscs, *3 Sesame Seeds

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1. Prep

- Boil a kettle.
- Add the **rice noodles** to a large bowl with a pinch of **salt** and cover them with the boiling water.
- Leave to soak for 5 min, then drain.
- Meanwhile, in a small bowl, combine the **soy sauce**, **ginger garlic paste**, **brown sugar**, **oyster sauce**, **rice vinegar**, and **sesame oil**.
- Mix well.
- Set the **stir-fry sauce** aside.

Tip! Drizzle a bit of oil over the cooked noodles to prevent them from sticking together.



2. Prep

- Peel and grate the **carrot**.
- Finely slice the **white cabbage**.
- Thinly slice the **red chilli**.
- Chop the **spring onion**.
- Pick the **coriander** leaves.

Tip! For less spice, deseed the red chilli and use only a small amount.



3. Scramble egg

- Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **eggs** with a pinch of **salt**.
- Cook for 1-2 min, scrambling with a spatula as you go.
- Once cooked, transfer to a plate.
- Reserve the pan.

Tip! Use your largest pan (or wok!) to make it easier and quicker to stir-fry all the ingredients together.



4. Fry tofu

- Drain the **Tofu**.
- Return the reserved pan to a medium-high heat with another drizzle of **oil**.
- Roughly crumble the **tofu** directly into the pan with a pinch of **salt**.
- Fry for 2-3 min until lightly browned.
- Add the **spring onion** and **carrot**.
- Cook for another 2-3 min.
- Add the **cabbage** and **red chilli (spicy!)**.
- Stir-fry for 3 min further until softened.

Tip! Prefer smaller chunks of tofu? Use a fork to break it apart into a finer "mince".



5. Add noodles

- Add the **stir-fry sauce**.
- Cook for 1-2 min, then add the **rice noodles** and **scrambled eggs**.
- Mix well and cook for another 2-4 min.
- Remove from the heat.
- Toss through the **bean sprouts**.
- Meanwhile, slice the **lime** into wedges, and squeeze a wedge over everything.

Tip! Use tongs to distribute the noodles evenly without breaking them.



6. Serve

- Serve the **Tofu "Egg Roll" Noodle Bowl with Cabbage, Carrots, and Bean Sprouts**.
- Garnish with the **coriander**, **sesame seeds**, and **lime** wedges.

Tip! For added flavour, toast the sesame seeds in a dry, hot pan for 2 min or until golden and fragrant.

Crispy Chickpea and Mozzarella Salad

with Roasted Tomatoes

Nutty dressing, crispy chickpeas, creamy mozzarella, sweet tomatoes & tangy shallots come together in this colourful, low carb supper.

hello chef

569 calories | 26 protein | 58 carbs | 29 fat

Low Carb | Calorie Smart

cook: 30 min

R2671-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2375 / 569
Fats (g)	28.7
of which saturated (g)	9.3
Carbohydrates (g)	58
of which sugars (g)	14.9
Fibers (g)	12.5
Proteins (g)	26.1
Salt (g)	1.6

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salad	
Chickpeas	480 Grams
Olive oil	4 Tbsp
Salt	1 Tsp
Cherry tomatoes	500 Grams
Water	20 ML
Honey	30 Grams
Shallots	2 Piece
Red vinegar	30 ML
Almond flakes 1*,2*	60 Grams
Baby spinach	125 Grams
Mozzarella ball 4*	250 Grams

Dressing	
Green pesto 2*,4*	75 Grams
Olive oil	2 Tbsp
Lemon	1 Piece

Allergens: *1 Peanuts, *2 Tree Nuts, *4 Milk

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1. Roast chickpeas

Preheat the oven to 200°C/180°C fan. Drain, rinse and dry the **chickpeas**. Add them to a lined baking tray, drizzle with **olive oil** and sprinkle with **salt**. Roast in the oven for 20 min until crispy.



2. Roast tomatoes

Meanwhile, add the **cherry tomatoes** to a second lined baking tray. Mix a further drizzle of **olive oil** and a splash of **water** with the **honey** and pour the mixture over the **tomatoes**. Give them a shake until fully coated. Roast in the oven for 15 min.



3. Pickle shallots

Meanwhile, peel and slice the **shallots** very finely. Add them to a small bowl with the **red vinegar** and a pinch of **salt** and set aside.



4. Toast almonds

Toast the **almond flakes** in a hot, dry pan for 2 min or until starting to brown. Set aside.



5. Prep dressing and salad

Combine the **pesto** with a drizzle of **olive oil** and the juice of half of the **lemon** - this is your **dressing**. Wash and dry the **spinach**. Drain and tear the **mozzarella** into small chunks.



6. Serve

Once the **chickpeas** have cooled down a little, drain the **shallots**. Toss the **chickpeas** and the **shallots** with the **spinach** leaves, **almond flakes** and the **pesto dressing**. Divide the **salad** among plates and dot with the **roasted tomatoes** and **mozzarella**.

Tip! Dress your salad just before serving, otherwise it will go soggy.

Herby Greek Chicken and Zucchini Meatballs with Couscous

hello chef

884 calories | 70 protein | 71 carbs | 37 fat

Family Friendly | Tips for Kids

cook: 30 min

R4701-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3698 / 884
Fats (g)	36.5
of which saturated (g)	13.6
Carbohydrates (g)	71
of which sugars (g)	7.4
Fibers (g)	7.7
Proteins (g)	69.7
Salt (g)	3.3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meatballs	
Chicken mince	800 Grams
Feta cheese 4*	100 Grams
Small zucchini	2 Piece
Lemon	1 Piece
Garlic cloves	3 Piece
Fresh breadcrumbs 4*,10*	60 Grams
Fresh parsley	30 Grams
Fresh dill	30 Grams
Organic Eggs 5*	2 Piece

Couscous	
Couscous 10*,11*	225 Grams
Vegetable stock cube 15*	1 Piece

Salad	
Cucumber	2 Piece
Red onion	1 Piece
White vinegar	30 ML

Mint yogurt	
Greek yogurt 4*	300 Grams

Allergens: *4 Milk, *10 Wheat, *5 Eggs, *11 Gluten, *15 Celery

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2. Meatball

- mind, **feta** (reserve some for serving), **zucchini**, egg, garlci, breadcumbs, herbs



3. Couscous

- 1 **stock cube**, chopped **dill**



4. Bake meatballs

- 220C oven ,12-15 min in oven dish, save sauces.



5. Salad

- Cucucmber, thinly sliced **onion**, salt, pepper
- quick pickle **onion** and **vinegar**, **dill**



6. TFK

- Serve unflavoured meatballs, sliced **cucumber**, blocks **feta**, **couscous**

Orange and Chilli Chicken Skewers

with Roasted Carrot and Beetroot Salad

Orange and beetroot join together to deliver a dish that is full of flavour, vibrant in colour and rich in nutrients.

hello chef

584 calories | 54 protein | 72 carbs | 11 fat

Low Carb | Calorie Smart

cook: 40 min

R4243-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2443 / 584
Fats (g)	11.3
of which saturated (g)	4.4
Carbohydrates (g)	72
of which sugars (g)	49.2
Fibers (g)	14.3
Proteins (g)	54.3
Salt (g)	1.9

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Bamboo skewers	12 Piece
Orange	2 Piece
Garlic cloves	3 Piece
Honey	60 Grams
Dijon mustard 13*	18 Grams
White balsamic vinegar 14*	30 ML
Olive oil	1 Tbsp
Dried oregano	4 Grams
Salt	1 Tsp
Black pepper	0.5 Tsp
Chilli flakes	2 Grams

Roast Vegetable Salad	
Carrot	4 Piece
Fresh beetroot	440 Grams
Fresh thyme	10 Grams
Olive oil	1 Tbsp
Cumin powder	4 Grams
Salt	1 Tsp
Black pepper	0.5 Tsp

Dressing	
Sour cream 4*	120 Grams
Salt	1 Tsp
Black pepper	0.5 Tsp

To serve	
Pomegranate	1 Piece
Baby spinach	80 Grams

Allergens: *13 Mustard, *14 Sulphur Dioxide, *4 Milk

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1. Roast vegetables

- Preheat the oven to 200°C/180°C fan.
- Peel and chop the **carrots** and **beetroot** into bite-sized pieces.
- Strip the leaves from 3-4 **thyme** sprigs.
- Scatter the chopped **carrots** and **beetroot** onto a lined baking tray.
- Drizzle with **oil**, **salt**, **pepper**, **cumin powder** and **thyme** leaves.
- Mix well.
- Roast in the oven for 25-30 min.



2. Prep

- Soak the **bamboo skewers** in water.
- Chop the **chicken** into bite-sized portions.
- Zest the **orange** and cut in half.
- Finely chop the **garlic**.



3. Marinate chicken

- Squeeze 2 Tbsp of **orange juice** into a medium sized bowl, reserving the other **orange** half for later.
- Add half the **orange zest**, chopped **garlic**, **honey**, **mustard**, **white balsamic vinegar**, **olive oil**, **dried oregano**, **salt**, **pepper** and a big pinch of **chilli flakes** (spicy!).
- Add the chopped **chicken**. Toss to coat.
- Divide and thread the marinated **chicken** onto the **skewers**.
- Reserve any extra **marinade**.

Tip! Can't handle the heat? Go easy on the chilli!



4. Cook chicken

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken skewers**.
- Fry for 2 min on each side, then cover.
- Fry for 2 min further until cooked through.
- Pour the reserved **marinade** into the pan, coating the **chicken**.
- Fry for 2 min further.

Tip! Alternatively, add the skewers to the roasting tray and roast at 200°C/180°C fan for 10-12 min until cooked through.



5. Prepare garnishes

- Mix the **sour cream** with the reserved **orange zest** and **juice** from the reserved **orange** half.
- Add **salt** and **pepper** to taste.
- Halve the **pomegranate**, hold each half over a large bowl, seeds facing down.
- Hit the skin with a wooden spoon, squeezing to release the **seeds**.
- Discard the shell and membrane.



6. Serve

- Serve the **Orange and Chilli Chicken Skewers** with **Roasted Carrot and Beetroot Salad** on **baby spinach**.
- Drizzle over the **sour cream dressing**.
- To finish, sprinkle the **pomegranate seeds** for a festive feel.

Mushroom Bibimbap Quinoa Bowl

with Eggs and Spinach

If you don't get round to cooking this one during the week, have it as a weekend brunch bowl!

hellochef

446 calories | 22 protein | 53 carbs | 18 fat

Low Carb

cook: 30 min

R3036-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1864 / 446
Fats (g)	17.5
of which saturated (g)	3.5
Carbohydrates (g)	53
of which sugars (g)	6.8
Fibers (g)	7.1
Proteins (g)	21.5
Salt (g)	2.3

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hello@hellochef.com
04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Mushroom bibimbap	
Shiitake mushroom	400 Grams
Oyster mushrooms	600 Grams
Garlic cloves	4 Pieces
Ginger	600 Grams
Vegetable oil	6 Tbsp
Salt	0.5 Tsp
Soy sauce 9*,10*,11*	40 ML
Brown sugar	10 Grams
Gochujang 9*	20 Grams
Black pepper	0.5 Tsp

Quinoa	
White quinoa	200 Grams
Water	500 ML
Salt	1 Tsp

Extras	
Carrot	4 Pieces
Baby spinach	125 Grams
Sesame oil 3*,9*	15 ML
Sesame seeds 3*	20 Grams
Organic Eggs 5*	4 Pieces
Salt	0.5 Tsp
Chilli flakes	2 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds, *5 Eggs

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1. Prep mushrooms

Clean the **shiitake** and **oyster mushrooms** with kitchen paper or a cloth (don't wash). Chop the **mushrooms**. Peel and finely grate the **garlic** and **ginger**. Peel and coarsly grate the **carrot**.



2. Boil quinoa

Place the dry **quinoa** in a bowl and cover with warm **water**. Drain in a fine sieve. Add the measured **water** to a saucepan and bring it to a boil over a high heat. Once boiling, add the **quinoa** and **salt**. Reduce the heat to medium-low, cover with a lid and simmer for 15 min or until the liquid is fully absorbed and the **quinoa** is tender.



3. Fry mushrooms

Meanwhile, heat a large pan over a high heat with a drizzle of **vegetable oil**. Once hot, add the **mushrooms** and fry with a pinch of **salt** for 7-8 min until the moisture has evaporated and the **mushrooms** are well browned and starting to crisp.



4. Season mushrooms

Add the **garlic**, **ginger** ,**soy sauce**, **brown sugar**, **gochujang** paste (spicy!) and **black pepper** to the **mushrooms**. Reduce the heat to low and cook for a final 2 min. Transfer to a bowl and cover to keep warm until serving.



5. Prep spinach

Meanwhile, boil a kettle. Place the **spinach** in a colander and pour the freshly boiled **water** from the kettle over it. Once the **spinach** is cool enough to handle, give it a good squeeze. Mix the **sesame oil** and **sesame seeds** with the squeezed **spinach**. Season with a pinch of **salt**.



6. Fry eggs and assemble

Return the pan to a medium heat with a drizzle of **oil**. Crack the **eggs** into the pan and fry for 2-4 min (for a set egg yolk, cover the pan with a lid). Season with a pinch of **salt**. Divide the **quinoa** among shallow bowls. Top with the bibimbap **mushrooms**, grated **carrot**, **sesame spinach** and fried **eggs**. Garnish with a pinch of **chilli flakes** (spicy!).

Prep-ahead Bacon, Egg and Cheddar Bread Swirls

with Chive Sour Cream and Salsa

Enjoy hot or cold. The perfect on-the-go breakfast!

hello chef

461 calories | 21 protein | 43 carbs | 23 fat

Family Friendly

cook: 50 min

R4526-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1924 / 461
Fats (g)	22.9
of which saturated (g)	9.9
Carbohydrates (g)	43
of which sugars (g)	0.5
Fibers (g)	0.1
Proteins (g)	20.8
Salt (g)	1.3

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What You'll Need

Oven | Box grater

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 6 servings

Swirls	
Pizza dough ball 10*,11*	2 Piece
Beef bacon	90 Grams
Fresh chives	15 Grams
Organic Eggs 5*	4 Piece
Plain flour 10*,11*	20 Grams
Cheddar cheese 4*,10*,11*,13*	100 Grams
Butter 4*	10 Grams

To serve	
Sour cream 4*	90 Grams
Mild tomato salsa	60 Grams

Allergens: *10 Wheat, *11 Gluten, *5 Eggs, *4 Milk, *13 Mustard

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1. Make filling

- Preheat oven to 200°C/180°C fan. Remove **pizza dough** from the fridge to get to room temperature.
- Finely chop the **bacon** and **chives**.
- Heat a large pan over medium-high heat. Fry the **bacon** for 6-8 min until crispy.
- Transfer **bacon** to a paper towel-lined plate. Return the pan with the **grease** to the heat.
- Add the **eggs**, scramble for 1-2 min until nearly cooked. Transfer to a bowl.
- Combine with the **bacon** and half the **chives**.



2. Roll dough

- Lightly dust a work surface with the **flour**.
- Roll the **dough** into a rectangle about 0.5 cm thick.
- Repeat with the other **dough**.



3. Add toppings

- Divide the **egg** and **bacon mixture** and spread it evenly over the rolled-out **dough**.
- Grate over the **cheddar cheese** (reserving some to top the **swirls**).



4. Roll and cut

- Tightly and evenly roll the **dough** from one end to the other and gently pinch the seam shut.
- Cut each roll into 5-6 even pieces.
- Place the **swirls** on a lined baking tray.

Tip! Cut the swirls into more, smaller pieces to enjoy them as a snack.



5. Bake

- Melt the **butter** in the microwave. Brush the **swirls** with the melted **butter**.
- Top with the remaining **cheddar** and bake for 25-30 min.
- The swirls are cooked when they are golden brown and sound hollow when tapped.



6. Serve

- Meanwhile, in a bowl, combine the **sour cream** with the remaining **chives**.
- Season with **salt** and **pepper** to taste.
- Serve the **Bacon, Egg and Cheddar Swirls** with the **Chive Sour Cream** [b]and **Salsa** alongside.

Tex-Mex Chicken Stuffed Peppers
with Pico de Gallo

Spice up your evening!

hello chef

815 calories | 69 protein | 56 carbs | 44 fat

Low Carb

cook: 40 min

R2543-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3409 / 815
Fats (g)	43.5
of which saturated (g)	18.2
Carbohydrates (g)	56
of which sugars (g)	17.5
Fibers (g)	11.2
Proteins (g)	69.1
Salt (g)	3.7

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Peppers	
Yellow pepper	6 Piece
Olive oil	4 Tbsp

Stuffing	
Chicken mince	800 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Olive oil	2 Tbsp
Taco seasoning	20 Grams
Tomato paste	70 Grams
Tomato passata	400 Grams
Sweet corn kernels	244 Grams
Salt	2 Tsp
Black pepper	1 Tsp
Grated orange cheddar 4*	120 Grams

Pico de Gallo	
Tomatoes	4 Piece
Jalapeno slices	60 Grams
Fresh coriander	15 Grams
Lime	2 Piece
Salt	1 Tsp

To serve	
Sour cream 4*	120 Grams

Allergens: *4 Milk

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1. Roast peppers

- Preheat the oven to 200°C/ 180°C fan.
- Deseed the **peppers** and slice in half lengthwise, leaving their stems in place.
- Place the **peppers** in a baking dish and drizzle them with **oil**.
- Roast for 15 min.



2. Fry onion

- Meanwhile, peel and finely chop the **red onion** and **garlic**.
- Heat a non-stick pan over medium-low heat with a drizzle of **oil**.
- Once hot, fry the **onion** for 5 min.
- Add the **garlic** and fry for 2 min further.



3. Fry chicken

- Transfer the **onion** and **garlic** to a plate and return the pan to a medium heat with a drizzle of **oil**.
- Add the **chicken mince** and fry for 5 min or until lightly browned.



4. Simmer

- Add the **taco seasoning** and the **tomato paste** and cook for 2 min.
- Return the **onion** and **garlic** to the pan along with the **tomato passata** and drained **sweet corn kernels**.
- Simmer for 5 min.
- Season to taste with **salt** and **pepper**.



5. Bake

- Spoon the **chicken** stuffing into the pre-baked **pepper** halves.
- Press down and pile high.
- Sprinkle with the **grated cheddar**.
- Return the dish to the oven and roast for 10-15 min further or until the **cheese** has turned golden.



6. Make salsa

- Meanwhile, halve the **tomatoes**, discard their stems and seeds and chop them finely.
- Finely chop the **jalapeno** and **coriander**.
- Add the **tomatoes**, **jalapeno** (spicy!) and **coriander** to a bowl, season with a squeeze of **lime** juice and a pinch of **salt**.
- Serve the **Tex-Mex Chicken Stuffed Peppers peppers** with **Pico de Gallo** to the side and a dollop of **Sour Cream**.

Quick Steak Tacos

with Avocado and Chipotle Mayo

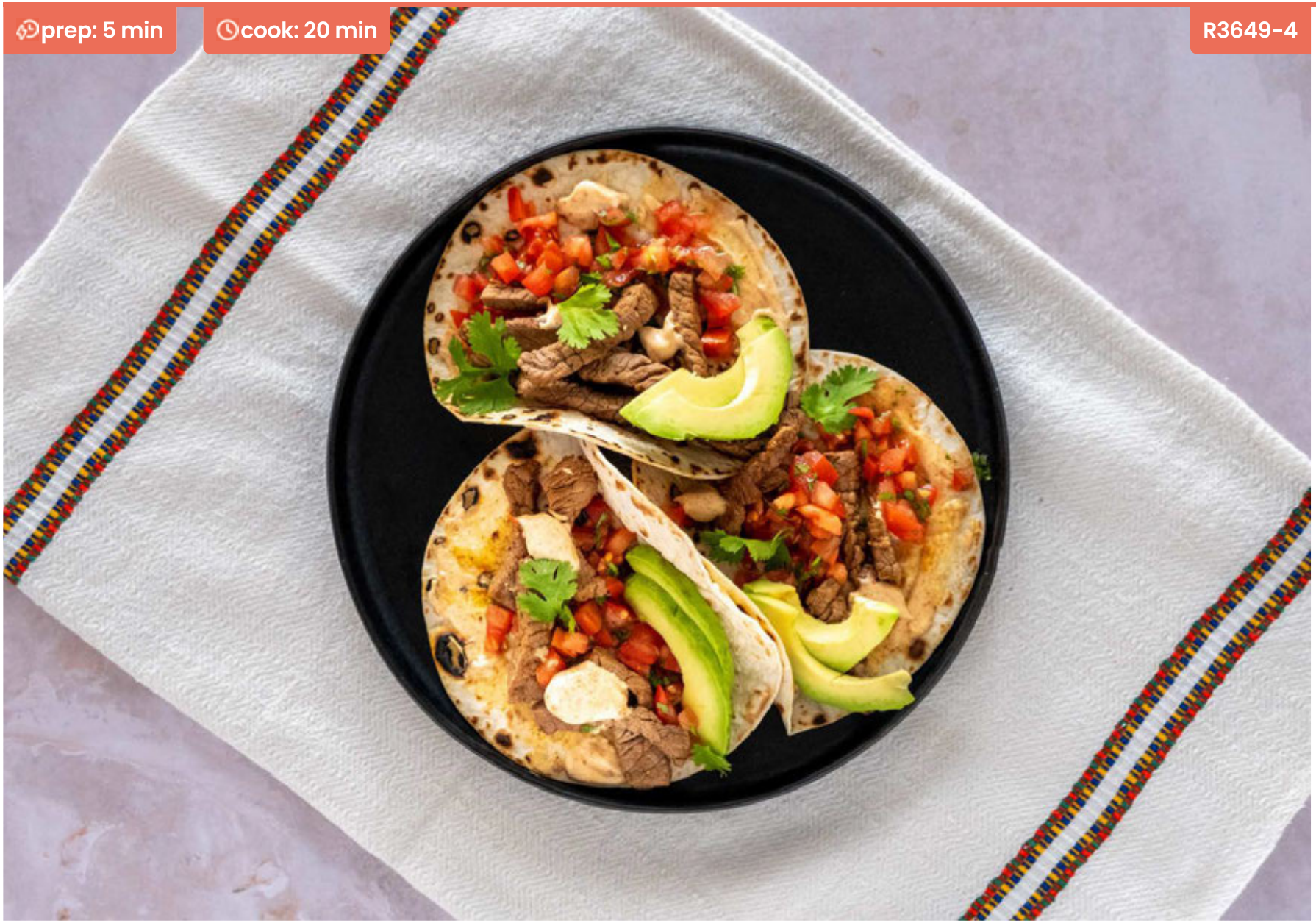
Steak and avocado in the same recipe?! You wouldn't want to miss these tacos!

hellochef

951 calories | 55 protein | 65 carbs | 54 fat

Family Friendly | Quick Prep | Speedy

prep: 5 min | cook: 20 min | R3649-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3979 / 951
Fats (g)	54.3
of which saturated (g)	10.9
Carbohydrates (g)	65
of which sugars (g)	5.2
Fibers (g)	11.2
Proteins (g)	55.1
Salt (g)	2.7

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steak	
Steak strips	700 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Fajita seasoning	10 Grams
Black pepper	1 Tsp

Tacos	
Avocado	2 Piece
Tomatoes	2 Piece
Fresh coriander	15 Grams
Lime	2 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp
6" tortilla wraps 10*,11*	12 Piece

Chipotle mayo	
Mayonnaise 5*,9*,13*	100 Grams
Chipotle powder	4 Grams

Allergens: *10 Wheat, *11 Gluten, *5 Eggs, *9 Soya, *13 Mustard

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1. Prep

- Chop the **avocado** in half and remove the stone.
- Scoop the **avocado** out of its skin using a spoon, then slice it.
- Finely chop the **tomatoes** and **coriander**.
- In a bowl, combine the **tomatoes** and **coriander** with a squeeze of **lime** (reserve the remaining **lime** for the mayo), a drizzle of **oil** and a pinch of **salt**.
- Set the **salsa** aside.

Tip! Save some whole coriander leaves and lime wedges for garnish.



2. Fry strips

- Heat a non-stick pan over a high heat with a drizzle of **oil**.
- Once hot, add the **steak strips** and **fajita seasoning**.
- Cook for 3 min.
- Remove the pan from the heat and set aside.
- Season with **salt** and **pepper**.



3. Make chipotle mayo

- In a small bowl, combine the **mayonnaise** with a pinch of **chipotle powder** (spicy!).
- Season with a squeeze of **lime** juice and a pinch of **salt**.



4. Warm tortillas

- Heat the **tortilla wraps** in the microwave for 30-60 secs until warm.

Tip! Or, fry in a hot dry pan for 30 sec on each side until browned. Repeat with all of the tortillas.



5. Serve

- Load the **tortilla wraps** with the **chipotle mayo**, **steak**, **avocado** and **salsa**.
- Serve the **Quick Steak Tacos with Avocado** and **Chipotle Mayo**.
- Top with the remaining **fresh coriander** leaves.

Chewy Date Granola Bars

with Nuts and Seeds

These high-energy granola bars made with dates, nuts and seeds are great for an on-the-go snack.

hellochef

715 calories | 16 protein | 75 carbs | 26 fat

cook: 25 min

R4442-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2992 / 715
Fats (g)	25.8
of which saturated (g)	8.7
Carbohydrates (g)	75
of which sugars (g)	57.9
Fibers (g)	13.3
Proteins (g)	16
Salt (g)	2.8

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Granola bars	
Salted vegan butter	60 Grams
Maple syrup	70 ML
Date paste	160 Grams
Vanilla essence	5 ML
Rolled oats	225 Grams
Chia seeds	15 Grams
Dried apricots 14*	50 Grams
Dried cranberries	30 Grams
Almond flakes 1*,2*	30 Grams
Sunflower seeds	20 Grams
Pumpkin seeds	20 Grams
Golden raisins 14*	30 Grams
Salt	0.25 Tsp

Allergens: *14 Sulphur Dioxide, *1 Peanuts, *2 Tree Nuts

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1. Prep

- Line an 18x18cm dish (or something similar) with baking paper or grease lightly with oil.
- Roughly chop the **dried apricots**.
- Heat a large pot over medium heat.
- Once hot, add the **vegan butter**, **date paste** and **maple syrup**.
- Mix for 5-7 min or until the **date paste** has melted and everything is fully combined.

Tip! Add a splash of water if the date mixture becomes too thick.



2. Combine

- To the **date syrup**, combine the **apricots**, **vanilla**, **oats**, **chia seeds**, **cranberries**, **almond flakes**, **sunflower seeds**, **pumpkin seeds** and **golden raisins** with a light pinch of **salt**.
- Mix well for 1 min and remove from the heat.

Tip! The mixture should be well combined yet still sticky.



3. Refrigerate

- Add the **granola mix** to the dish and press down firmly to compress, ensuring that it is spread evenly.
- Refrigerate for a minimum of 2 hours.

Tip! For best results, refrigerate the granola overnight.



4. Serve

- Slice the **Granola Bars** according to your preference and have it as an on-the-go snack.

Tip! Store the Granola Bars in an airtight container or ziplock bag at room temperate for up to one week.

Pulled Chicken Bao Buns with Sesame Slaw and Pickled Cucumbers

-

-

817 calories | 47 protein | 102 carbs | 28 fat

Family Friendly

cook: 45 min

R4736-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3420 / 817
Fats (g)	27.5
of which saturated (g)	5.3
Carbohydrates (g)	102
of which sugars (g)	34.7
Fibers (g)	8.6
Proteins (g)	46.6
Salt (g)	4

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Pulled chicken	300 Grams
Vegetable oil	4 Tbsp
Ginger garlic paste	20 Grams
Gochujang 9*	30 Grams
Sweet soy sauce 9*,10*,11*,14*	30 ML
Rice vinegar	30 ML
Sesame oil 3*,9*	30 ML
Sesame seeds 3*	5 Grams
Bao buns 10*,11*	8 Piece

Sesame slaw	
Carrot	2 Piece
Red cabbage	200 Grams
Spring onion	80 Grams
Lime	2 Piece
Sesame dressing 3*,5*,9*,10*,11*	60 Grams
Fresh coriander	15 Grams

Pickled cucumber	
Cucumber	1 Piece
Rice vinegar	30 ML
White sugar	10 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *3 Sesame Seeds, *5 Eggs

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1. Bake chicken

Slice the **chicken** into long strips. In a large bowl, mix the mayonnaise, flour, a pinch of salt and pepper. Add the **chicken**, and stir to coat. On a large plate, mix the panko bread crumbs with the remaining flour and black and **white sesame seeds**, and a pinch of salt and pepper. One by one, press each **chicken strip** into the seasoned bread crumbs. Add the **chicken** to a lined baking tray, drizzle with a touch of **vegetable oil** and bake for 18-20 min or until golden and crispy.



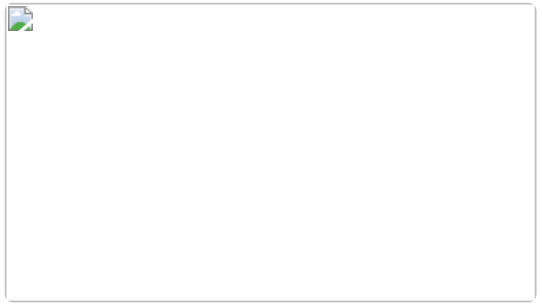
2. Make salad

Meanwhile, peel the **carrot** into thin sticks. Chop the **cucumber** into thin sticks. Finely slice or shred the **red cabbage**. Pick the mint leaves. Slice the **lime** into wedges. In a large bowl, combine the **sweet soy sauce**, tahini, **sesame oil**, and a squeeze of **lime** juice to taste. Mix until combined. Add the **cucumber**, **carrots**, and **red cabbage** into the bowl and toss into the **dressing**.



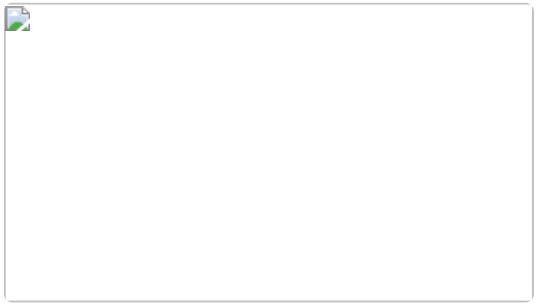
3. Make glaze

In a **sauce** pan, add the **ginger garlic paste**, **gochujang**, honey, and **soy sauce**. Bring to a simmer and cook for 2 min until thickened.



4. Toss chicken

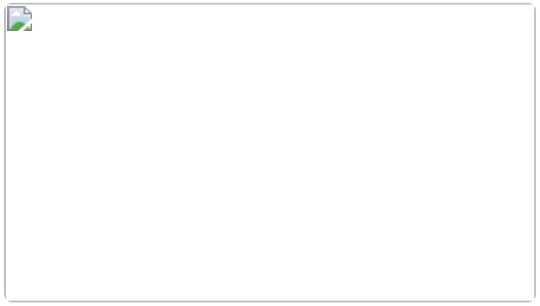
Once the glaze has thickened, pour over the baked **chicken** and toss to combine and coat in the sticky glaze. Set aside.



5. Steam bao buns

Boil water in a saucepan with a lid. Add parchment paper into a strainer over and place over the saucepan. Add the boa **buns**, cover with a lid (or plate), and gently steam for 3-5 minutes until soft and fluffy.

> **Tip!** Alternatively, use a bamboo or other steamer to steam the bao buns.



6. Serve

Serve the **Korean fried chicken** with the and **slaw** to the side. Garnish with the **sesame seeds** and the **spring onions**.

> **Tip!** If cooking for kids, plate the plain chicken, cucumber, carrot and rice separately. Serve the sesame seeds, spring onion and the reserved sesame dressing to the side.

Breakfast Quesadillas

with Avocado and Tomato Salsa

Start your morning right with a protein-packed breakfast served with a side of fresh avocado salsa!

937 calories | 44 protein | 72 carbs | 55 fat

Quick Prep | Speedy

cook: 25 min

R4441-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3918 / 937
Fats (g)	55.4
of which saturated (g)	22.4
Carbohydrates (g)	72
of which sugars (g)	6.4
Fibers (g)	11.3
Proteins (g)	44.2
Salt (g)	3.8

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Quesadillas	
Organic Eggs 5*	4 Piece
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Vegetable oil	1 Tbsp
Baby spinach	40 Grams
8" tortilla wraps 10*,11*	4 Piece
Grated cheddar 4*	60 Grams
Grated mozzarella 4*	60 Grams

To serve	
Lime	1 Piece
Cherry tomatoes	150 Grams
Fresh coriander	15 Grams
Avocado	1 Piece
Salt	0.25 Tsp

Allergens: *5 Eggs, *10 Wheat, *11 Gluten, *4 Milk

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1. Prep

Slice the **lime** into wedges. Chop the **cherry tomatoes** into quarters. Roughly chop or tear the **coriander leaves**.



2. Make salsa

Cut the **avocado** in half and remove its stone. Using a spoon, scoop the **avocado** out of its skin and chop it into chunks. In a small bowl, combine the **coriander**, **avocado**, **cherry tomatoes**, with a squeeze of the **lime** wedges and a pinch of **salt** to taste. Set aside.



3. Scramble eggs

In a small bowl, crack and whisk the **eggs** with a pinch of **salt** and **pepper** to taste. Heat a large pan over a medium heat with a drizzle of **oil**. Once hot, add the **baby spinach** and fry for 1 min until wilted. Add the **eggs** and scramble for 1 min further or until cooked to your liking. Transfer to a plate. Wipe and reserve the pan.



4. Fry

Return the reserved pan to a medium heat with another drizzle of **oil**. Place a **tortilla** and top with half the **scrambled egg filling**, and top with **grated cheddar** and **grated mozzarella** cheese.

Tip! The filling is enough for 2 quesadillas, remember to divide evenly.



5. Finish quesadillas

Place a second **tortilla** on top of the **filling**, press down firmly and fry for 2-3 min. Flip the **quesadilla** and fry for final 2-3 min until golden brown and the **cheese** has melted. Repeat with the last two **tortillas**.



6. Serve

Cut the **Breakfast Quesadillas** into triangles and serve the **Avocado and Tomato Salsa** alongside. Serve any remaining **lime** wedges to the side.

Simple Wholewheat Spaghetti

with Prawns and Tomatoes

Wholewheat spaghetti is tossed with chilli, garlic, parsley and prawns to create an Italian classic!

hellochef

610 calories | 47 protein | 84 carbs | 9 fat

Family Friendly

cook: 25 min

R2989-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2568 / 610
Fats (g)	8.5
of which saturated (g)	3.4
Carbohydrates (g)	84
of which sugars (g)	10.9
Fibers (g)	13.4
Proteins (g)	46.7
Salt (g)	0.8

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What You'll Need

Oven | Box grater

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Prawns **7***	700 Grams
Cherry tomatoes	500 Grams
Olive oil	4 Tbsp
Whole-wheat spaghetti **5*,9*,10*,11***	400 Grams
Garlic cloves	8 Piece
Fresh parsley	30 Grams
Spring onion	80 Grams
Large red chilli	2 Piece
Parmesan **4***	60 Grams
Salt	1 Tsp
Lemon	2 Piece
Black pepper	1 Tsp

Allergens: *7 Crustaceans, *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten, *4 Milk

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1. Roast tomatoes

- Preheat the oven to 180°C/160°C fan.
- Place the whole **cherry tomatoes** on a large baking tray.
- Drizzle with **olive oil**.
- Give the tray a good shake until the **tomatoes** are coated.
- Roast for 20 min.



2. Boil pasta

- Meanwhile, bring a large pot of salted water to the boil.
- Once boiling, add the **pasta**.
- Cook for 12-14 min until 'al dente' or cooked to your liking.
- Drain.



3. Prep

- Meanwhile, peel and very finely chop the **garlic**.
- Trim and very finely chop the **parsley**, **spring onion** and **chilli**.
- Grate the **Parmesan**.



4. Fry prawns

- Heat a large pan over a medium heat with a generous drizzle of **olive oil**.
- Once hot, add the **prawns**, **chilli** (spicy!), **spring onion** and **garlic** with a generous pinch of **salt**.
- Cook for 2 min or until the **prawns** are cooked.
- Remove the pan from the heat.
- Set **prawns** aside.



5. Toss spaghetti

- Add the drained **spaghetti**, **Parmesan**, **parsley** and roasted **tomatoes** to the pan.
- Give everything a good toss.
- Drizzle with a squeeze of **lemon** juice and another lug of **olive oil**.
- Season with a generous pinch of **salt** and **pepper**.
- Serve the **Simple Wholewheat Spaghetti** with **Prawns** and **Tomatoes**[/b] immediately.

Baked Artichoke and Spinach Gnocchi

with Crispy Parmesan and Basil

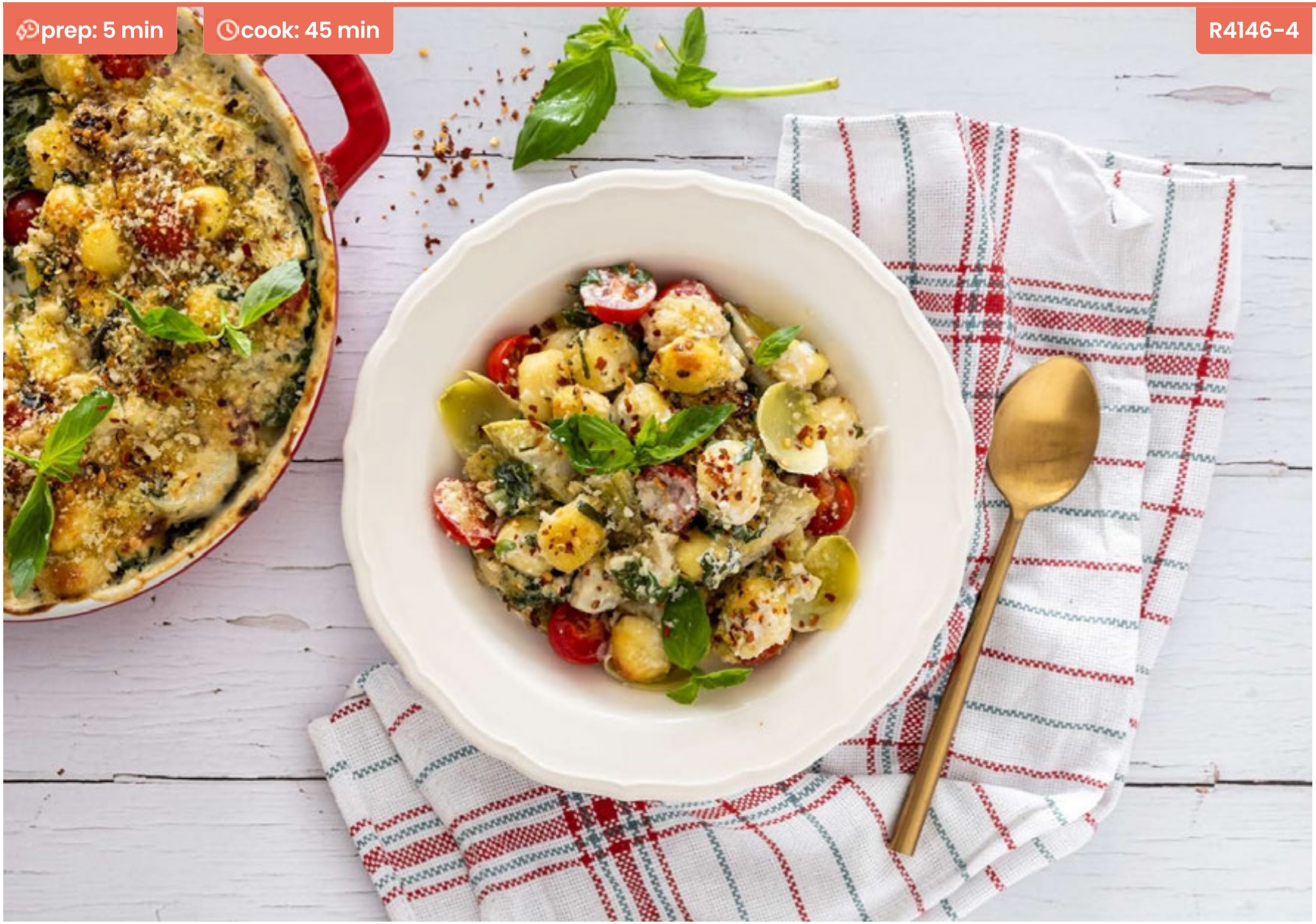
Let the oven do all the baking for these creamy, pillowy, potato dumplings!

hello chef

644 calories | 29 protein | 117 carbs | 9 fat

Quick Prep

prep: 5 min | cook: 45 min | R4146-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2721 / 644
Fats (g)	8.9
of which saturated (g)	1.1
Carbohydrates (g)	117
of which sugars (g)	10.3
Fibers (g)	16.6
Proteins (g)	28.5
Salt (g)	3.2

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What You'll Need

Oven

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Bake	
Artichoke hearts	480 Grams
Cherry tomatoes	250 Grams
Spinach	300 Grams
Fresh basil	15 Grams
Gnocchi 4*,5*,9*,10*,11*	1000 Grams
Vegetable stock cube 15*	2 Piece
Cooking cream 4*	400 ML
Garlic onion powder	8 Grams
Dried basil	4 Grams
Sun dried tomatoes	60 Grams

Toppings	
Chilli flakes	2 Grams
Panko bread crumbs 10*,11*,12*	40 Grams
Dried thyme	4 Grams
Grated Parmesan 4*	60 Grams
Olive oil	2 Tbsp

Allergens: *4 Milk, *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten, *15 Celery, *12 Lupin

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1. Prep

- Preheat the oven to 220°C/200°C fan.
- Drain and chop the **artichoke** into small bite-sized pieces.
- Chop the **cherry tomatoes** in half.
- Trim and finely chop the **spinach**.
- Pick and chop the **basil** leaves, reserving some whole for garnish.



2. Boil gnocchi

- Bring a large pot of water to the boil.
- Once boiling, add the **gnocchi** and **spinach** and cook for 1 min until the **gnocchi** begins to rise and float to the top of the pot.
- Using a measuring cup or jug, reserve 200 ml of the **gnocchi** water, then drain the **gnocchi** and **spinach** in a colander and set aside.

Tip! Blanching the spinach helps soften the leaves and prevent them from making your sauce too watery.



3. Make sauce

- Dissolve the **stock cube** in the measured **gnocchi** water.
- Add the **cooking cream**, **garlic onion powder**, **dried basil**, and a pinch of **chilli flakes (spicy!)**.
- This is the **cream sauce** for step 4.

Tip! Sensitive to spice? Leave out the chilli flakes, or use only a small amount.



4. Combine

- In a deep baking dish or casserole, spread out the boiled **gnocchi** and wilted **spinach**.
- Add the **sun dried tomatoes**, **artichoke**, **cherry tomatoes**, and **fresh basil**.
- Carefully pour the **cream sauce** over everything.



5. Bake

- Bake the **gnocchi** in the center rack of the oven for 15-20 min until the **cream sauce** is bubbling.
- Remove the baking dish from the oven, and sprinkle over the **panko bread crumbs**, **dried thyme**, and **grated parmesan**.
- Drizzle over some **olive oil** and return the baking dish to the top rack of the oven.
- Bake the **gnocchi** for another 5 min until the top is golden and crispy.



6. Serve

- Serve the **Baked Artichoke** and **Spinach Gnocchi** topped with the remaining **fresh basil** and **chilli flakes (spicy!)**.

Mediterranean Seabream

with Quinoa, Herb Dressing and Baby Spinach

This recipe is based on the Mediterranean diet which is more of an eating pattern than a strict diet. It's based on research stating that people living in Mediterranean countries live longer!

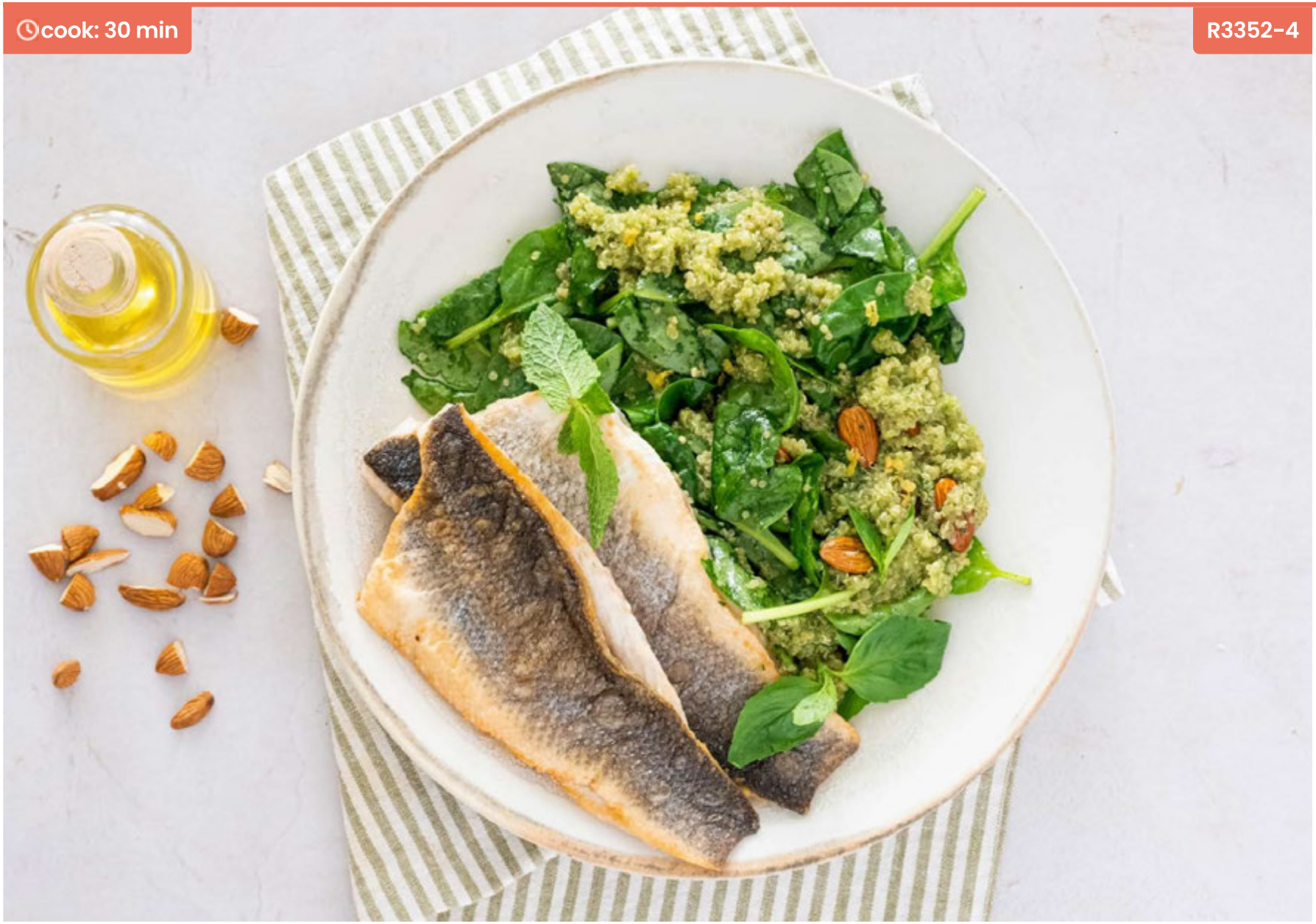
hello chef

578 calories | 57 protein | 49 carbs | 20 fat

Low Carb | Calorie Smart

cook: 30 min

R3352-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2419 / 578
Fats (g)	19.6
of which saturated (g)	4
Carbohydrates (g)	49
of which sugars (g)	3.3
Fibers (g)	7.3
Proteins (g)	56.8
Salt (g)	0.9

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Box grater
- Food processor

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Quinoa	
White quinoa	200 Grams
Water	400 ML
Vegetable stock cube 15*	1 Piece

Seabass	
Seabream 6*	525 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp

Salad	
Lemon	2 Piece
Fresh mint	20 Grams
Fresh basil	30 Grams
Garlic cloves	1 Piece
Parmesan 4*	60 Grams
Olive oil	8 Tbsp
Salt	2 Tsp
Black pepper	1 Tsp
Baby spinach	125 Grams
Whole almonds 1*,2*	80 Grams

Allergens: *15 Celery, *6 Fish, *4 Milk, *1 Peanuts, *2 Tree Nuts

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1. Quinoa

Add the **quinoa** to a bowl, cover with warm water and rinse. Drain in a fine sieve. Add the **measured water** to a pot and bring it to a boil. Add the **quinoa** and 1 **stock cube**. Cover with a lid, reduce the heat to low and simmer for 15 min or until the liquid is absorbed and the **quinoa** is tender. Transfer to a bowl and refrigerate.



2. Prep

Meanwhile, wash the **lemon** thoroughly and grate its zest with a fine blade, taking care to avoid its bitter white pith. Pick the **mint** and **basil** leaves. Peel and chop the **garlic**. Grate the **Parmesan**.



3. Blend dressing

Add the **Parmesan**, **mint**, **basil**, **garlic**, a very generous squeeze of **lemon** juice, the **lemon** zest, **olive oil**, **salt** and **pepper** to a food processor. Blitz.

Tip! Firmly roll the lemon on the work surface before slicing it. This will help release more of its juices.



4. Fry

Pat the **seabream** fillets dry with kitchen paper and season the skin with **salt**. Heat a large non-stick pan with a drizzle of **oil** over a medium-high heat. Once hot, add the **seabream**, skin-side down and fry for 4 min or until crispy. Once crispy, flip and cook for 1-2 min further.



5. Assemble

Meanwhile, toss the drained and cooled **quinoa**, **baby spinach** and **almonds** in the **dressing**.



6. Serve

Serve the **seabream** over the **herby quinoa salad**.

Roasted Eggplant Soba Noodles

with Edamame Beans and Tenderstem Broccoli

Soba are thin Japanese noodles made from buckwheat!

hellofresh

669 calories | 24 protein | 115 carbs | 16 fat

Global Eats

cook: 35 min

R4215-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2802 / 669
Fats (g)	15.6
of which saturated (g)	2.3
Carbohydrates (g)	115
of which sugars (g)	22.3
Fibers (g)	16.5
Proteins (g)	23.7
Salt (g)	11.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Eggplant	
Long Eggplant	750 Grams
Ginger garlic paste	20 Grams
Chinese 5 spice	4 Grams
Dark soy sauce 9*,10*,11*	40 ML
Agave syrup	20 Grams
Sesame seeds 3*	20 Grams
Vegetable oil	2 Tbsp

Stir fry	
Spring onion	80 Grams
Tenderstem broccoli	300 Grams
Fresh coriander	15 Grams
Hoisin sauce 3*,9*,10*	60 Grams
Tamari 9*	60 ML
Rice vinegar	45 ML
Sesame oil 3*,9*	30 ML
Water	100 ML
Corn starch	15 Grams
Soba noodles 10*,11*	400 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Edamame beans 9*	200 Grams
Chilli flakes	4 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Roast Eggplant

- Preheat the oven to 200°C/180°C fan.
- Cut the **eggplant** into wedges.
- In a small bowl, combine the **ginger garlic paste**, **5 spice**, **soy sauce**, **agave syrup**, **sesame seeds** and a generous drizzle of **oil**.
- This is the **glaze**.
- Add the **eggplant** to a large bowl and combine with the **glaze**, mix to coat fully.
- Place the glazed **eggplant** on a lined baking tray and bake for 15-20 min.
- When the **eggplant** is tender, remove from the oven and set aside.



2. Prep

- Trim and finely slice the **spring onion**.
- Chop the **tenderstem broccoli** into thirds.
- Pick and finely chop the **coriander**.
- In a small bowl, combine the **hoisin sauce**, **tamari**, **rice vinegar**, **sesame oil**, **measured water** and 2 tsp of **corn starch**.
- Mix well and set aside, this is your **stir fry sauce**.



3. Boil noodles

- Bring a pot of salted water to the boil.
- Once boiling, add the **noodles** and cook for 4 min until tender.
- Once tender, drain and rinse with cold water.
- Mix and set aside.

Tip! Drizzle the noodles with a small amount of oil, this will help prevent them sticking.



4. Fry veg

- Heat a large non-stick frying pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **broccoli** with a pinch of **salt** and fry for 3 min.
- Add the **edamame beans**, **spring onion** (reserve some for garnish) and a pinch of **chilli flakes** (spicy!).
- Fry for 3 min further.



5. Stir fry

- Clear some space in the pan.
- Add the **noodles** and stir fry with the **veg**.
- Pour over the **stir fry sauce** and fry for 2-3 min.
- When the **sauce** has thickened and the **noodles** are fully cooked remove from the heat.
- Sprinkle over the **coriander** and toss to mix.



6. Serve

- Divide the **stir fry** amongst bowls.
- Serve with the roasted **eggplant** on top, or cut it into smaller bite-sized pieces and mix with the **noodles**.
- Garnish with the remaining **spring onions**.

Beef Bacon and Mushroom Risotto Carbonara

-

-

1041 calories 52 protein 90 carbs 57 fat

Family Friendly

cook: 30 min

R4839-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4356 / 1041
Fats (g)	56.6
of which saturated (g)	17.2
Carbohydrates (g)	90
of which sugars (g)	8.4
Fibers (g)	2.6
Proteins (g)	51.7
Salt (g)	7.8

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What You'll Need

Box grater

Whisk

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Carbonara	
Beef bacon	160 Grams
Mushroom	250 Grams
Garlic cloves	2 Piece
Arborio rice	320 Grams
Water	250 ML
Organic Eggs 5*	4 Piece
Whipping cream 4*	200 ML
Parmesan 4*	60 Grams
Black pepper	1 Tsp
Salt	1 Tsp
Chicken stock cube 4*,5*,9*,15*	1 Piece

Salad	
Crispy green lettuce mix	100 Grams
Olive oil	4 Tbsp
Balsamic vinegar glaze 14*	40 ML
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *5 Eggs, *4 Milk, *9 Soya, *15 Celery, *14 Sulphur Dioxide

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1. Prep

Finely slice the **beef bacon**. Peel and mince the **garlic**. Slice or tear the **mushrooms**.



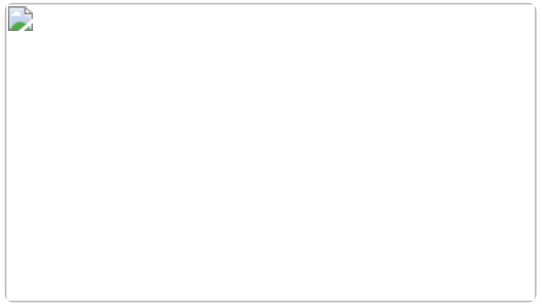
2. Fry

Heat a pan over a medium-low heat and add the **beef bacon**. Gently fry for 5-6 min or until the fat has melted and the **beef bacon** is **crispy**. Transfer to a plate. Add the **mushrooms** and fry for a final 3-4 min. Remove the pan from the heat and set aside.



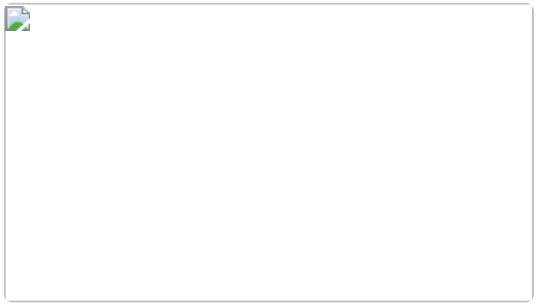
3. Start risotto

Use **beef bacon**. Add the **garlic** and fry until fragrant. Add the **rice** until coated. Add the **stock** and stir through.



4. Make sauce

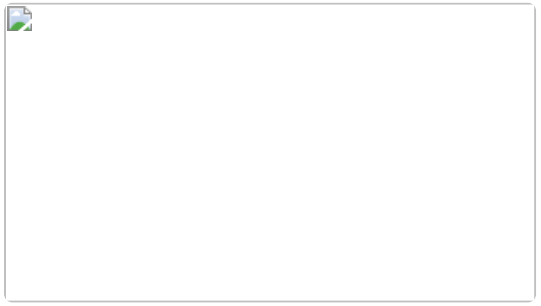
Meanwhile, whisk the **eggs**, **cream** and grated **Parmesan** until smooth. Season very generously with **black pepper** and **salt**. Set aside.



5. Finish risotto

Add 200ml of **pasta cooking water** and the **egg-cream** mixture to the pot. **Mix** well until the **sauce** coats the risotto.

> **Tip!** Make sure the pan isn't too hot when you add your sauce, or the egg will scramble!



6. Serve

Toss the salad with **balsamic glaze**.

Black Pepper Tofu with Broccoli
and Jasmine Rice

Enjoy Hello Chef's version of this Chinese classic!

hello chef

748 calories | 45 protein | 130 carbs | 15 fat

cook: 30 min

R2115-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3129 / 748
Fats (g)	15.3
of which saturated (g)	2.2
Carbohydrates (g)	130
of which sugars (g)	22
Fibers (g)	14.3
Proteins (g)	44.5
Salt (g)	3.4

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What You'll Need

- Box grater
- Pestle & Mortar

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Tofu	
Firm tofu **9***	600 Grams
Corn starch	60 Grams
Vegetable oil	10 Tbsp
Sauce	
Shallots	4 Piece
Garlic cloves	8 Piece
Ginger	60 Grams
Large red chilli	2 Piece
Spring onion	80 Grams
Olive oil	4 Tbsp
Black peppercorns	10 Grams
Brown sugar	20 Grams
Soy sauce **9*,10*,11***	60 ML
Rice vinegar	60 ML
Side	
Broccoli	600 Grams
Rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML

Allergens: *9 Soya, *10 Wheat, *11 Gluten

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1. Fry tofu

- Chop the **tofu** into large cubes.
- Carefully turn the cubes in the **corn starch**.
- Heat a generous amount of **oil** in a pan over a medium-high heat.
- Once hot, add the coated **tofu** cubes.
- Fry them for 10 min, turning occasionally, until crisp and golden.
- Once crisp, transfer the **tofu** to kitchen paper.
- Reserve the pan.



2. Boil rice

- Add the **rice**, **salt** and the **measured water** to a pan with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Remove the pan from the heat.
- Keep covered until serving.
- Before serving, fluff with a fork.



3. Prep vegetables

- Meanwhile, peel and slice the **shallots**.
- Peel and grate the **garlic** and **ginger**.
- Chop the **red chilli** and **spring onions**.
- Rinse the **broccoli** and separate it into florets.



4. Make sauce

- Return the reserved pan to a low heat with a drizzle of **oil**.
- Add the **shallots**, **garlic**, **ginger**, **chilli** (spicy!) and **spring onion** (reserve some of the **chilli** and **spring onion** for garnish).
- Cook for 5 min, stirring occasionally, until soft.



5. Boil broccoli

- Meanwhile, bring a pot of lightly salted water to the boil and add the **broccoli**.
- Boil for 5 min or until tender.
- Drain.



6. Serve

- Meanwhile, crush the **black peppercorns** in a pestle and mortar.
- Add the **sugar**, **soy sauce**, **rice vinegar** and 4 tsp of crushed **black pepper** (spicy!) to the **sauce**.
- Add the crispy **tofu** and carefully fold until coated.
- Serve the **Black Pepper Tofu** with **Broccoli** and **Jasmine Rice**.
- Garnish with the remaining **spring onion** and **red chilli** (spicy!).

Shawarma Spiced Halloumi with Couscous and Garlic Yogurt Dip

All the flavours of a classic shawarma in a veggie platter!

hellofresh

636 calories | 33 protein | 67 carbs | 28 fat

Tips for Kids

cook: 30 min

R3977-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2653 / 636
Fats (g)	28.3
of which saturated (g)	24.7
Carbohydrates (g)	67
of which sugars (g)	15.7
Fibers (g)	9.2
Proteins (g)	32.8
Salt (g)	35.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Halloumi shawarma	
Halloumi 4*	400 Grams
Lemon	2 Piece
Olive oil	1 Tbsp
Allspice powder	4 Grams
Chilli powder	4 Grams
Cinnamon powder	2 Grams
Garlic onion powder	8 Grams
Coriander cumin powder	8 Grams
Smoked paprika powder	4 Grams

Couscous	
Water	400 ML
Vegetable stock cube 15*	1 Piece
Couscous 10*,11*	200 Grams

Sides	
Red onion	2 Piece
Vegetable oil	4 Tbsp
Salt	1 Tsp
Sumac	4 Grams
Cherry tomatoes	300 Grams
Cucumber	4 Piece
Garlic cloves	2 Piece
Natural yogurt 4*	340 Grams

Allergens: *4 Milk, *15 Celery, *10 Wheat, *11 Gluten

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1. Prep

- Slice the **halloumi** into bite-sized strips.
- Slice the **lemon** into wedges.
- Add a drizzle of **olive oil** into a large bowl with a pinch of **allspice** and **chilli powder (spicy!)**.
- Add the **cinnamon powder**, **garlic onion powder**, **coriander cumin powder**, **smoked paprika** and a squeeze of **lemon** juice.
- Mix until combined and add the **halloumi**.
- Set aside.

Tip! If cooking for kids, set aside a portion of the plain halloumi.



2. Make couscous

- Boil the **measured water** and dissolve the 1 **vegetable stock cube** to make the **stock**.
- Add the **couscous** to a large bowl with the **stock**.
- Cover with a plate for 10 min.
- After 10 min, fluff up with a fork.
- Set aside.



3. Fry onion

- Meanwhile, peel and finely slice the **onion**.
- Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onions** with a pinch of **salt**.
- Fry for 5 min, stirring frequently.
- Add the **sumac powder**.
- Fry for 1 min further.
- Transfer the **onions** to a plate.
- Reserve the pan.

Tip! If cooking for kids, reserve a portion of the onions without the sumac.



4. Fry

- Return the pan over a medium heat with another drizzle of **oil**.
- Once hot, add the **halloumi**.
- Fry for 3-5 min or until golden.

Tip! If cooking for kids, fry a portion of the plain halloumi first and set aside.



5. Prep

- Meanwhile, halve the **cherry tomatoes**.
- Slice the **cucumbers** into half moons.
- Peel and mince the **garlic**.
- In a small bowl, mix together the **garlic**, a squeeze of **lemon** and **yogurt** with a pinch of **salt**.

Tip! If cooking for kids, reserve a portion of the yogurt keeping it plain.



6. Serve

- Serve the **Shawarma Spiced Halloumi** with **Couscous** and **Garlic Yogurt Dip** alongside the **cherry tomatoes** and **cucumbers**.
- Serve with **garlic yogurt** and **lemon** wedges on the side.

Tip! If cooking for kids, divide the plain halloumi, couscous, cucumber, tomatoes and onion. Serve the plain yogurt alongside.

Easy Musakhan: Pulled Chicken Flatbreads

with Caramelised Sumac Onions and Mint Yogurt

Our simplified version of this beloved national dish of Palestine; with juicy pulled chicken, silky onions, and bright tangy sumac.

hello chef

603 calories | 46 protein | 73 carbs | 15 fat

Calorie Smart

cook: 35 min

R4076-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1727 / 603
Fats (g)	15.1
of which saturated (g)	4.6
Carbohydrates (g)	73
of which sugars (g)	15.6
Fibers (g)	7.5
Proteins (g)	46.1
Salt (g)	5.2

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken musakhan	
Pulled chicken	600 Grams
Brown onion	2 Piece
Garlic cloves	4 Piece
Fresh parsley	30 Grams
Olive oil	4 Tbsp
Sumac	16 Grams
Cumin powder	4 Grams
Pomegranate molasses	60 Grams
Arabic mix masala	4 Grams
Cinnamon powder	2 Grams
Cardamom powder	4 Grams
Chicken stock cube 4*,5*,9*,15*	1 Piece
Black pepper	0.5 Tsp
Water	200 ML

To serve	
Arabic flatbread packet 10*,11*	2 Piece
Pine nuts 2*	30 Grams
Rocket	40 Grams

Mint yogurt	
Fresh mint	10 Grams
Natural yogurt 4*	340 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *10 Wheat, *11 Gluten, *2 Tree Nuts

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1. Prep

- Preheat the oven to 200°C/180°C fan.
- Peel and thinly slice the **onions**.
- Peel and finely chop the **garlic**.
- Pick and finely chop the **parsley**.



2. Cook onions

- Heat a large non-stick pan over a medium-high heat with a generous drizzle of **olive oil**.
- Once hot, add the **onions**.
- Fry for 8-10 min, stirring occasionally, until softened and lightly caramelised.
- Lower the heat to medium, add the **sumac** and **cumin**. Fry for 2 min further.
- Stir in the **pomegranate molasses**, a splash of water and **mix**.
- Transfer the mixture to a small bowl.
- Reserve the pan.

Tip! If the onions are sticking, add a splash of water in between to loosen them.



3. Fry chicken

- To the reserved pan, add another drizzle of **olive oil** and **garlic**.
- Fry for 1 min, then add the **pulled chicken**, **arabic mix masala**, **cinnamon**, **cardamom**, 1 **chicken stock cube**, a pinch of **black pepper**, and the **measured water**.
- Bring to a simmer, then lower the heat.
- Cook for 3-4 min.
- Turn off the heat. Stir in the **parsley**.

Tip! For less added salt to your diet, omit the stock cube entirely, or use only a small amount.



4. Bake flatbreads

- Line a baking sheet with parchment paper and add the **Arabic flatbread**.
- Spread the **sumac onions** on each piece and top with the **pulled chicken** and **pine nuts**.
- Bake in the oven for 6-8 min until the edges of the **bread** are crispy and golden.



5. Make mint yogurt

- Pick and finely chop the **mint** leaves.
- To a small bowl, add the **yogurt** and **mint**.
- **Mix** until smooth and set aside.



6. Serve

- Serve the **Easy Musakhan: Pulled Chicken Flatbreads with Caramelised Sumac Onions** drizzled with **Mint Yogurt**.
- Garnish with **fresh rocket**.

Macarona Bechamel with a Chopped Tomato Salad

A minced meat and bechamel sauce pasta bake

A beloved comfort food in Egyptian cuisine, made of a flavourful meat sauce and penne pasta, topped with a creamy bechamel sauce.

hellóchef

1217 calories | 44 protein | 99 carbs | 71 fat

Family Friendly | Global Eats

cook: 60 min

R4475-4



Nutritional information

	per serving*
Energy (kJ/kcal)	5085 / 1217
Fats (g)	71.4
of which saturated (g)	30.8
Carbohydrates (g)	99
of which sugars (g)	17.9
Fibers (g)	9.5
Proteins (g)	43.9
Salt (g)	3.8

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What You'll Need

Oven | Whisk

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meat sauce	
Beef mince	700 Grams
White onion	1 Piece
Vegetable oil	1 Tbsp
Arabic mix masala	8 Grams
Allspice powder	4 Grams
Water	200 ML
Tomato passata	400 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp

Penne	
Penne 10*,11*	360 Grams

Bechamel sauce	
Water	500 ML
Chicken stock cube 4*,5*,9*,15*	2 Piece
Butter 4*	50 Grams
Plain flour 10*,11*	60 Grams
Whole milk 4*	400 ML
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Nutmeg	2 Grams

Salad	
Tomatoes	2 Piece
Fresh parsley	15 Grams
Sumac	4 Grams

Allergens: *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Boil pasta

- Bring a large pot of salted water to a rolling boil.
- Boil the **pasta** for 7-8 min until al dente.
- Drain and set aside.

Tip! Drizzle the pasta with a small amount of oil to help prevent it sticking.



2. Prep

- Meanwhile, boil the **measured water**.
- Peel and finely chop the **onion**.
- In a jug, dissolve the **stock cube** in 2 cup **boiled water** - this is the **stock** for step 4.



3. Make meat sauce

- Heat a large frying pan over medium-high heat with a drizzle of **oil**.
- Fry the **onion** for about 5 min until softened, stirring occasionally.
- Add the **mince** and cook for 5-7 min until browned, breaking it up with a wooden spoon.
- Add the **Arabic masala**, **allspice**, **passata**, **measured water**, **salt** and **pepper**, and simmer for 5 min.
- Set aside.



4. Make bechamel

- Meanwhile, melt the **butter** in a saucepan over a medium heat.
- Add the **flour** and stir until a sandy paste has formed.
- Gradually add the **milk** and whisk for 4-5 min.
- Add in the **chicken stock** and continue to whisk until thickened.
- Season with **salt**, **pepper** and a pinch of **nutmeg** to taste.

Tip! Check the sauce thickness by coating the back of a spoon and running your finger through it - the path formed should stay separated.



5. Bake

- Preheat the grill.
- Mix the **pasta** with roughly 1 cup of the **bechamel sauce**.
- Use a deep, medium sized (18x25cm) casserole dish.
- Add half of the **pasta**.
- Top with half of the **meat sauce** and even out the layer.
- Add the remaining **pasta** and another layer of **meat sauce**.
- Top with the remaining **bechamel sauce**.
- Grill for 10-15 min until the **meat sauce** is bubbling and the top is browned. Remove from the oven.



6. Serve

- Roughly chop the **tomato**.
- Pick and chop the **parsley**.
- In a small bowl, mix the chopped **tomatoes**, **parsley**, **sumac** and a pinch of **salt**.
- Serve the **Macarona Bechamel** warm, with a side of **Chopped Tomato Salad.**

Low Carb Chicken Schnitzels

with Red Cabbage and Apple Slaw

Our low-carb version of the German classic is breaded with almond flour, almond flakes and Parmesan.

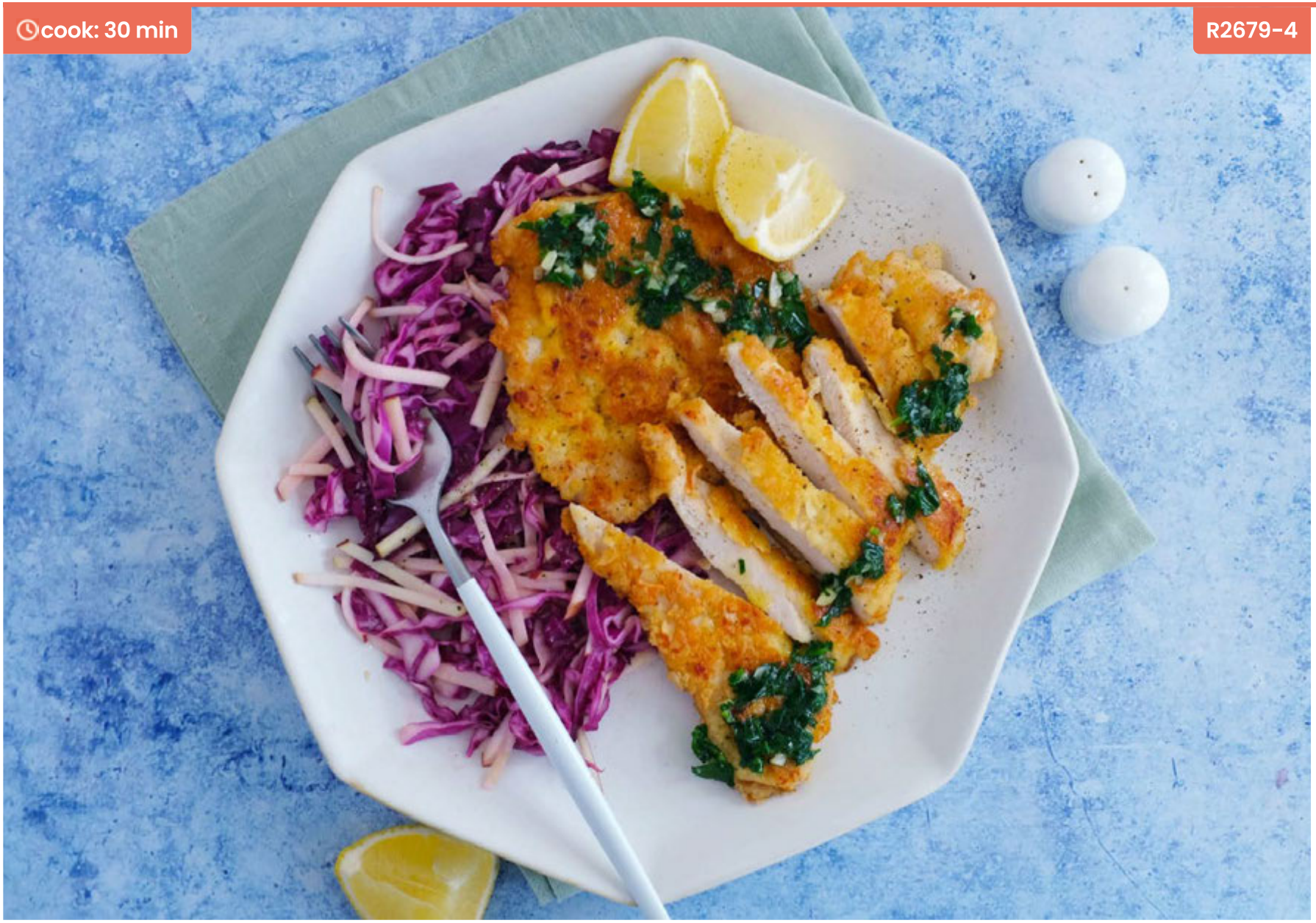
hellochef

1098 calories | 75 protein | 37 carbs | 76 fat

Low Carb

cook: 30 min

R2679-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4578 / 1098
Fats (g)	75.5
of which saturated (g)	20.3
Carbohydrates (g)	37
of which sugars (g)	15.4
Fibers (g)	11.5
Proteins (g)	74.7
Salt (g)	1.7

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Rolling pin

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Schnitzels	
Chicken breast	800 Grams
Almond flakes 1*,2*	60 Grams
Grated Parmesan 4*	60 Grams
Almond flour 1*,2*	120 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Organic Eggs 5*	4 Piece
Vegetable oil	6 Tbsp

Slaw	
Red cabbage	600 Grams
Red apple	2 Piece
Mayonnaise 5*,9*,13*	100 Grams
Lemon	2 Piece
Salt	1 Tsp
Black pepper	0.5 Tsp

Garlic butter	
Garlic cloves	4 Piece
Fresh parsley	30 Grams
Butter 4*	100 Grams

Allergens: *1 Peanuts, *2 Tree Nuts, *4 Milk, *5 Eggs, *9 Soya, *13 Mustard

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1. Prep

- Wrap the **chicken breasts** in cling film.
- Using a rolling pin, bash the **chicken breasts** until they resemble 1 cm thick steaks.
- Chop the **almond flakes** finely.
- Add the **almond flour** to a large bowl with a pinch of **salt** and **pepper**.
- Combine the chopped **almond flakes** and the **grated Parmesan** in a second bowl.
- Crack the **eggs** into a third bowl and whisk.



2. Coat chicken

- Pat the **chicken breasts** dry.
- First, turn them in the seasoned **almond flour**.
- Then turn them in the **eggs**.
- Finally turn them in the **almond** and **Parmesan** mixture.
- Refrigerate.



3. Shred cabbage

- Slice or shred the **red cabbage** as finely as possible.
- Knead the **cabbage** with clean hands, in a bowl, for 1-2 min.

Tip! Kneeding the cabbage will soften it.



4. Make slaw

- Wash the **red apple** and slice it as finely as possible.
- Slice the slices into thin sticks.
- Mix the **cabbage**, **apple** and **mayonnaise** with 2 Tbsp of freshly squeezed **lemon** juice, **salt** and **pepper**.
- Reserve the rest of the **lemon** for garnish.
- Set the **Red Cabbage and Apple Slaw** aside.



5. Fry schnitzels

- Heat a pan over a medium heat with a generous drizzle of **vegetable oil**.
- Once hot, add the coated **chicken**.
- Cook for 5 min on either side or until golden and crispy.
- If the crumbs start to brown too quickly, reduce the heat to low.

Tip! Don't move the schnitzels around too much while you're frying them. Wait until they're ready to be flipped!



6. Make garlic butter

- Meanwhile, peel and mince the **garlic**.
- Chop the **parsley**.
- Heat a second pot or pan over a medium-low heat with the **butter** and chopped **garlic**.
- Once melted, add the chopped **parsley**.
- Cook for 1-2 min.
- Make sure not to burn the **butter** or **garlic**!
- Serve the **Low Carb Chicken Schnitzels** with **Red Cabbage and Apple Slaw**.
- Drizzle the **chicken** with **garlic butter**.

Tiramisu

Delicious and unbelievably simple to make! Our take on the Italian classic.

helló chef

354 calories | 4 protein | 25 carbs | 26 fat

Family Friendly

cook: 60 min

R4437-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1469 / 354
Fats (g)	26.4
of which saturated (g)	11.8
Carbohydrates (g)	25
of which sugars (g)	18.2
Fibers (g)	0.9
Proteins (g)	3.9
Salt (g)	0.1

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What You'll Need

- Whisk

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 6 servings

Tiramisu

Whipping cream 4*	150 ML
Mascarpone cheese 4*	250 Grams
White sugar	50 Grams
Vanilla essence	5 ML
Water	200 ML
Instant coffee	10 Grams
Lady finger biscuits 5*,10*	100 Grams
Cocoa powder	15 Grams

Allergens: *4 Milk, *5 Eggs, *10 Wheat

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1. Whip cream

- In a large bowl, use a whisk or electric beater to whip the **cream** to form stiff peaks.

Tip! Stiff peaks refers to when you remove the whisk or beaters the peak that forms will keep its shape.



2. Mix filling

- In a second large bowl, mix the **mascarpone**, **sugar**, and **vanilla essence** until fully combined.
- Fold in the **whipped cream**.
- Then use the whisk or electric mixer to beat again until smooth.



3. Dip lady fingers

- Boil the **measured water**.
- In a small bowl, dissolve the **coffee** in the **boiled measured water**.
- Leave to cool slightly.
- Once cooled, lightly dip one side of each **lady finger biscuit** in the **coffee**, making sure not to let it soak as the **biscuits** will become soggy.



4. Layer

- Place half of the **coffee-dipped lady fingers** flat side down, in an even layer at the bottom of a 20 x 15 cm baking dish.
- Evenly spread over half of the **mascarpone cream** mixture.
- Top with the remaining **biscuits**.



5. Refrigerate

- Spoon the rest of the **mascarpone cream** mixture on top of the **biscuits**.
- Smooth the top using the back of a knife.
- Refrigerate for a minimum of 40 min.

Tip! For better results, prepare the Tiramisu the night before and leave to set overnight.



6. Serve

- Just before serving, dust the **cocoa powder** over the top of the **Tiramisu** using a fine sieve.
- To slice, lightly warm a knife using some hot water.

One-pot Black Bean and Quinoa Chilli

with Avocado and Nachos

Fun fact: Quinoa is botanically more closely related to spinach than rice and wheat.

hello chef

917 calories | 29 protein | 133 carbs | 32 fat

cook: 30 min

R3191-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3840 / 917
Fats (g)	32.3
of which saturated (g)	4.5
Carbohydrates (g)	133
of which sugars (g)	20.6
Fibers (g)	28.4
Proteins (g)	29.4
Salt (g)	2.8

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What You'll Need

- Blender

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chilli	
Black beans	480 Grams
Sweet corn kernels	244 Grams
White quinoa	200 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Red pepper	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Tomato paste	70 Grams
Fajita seasoning	20 Grams
Chipotle powder	4 Grams
Chopped tomatoes	800 Grams
Water	400 ML
Vegetable stock cube 15*	2 Piece
Marmite 11*,15*	16 Grams

Toppings	
Fresh coriander	15 Grams
Avocado	2 Piece
Lime	2 Piece
Salt	1 Tsp
Nachos	160 Grams

Allergens: *15 Celery, *11 Gluten

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1. Prep

- Drain the **black beans** and **sweet corn**.
- Rinse the **quinoa**.
- Peel and finely chop the **onion**.
- Peel and mince the **garlic**.
- Chop the bell **pepper**.
- Chop the **coriander** leaves.

Tip! Washing quinoa with warm water before draining it, removes the bitter-tasting saponins from its surface.



2. Start

- Heat a pot over a medium heat with a drizzle of **oil**.
- Once hot, add the **onion** and **pepper** with a pinch of **salt**.
- Cook for 5-6 min until softened.
- Add the **garlic**, **tomato paste**, **fajita seasoning** and a pinch of **chipotle (spicy!)**.
- Cook for 1 min further.



3. Simmer

- Add the **quinoa**, **chopped tomatoes**, **measured water**, **stock cube**, **marmite**, drained **beans** and **corn** to the pot.
- Reduce the heat, cover and simmer for 25 min until the **quinoa** has absorbed the water.
- Stir occasionally.



4. Avocado

- Meanwhile, slice the **avocado** in half and remove its stone.
- Scoop the **avocado** out of its skin using a spoon.
- Add it to a bowl.
- Add a squeeze of **lime** juice.
- Mash with a fork until smooth.
- Alternatively, use a food processor or blender to get it really smooth.
- Season with plenty of **salt**.



5. Serve

- Once ready, stir most of the **coriander** through the **chilli** (reserve some for garnish!).
- Serve the **One-pot Black Bean** and **Quinoa Chilli** with **Avocado** and **Nachos**, with the **nachos** on the side.
- Top with a dollop of **avocado** and a sprinkle of **coriander** leaves.

(ZaZa inspired) BBQ Pulled Chicken Pizza

with Pickled Onion and Sriracha Mayo

1388 calories | 62 protein | 163 carbs | 54 fat

Family Friendly

cook: 45 min

R4744-4



Nutritional information

	per serving*
Energy (kJ/kcal)	5804 / 1388
Fats (g)	53.7
of which saturated (g)	14.3
Carbohydrates (g)	163
of which sugars (g)	24.5
Fibers (g)	2.4
Proteins (g)	62
Salt (g)	2.5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven | Rolling pin

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pizza	
Pulled beef	400 Grams
Pizza dough ball 10*,11*	4 Piece
Semolina 10*,11*	60 Grams
Plain flour 10*,11*	20 Grams

Tomato sauce	
Tomato paste	70 Grams
Barbecue sauce 11*,13*	80 Grams
Olive oil	2 Tbsp
Garlic onion powder	8 Grams

Toppings	
Olive oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp
Grated mozzarella 4*	200 Grams

Pickled onion	
Red onion	2 Piece
White vinegar	45 ML
White sugar	15 Grams

Spicy mayo	
Mayonnaise 5*,9*,13*	50 Grams
Sriracha sauce	21 Grams
Rocket	20 Grams

Allergens: *10 Wheat, *11 Gluten, *13 Mustard, *4 Milk, *5 Eggs, *9 Soya

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1. Prep

Preheat the oven to 220°C/200°C fan. Remove the **pizza dough** from the fridge 15-20 min prior to baking. Deseed and slice the **red pepper** into strips. Clean the mushrooms with a cloth, knife, or brush (don't wash them with water), and thinly slice them. Peel and slice the **onions**. Peel and finely chop the **garlic**.

> **Tip!** If you have a pizza stone, preheat it in the oven before baking your pizza on it.

2. Fry veg

Heat a non-stick pan over a medium-high heat with a drizzle of **olive oil**. Once hot, add the **onions**, **garlic**, **red pepper**, and mushrooms with a pinch of **salt** and **pepper**, and cook for 5 min until softened.

> **Tip!** Frying the veggies first helps evaporate most of the water content, and ensures a crispier crust.



3. Make pizza sauce

Meanwhile, in a bowl or jug, dissolve the 1 vegetable stock cube in 4 Tbsp of hot **water**. Add to it the **tomato paste**, **tomato** passata, a drizzle of **olive oil**, dried oregano, dried thyme, dried basil, and brown **sugar**. Mix well. This is your **pizza sauce**.



4. Roll pizza

Sprinkle half of the **semolina** onto a clean surface. Sprinkle some **flour** onto a rolling pin and roll out the **dough ball**. Cover with a layer of baking paper (to prevent it from drying), and allow the **dough** to rest for 3 min. After 3 min, continue to roll out the **dough** until roughly the size of a dinner plate. Repeat until you have all the **dough balls** rolled and ready to bake.

> **Tip!** You can also roll out the dough in a more rustic or rectangular shape to fit your baking trays.



5. Bake

Sprinkle the remaining **semolina** onto your baking trays, and carefully transfer the rolled out **dough** onto them. Reshape the **dough** with your hands if needed. Spoon a generous amount of the **pizza sauce** over the **dough** towards the edges. Top with the fried **vegetables**, **olive** slices, and **mozzarella cheese**. Brush the crust with **olive oil**. Bake for 15-20 min or until the crust begins to crisp and brown.

6. Serve

Once cooked, garnish the **pizza** with a pinch of chilli flakes **(spicy!)**, a drizzle of **olive oil**, and fresh **rocket**. Slice and enjoy!

Spicy Tamarind Prawn and Coriander Stew

with Cauliflower Rice and Cucumber Mint Yogurt

Inspired by Southern Persian flavours with Indian influence, this spicy-tangy stew is deliciously fragrant and simple to make.

hello chef

356 calories | 35 protein | 43 carbs | 6 fat

Calorie Smart | Low Carb

cook: 40 min

R4674-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1489 / 356
Fats (g)	5.9
of which saturated (g)	2.3
Carbohydrates (g)	43
of which sugars (g)	23.6
Fibers (g)	10.3
Proteins (g)	35.2
Salt (g)	2.2

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What You'll Need

- Box grater
- Food processor

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Prawn	
Prawns 7*	700 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Fresh coriander	30 Grams
Small red chilli	2 Piece
Carrot	2 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Turmeric powder	4 Grams
Coriander cumin powder	8 Grams
Fenugreek leaves	4 Grams
Tamarind paste	30 Grams
Tomato passata	400 Grams
Brown sugar	10 Grams
Vegetable stock cube 15*	1 Piece
Water	400 ML

Cauliflower Rice	
Cauliflower	800 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Yogurt	
Fresh mint	10 Grams
Cucumber	2 Piece
Natural yogurt 4*	170 Grams
Salt	1 Tsp

Allergens: *7 Crustaceans, *15 Celery, *4 Milk

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1. Prep

- Peel and finely chop the **onions**.
- Peel and finely mince the **garlic**.
- Finely chop the **coriander** (stems included).
- Thinly slice the **red chilli**.
- Peel and chop the **carrots** into thin rounds or half moons.

Tip! Sensitive to spice? Deseed the red chilli and use only a small amount.



2. Start stew

- Heat a pot over a medium-high heat with a drizzle of **olive oil**.
- Add the **onion** with a pinch of **salt** and fry for 5 min until softened.
- Add the **carrot**, **garlic**, **red chilli (spicy!)** and the **coriander** and fry for 1-2 min further until fragrant.
- Add the **turmeric**, **coriander cumin powder**, and **fenugreek**, and fry for 1-2 min further.



3. Finish stew

- Meanwhile, rinse and pat dry the **prawns**.
- To the pot, add the **tamarind paste**, **tomato passata**, and **brown sugar** and mix to combine.
- Add the 1 **vegetable stock cube**, and the **measured water**.
- Bring to a simmer, cover, and cook for 15-20 min on medium heat until the **carrots** have softened, and the **sauce** has thickened.
- Add the **prawns**, and simmer for 4-5 min until cooked through. Turn off the heat, and set aside.

Tip! Adjust the thickness of the stew to your liking by adding more or less water towards the end of cooking.



4. Make Cauli Rice

- Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains.
- Heat a saucepan over a medium heat with a drizzle of **oil**.
- Once hot, add the **cauliflower** with a pinch of **salt** and stir-fry for 5 min.



5. Make cucumber yogurt

- Meanwhile, pick and finely chop the **mint**.
- Chop the **cucumber** into small bite-sized pieces.
- In a bowl, combine the **cucumber**, **mint**, **yogurt**, and a pinch of **salt**.
- Stir and set aside.



6. Serve

- Serve the **Spicy Tamarind Prawn and Coriander Stew** with **Cauliflower Rice** and a side of the **Cucumber Mint Yogurt**.

Smoked Salmon and Cod Fish Pie
with Mash

hellofresh

758 calories | 49 protein | 58 carbs | 38 fat

Family Friendly

cook: 30 min

R4430-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3152 / 758
Fats (g)	38.1
of which saturated (g)	25.6
Carbohydrates (g)	58
of which sugars (g)	12.2
Fibers (g)	11.2
Proteins (g)	48.7
Salt (g)	1.8

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Food processor

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fish pie	
Cod fillet 6*	400 Grams
Smoked Salmon Slices 6*	200 Grams
Brown onion	1 Piece
Fresh dill	15 Grams
Fresh parsley	15 Grams
Corn starch	20 Grams
Water	200 ML
Olive oil	2 Tbsp
Salt	1 Tsp
White vinegar	45 ML
Vegetable stock cube 15*	1 Piece
Cooking cream 4*	400 ML
Green peas	250 Grams
Dijon mustard 13*	12 Grams
Black pepper	1 Tsp

Mash	
Potatoes	1200 Grams
Parmesan 4*	60 Grams
Butter 4*	50 Grams
Salt	2 Tsp
Black pepper	1 Tsp

Allergens: *6 Fish, *15 Celery, *4 Milk, *13 Mustard

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1. Boil cauliflower

Preheat the oven to 200°C/180°C fan. Chop the cauliflower into small florets. Bring a large pot of salted water to a boil. Add the cauliflower and cook, covered, for 10-12 min until soft. Drain.



2. Prep

Meanwhile, roughly chop the **salmon** and **cod**. Peel and finely chop the **onion**. Chop the **dill** and **parsley**. Grate the **Parmesan**. Mix the **corn starch** with the **measured water**.



3. Make sauce

Heat a pan over a medium heat with a drizzle of **oil**. Once hot, add the chopped **onion** with a pinch of **salt** and cook for 7 min until very soft but not browned. Add the **vinegar** and cook for 30 sec. Whisk in the **corn starch mix**, 1 **stock cube** and **cooking cream**. Cook for 2 min.



4. Add

After 2 min, add the **salmon**, **cod**, **peas**, **Dijon**, **dill** and **parsley**. Cook for 2 min further. Remove the pan from the heat, season with **salt** and **pepper** and set aside.



5. Make mash

Once soft, add the cauliflower and **butter** to a food processor. Blitz for 1-2 min until smooth. Add half of the **Parmesan** and season generously with **salt** and **pepper**.



6. Bake

Transfer the **fish** and sauce to an oven proof dish. Carefully top with the **cauli mash** and the remaining **Parmesan**. Run a fork over the mash to create a ripple effect. Bake for 15 min until golden brown on top. Allow to cool for 5 min before serving.

Tip! For a golden crust, place the pie under the grill or broiler for the final 5 min.

Crispy Prawns and Slaw Tacos
with Feta

Cabbage has more vitamin C than oranges!

837 calories | 41 protein | 88 carbs | 37 fat

Family Friendly

cook: 30 min

R3040-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3506 / 837
Fats (g)	36.9
of which saturated (g)	10.1
Carbohydrates (g)	88
of which sugars (g)	9.4
Fibers (g)	5.9
Proteins (g)	41.3
Salt (g)	5.9

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Crispy prawns	
Jumbo prawns 7*	600 Grams
Plain flour 10*,11*	50 Grams
Smoked paprika powder	4 Grams
Salt	1 Tsp
Organic Eggs 5*	2 Pieces
Garlic powder	4 Grams
Panko bread crumbs 10*,11*,12*	120 Grams
Vegetable oil	2 Tbsp
Flaky sea salt	2 Grams

Slaw	
Red cabbage	600 Grams
Lime	2 Pieces
Salt	1 Tsp
Mayonnaise 5*,9*,13*	100 Grams

Extras	
Feta cheese 4*	100 Grams
Large red chilli	2 Pieces
Spring onion	80 Grams
6" tortilla wraps 10*,11*	12 Piece

Allergens: *7 Crustaceans, *10 Wheat, *11 Gluten, *5 Eggs, *12 Lupin, *9 Soya, *13 Mustard, *4 Milk

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1. Set up

Add the all-purpose **flour**, **smoked paprika** and **salt** to a shallow bowl, mix. Whisk the **eggs** and **garlic powder** in a second shallow bowl. Place the **panko bread crumbs** in a third bowl. Pat the **prawns** dry.



2. Bread prawns

Turn the **prawns** in the **flour** until coated, then dip the **prawns** in the beaten **egg** and finally coat them in the **panko bread crumbs**. Refrigerate until step 5.



3. Prep

Finely shred or grate the **cabbage**. Crumble the **feta**. Trim and finely slice the **chilli** and **spring onion**.



4. Assemble slaw

Place the **cabbage** in a large bowl. Squeeze all of the **lime** over it and season with **salt**. Mix well with the **mayonnaise**. Set aside.



5. Fry prawns

Heat a pan over a medium-high heat with a generous drizzle of **oil**. Once hot, carefully add the breaded **prawns** and cook for 2 min on either side or until golden and crispy. Drain on kitchen paper. Sprinkle with the **sea salt**.



6. Serve

Microwave the **tortilla wraps** for 30 sec or until warmed through. Load the warmed **tortilla wraps** with the **slaw** and **prawns**. Garnish with the **feta**, **spring onion** and **chilli** (spicy!).

Overnight Coconut Chia Pudding

with Strawberries and Creamy Yogurt

Chia seeds are a highly nutritious superfood for this great on-the-go breakfast!

hellochef

292 calories | 7 protein | 30 carbs | 18 fat

Quick Prep

cook: 10 min

R4567-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1300 / 292
Fats (g)	17.5
of which saturated (g)	1.5
Carbohydrates (g)	30
of which sugars (g)	18.2
Fibers (g)	8.9
Proteins (g)	6.9
Salt (g)	0.1

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

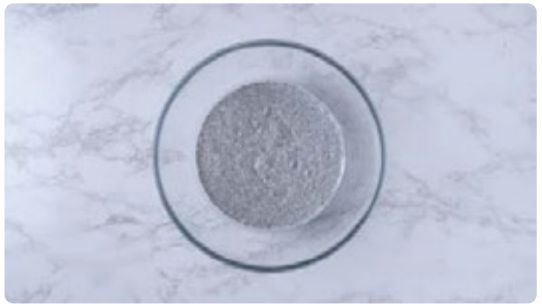
for 4 servings

Chia pudding	
Chia seeds	90 Grams
Agave syrup	10 Grams
Light coconut milk	400 ML

Toppings	
Strawberries	250 Grams
Strawberry jam	60 Grams
Natural yogurt 4*	170 Grams

Allergens: *4 Milk

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1. Make chia pudding

- In a large bowl, combine the **chia seeds**, **agave syrup** and **light coconut milk**.
- Leave the **chia pudding** in the mixing bowl or portion into individual containers.



2. Refrigerate

- Cover the **chia pudding** with a lid or cling film.
- Place into the fridge and leave to set overnight.

> **Tip!** Strapped for time? Leave to set for a minimum of 2 hours before consuming.



3. Prepare toppings

- Just before serving, prepare the toppings.
- Trim the tops off the **strawberries**.
- Cut each **strawberry** in half or into thin slices.
- Decant the **strawberry jam** into a small bowl and mix until smooth.



4. Serve

- Serve the **Overnight Coconut Chia Pudding** with a dollop of **yogurt**, a drizzle of the **strawberry jam** and a handful of fresh **strawberry slices**.

> **Tip!** Store in an airtight container in the fridge and consume within 2 days.

Roasted Vegetable and Cheese Frittata

with Rocket Salad

Packed with vegetables - this one's got summer written all over it!

hellochef

554 calories | 41 protein | 22 carbs | 35 fat

Low Carb

cook: 40 min

R1952-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2316 / 554
Fats (g)	34.7
of which saturated (g)	16.4
Carbohydrates (g)	22
of which sugars (g)	13.5
Fibers (g)	6
Proteins (g)	40.6
Salt (g)	1.4

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Frittata	
Large zucchini	2 Pieces
Red pepper	2 Pieces
Red onion	2 Pieces
Mushroom	500 Grams
Olive oil	4 Tbsp
Organic Eggs 5*	12 Pieces
Sour cream 4*	120 Grams
Mature cheddar 4*	120 Grams
Fresh parsley	30 Grams
Salt	2 Tsp
Black pepper	1 Tsp

Side Salad	
Rocket	80 Grams
Olive oil	1 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp
Balsamic vinegar 14*	30 ML
Honey	40 Grams
Dijon mustard 13*	12 Grams

Allergens: *5 Eggs, *4 Milk, *14 Sulphur Dioxide, *13 Mustard

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1. Roast vegetables

Preheat the oven to 240°C. Halve the **zucchini** lengthways. Remove the seeds with a teaspoon and cube. Chop the bell **pepper** into cubes. Peel and slice the **onion** into wedges. Halve the **mushrooms**. Place the vegetables on baking tray and drizzle with **olive oil**. Roast in oven for 20–25 min or until nicely browned.



2. Whisk eggs

Meanwhile, in a bowl, whisk the **eggs** with the **sour cream**. Grate the **cheddar**. Chop the **parsley**. Add both to the **eggs**.



3. Fry

Season the roasted vegetables with **salt** and **pepper**. Heat a pan over a medium heat. Transfer the roasted vegetables to a pan. Add the egg mixture. Move the vegetables with a spatula until the egg mixture coats them.



4. Flip

Reduce the heat to low and cook for 5–10 min. Then, with one confident move, flip the frittata to a larger plate. Slide the frittata into the original pan. Cook for 5 min further or until set. Remove from the heat and allow to rest for 5 min.



5. Serve

Whisk the **olive oil**, **balsamic vinegar**, **Dijon** and **honey** with a generous pinch of **salt** and **pepper**. Toss the **rocket** in the dressing. Divide the frittata among plates and serve the **rocket** salad on the side.

Parisian L'Entrecote Steak and Frites with Green Salad

–

The most iconic steak frites has to be the ones served at Le Relais de Venise L'Entrecôte, a Parisian institution that has gone worldwide.

hello chef

911 calories | 67 protein | 58 carbs | 49 fat

Gourmet

cook: 30 min

R4534-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3805 / 911
Fats (g)	49.1
of which saturated (g)	20.4
Carbohydrates (g)	58
of which sugars (g)	8.8
Fibers (g)	12.9
Proteins (g)	67
Salt (g)	2.6

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What You'll Need

Oven | Blender

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steak	
Fillet steak	1000 Grams
Salt	2 Tsp
Vegetable oil	4 Tbsp
Shallots	2 Piece
Butter 4*	100 Grams
Anchovies 6*	20 Grams
Capers	60 Grams
Fresh tarragon	15 Grams
Fresh basil	15 Grams
Garlic cloves	2 Piece
Fresh parsley	15 Grams
Walnuts 2*	60 Grams

Fries	
Potatoes	1200 Grams
Vegetable oil	4 Tbsp
Salt	2 Tsp

Salad	
Wholegrain mustard 13*	30 Grams
Lemon	1 Piece
Crispy green lettuce mix	100 Grams

Allergens: *4 Milk, *6 Fish, *2 Tree Nuts, *13 Mustard

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1. Bake fries

Remove the **steaks** and **butter** from the fridge. Preheat oven to 200°C/180°C fan. Slice the **potatoes** (skins on) into **fries**. Add the **fries** to a large baking tray with a drizzle of **vegetable oil** and a generous pinch of **salt**. Toss the **fries** until coated. Bake for 30-45 min or until golden and crisp.



2. Coat steak

Meanwhile, crush the black peppercorns in a pestle and mortar and add them to a plate with a generous pinch of **salt**. Pat the **steaks** dry before turning them in the **pepper**. Press down firmly to make the **pepper** stick. Set aside.

Tip! Skip this step if you can't handle all the heat from the pepper!

3. Prep

Peel and finely slice the **shallots**. Finely chop the chives. Peel and mince the **garlic**.



4. Fry steak

Pat the **steaks** dry with kitchen paper, rub them with **oil** and season with **salt**. Heat a large pan over a high heat. Once very hot, add the **steaks** and fry them for 3 min on each side. Place on a baking tray and finish cooking them in the oven for 8-10 min or until cooked to your liking. Transfer the **steaks** to a plate and leave them to rest for 10 min. Once rested, season generously with **salt** and pepper. Reserve the pan and don't wash it.



5. Make sauce

Return the pan to a medium heat and, using a spatula, release any bits that may have stuck to bottom. Add the **shallots** and cook for 3 min. Add the flour and cook for 1 min. Add the **measured** water, soy sauce, **capers** and sour cream. Simmer for 2-3 min.

6. Serve

-

Fennel and Zucchini Linguine

with Hazelnut Crumb

Fennel brings a sweet anise flavour to this dish.

hello chef

986 calories | 26 protein | 124 carbs | 49 fat

cook: 30 min

R4251-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4127 / 986
Fats (g)	48.7
of which saturated (g)	20.6
Carbohydrates (g)	124
of which sugars (g)	19.4
Fibers (g)	18.3
Proteins (g)	26
Salt (g)	0.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pasta	
Linguine 10*,11*	375 Grams
Sweet corn kernels	244 Grams
Fennel	720 Grams
Small zucchini	4 Piece
Garlic cloves	4 Piece
Olive oil	1 Tbsp
Miso paste 9*	80 Grams
Plant based cream	400 ML
Vegetable seasoning 2*,10*,11*,13*	10 Grams
Smoked paprika powder	8 Grams
Chilli flakes	4 Grams

Hazelnut crumb	
Lemon	2 Piece
Hazelnuts 2*	80 Grams
Olive oil	2 Tbsp
Panko bread crumbs 10*,11*,12*	40 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp

To serve	
Fresh dill	15 Grams

Allergens: *10 Wheat, *11 Gluten, *9 Soya, *2 Tree Nuts, *13 Mustard, *12 Lupin

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1. Boil pasta

- Bring a large pot of salted water to boil.
- Once boiling, add the **linguine**.
- Cook for 10-12 min until 'al dente' or cooked to your liking.
- Reserve a cup of **pasta water** and drain the **pasta**.



2. Prep

- Meanwhile, drain the **sweet corn**.
- Trim and finely slice the **fennel**.
- Chop the **zucchini** into fine matchsticks.
- Peel and mince the **garlic**.
- Zest the **lemon** and slice it into wedges.



3. Make crumb

- Roughly chop the **hazelnuts**.
- Heat a large non-stick frying pan over a medium-high heat with a small drizzle of **oil**.
- Once hot, add the **hazelnuts**.
- Toast for 1-2 min.
- Add the **bread crumbs**, **lemon zest** and season with a pinch of **salt** and **pepper**.
- Toast for a further 1-2 min until golden.
- Transfer the **crumb** to a plate.
- Reserve the pan.



4. Fry veg

- Return the reserved pan to a medium-high heat with another drizzle of **oil**.
- Once hot, add the **sweet corn** and **fennel** with a pinch of **salt**.
- Fry for 3-5 min until slightly charred and softened.
- Add the **zucchini**.
- Fry for 3 min further.
- Remove the **veggies** from the pan.
- Reserve the pan.



5. Make sauce

- Return the reserved pan to a medium-high heat with a drizzle of **oil**.
- Once hot, add **garlic**. Fry for 1 min until fragrant.
- Add the **miso paste**, **plant based cream** with a splash of the reserved **pasta water**.
- Mix well. Cook for 1-2 min until slightly thickened.
- Add the **vegetable seasoning**, **smoked paprika**, a pinch of **chilli flakes** (spicy!)
- Add the cooked **linguine** and reserved **veggies** back to the pan.
- Toss to coat in the **sauce**. Cook for 1 min until warmed through.

Tip! Sensitive to spice? Go easy on the chilli flakes.



6. Serve

- Serve the **Fennel** and **Zucchini Linguine** with **Hazelnut Crumb**.
- Sprinkle over the **hazelnut crumb** and pick over the **dill**.
- Squeeze over the **lemon** juice to taste.

Shawarma Chicken and Fattoush Salad

with Homemade Hummus

-

736 calories | 65 protein | 96 carbs | 12 fat

Family Friendly

prep: 10 min

R4634-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2139 / 736
Fats (g)	11.9
of which saturated (g)	0.8
Carbohydrates (g)	96
of which sugars (g)	11.5
Fibers (g)	16.5
Proteins (g)	64.8
Salt (g)	1.9

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What You'll Need

Oven

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salad	
Tomatoes	1 Piece
Cucumber	1 Piece
Green pepper	1 Piece
Red radish	60 Grams
Small Arabic bread 10*,11*	2 Piece
Romaine lettuce	300 Grams
Fresh mint	10 Grams
Zaatar	10 Grams

Dressing	
Lemon	1 Piece
Sumac	12 Grams
Pomegranate molasses	40 Grams
Olive oil	4 Tbsp

Chicken	
Chicken breast	800 Grams
Arabic mix masala	2 Grams
Garlic cloves	1 Piece
Coriander cumin powder	4 Grams
Smoked paprika powder	4 Grams

Hummus	
Chickpeas	240 Grams
Tahini 3*	40 Grams

Allergens: *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Bake bread

Preheat oven to 180C. Line a baking sheet with parchment. Roughly tear the **Arabic bread**, or slice into squares. Drizzle the **bread** with **olive oil** and sprinkle over the **zaatar**. Bake for 10 min until crispy



2. Chop vegetables

Meanwhile, slice the **tomatoes** into wedges. Deseed and chop the **green pepper** into bite-sized pieces. Cut the **cucumber** into rounds. Thinly slice the **radish**. Pick the **mint** leaves. Chop the **romaine lettuce** into bite-sized pieces. Deseed the **Pomegranate** over a bowl.



3. Make dressing

Slice the **lemon** in half. In a bowl, combine the **olive oil**, **pomegranate molasses**, **sumac**, and **lemon** juice.



4. Combine

Add all the vegetables to a large bowl. Add the dressing and toss to coat. **Mix** in the **bread**.



5. Serve

Serve.

Lemony Prawn Risotto

with Snow Peas

Risotto, originally from Northern Italy, is made with arborio rice which is more starchy than most long grain varieties.

hellóchef

584 calories | 40 protein | 93 carbs | 11 fat

Family Friendly | Calorie Smart

cook: 40 min

R2715-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2439 / 584
Fats (g)	11
of which saturated (g)	5.9
Carbohydrates (g)	93
of which sugars (g)	7.4
Fibers (g)	6.3
Proteins (g)	39.6
Salt (g)	0.7

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What You'll Need

- Box grater

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Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Risotto	
Prawns 7*	700 Grams
Red onion	2 Piece
Water	1400 ML
Vegetable stock cube 15*	2 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Arborio rice	320 Grams
Garlic cloves	4 Piece
Snow peas	200 Grams
Parmesan 4*	60 Grams
Olive oil	2 Tbsp
Butter 4*	20 Grams
Salt	1 Tsp
Lemon	2 Piece

Allergens: *7 Crustaceans, *15 Celery, *4 Milk

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1. Prep

Peel and finely chop the **onion**. Boil the **measured water** and dissolve the **vegetable stock cube** in it.



2. Fry onion

Heat a non-stick pan over a medium heat with a drizzle of **olive oil**. Once hot, add the **onion** with a pinch of **salt** and cook for 5-6 min or until softened.



3. Make risotto

Once softened, add the **Arborio rice** and cook for 1 min further, stirring to coat the grains in the **oil**. Add 1/3 of the **stock** and stir continuously until it has absorbed. Continue to add the **stock**, a little at a time for 20 min or until all the **stock** is absorbed and the **rice** is cooked 'al dente'.

Tip! The amount of stock you will require, depends on the size of your pan and the heat over which you simmer the risotto. Make sure to adjust the amount accordingly.



4. Prep garnishes

Meanwhile, peel and mince the **garlic**. Trim and slice the **snow peas**. Grate the **Parmesan**.

Tip! Leave half of the snow peas whole for that extra crunchy texture!



5. Fry

Heat a second non-stick pan over a medium-high heat with a drizzle of **olive oil** and the **butter**. Once hot, add the **snow peas** and cook for 2 min. Add the **prawns** and **garlic** with a pinch of **salt** and cook for 2-3 min further or until the **prawns** are pink and cooked through. Once cooked, remove the pan from the heat.



6. Finish risotto

Remove the **risotto** from the heat. Add the **Parmesan** and a squeeze of **lemon** to the **risotto** and mix well. Fold the buttery **prawns** and **snow peas** into the **risotto**. Divide among plates.

Tip! Zest the lemon before you juice it into the pan. Garnish the risotto with the lemon zest for a pop of flavour.

Thai Coconut Chickpea Curry and Jasmine Rice

with Carrot, Coriander and Peanut Salad

A super quick and aromatic vegan curry packed with flavour.

hello chef

938 calories | 28 protein | 134 carbs | 40 fat

Speedy | Family Friendly

cook: 25 min

R4405-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3924 / 938
Fats (g)	40.4
of which saturated (g)	26.7
Carbohydrates (g)	134
of which sugars (g)	12.1
Fibers (g)	19.1
Proteins (g)	27.8
Salt (g)	7.8

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Red onion	2 Piece
Cherry tomatoes	300 Grams
Lemongrass	2 Piece
Chickpeas	480 Grams
Coconut oil	20 ML
Green curry paste	60 Grams
Tomato paste	70 Grams
Ginger garlic paste	20 Grams
Garam masala	10 Grams
Turmeric powder	4 Grams
Lime leaves	6 Piece
Coconut cream	400 Grams
Vegetable stock cube 15*	1 Piece
Water	300 ML
Baby spinach	125 Grams

Rice	
Jasmine rice	300 Grams
Water	700 ML
Salt	1 Tsp

Salad	
Carrot	2 Piece
Fresh coriander	30 Grams
Small red chilli	2 Piece
Lime	2 Piece
Salted peanuts 1*	80 Grams

Allergens: *15 Celery, *1 Peanuts

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1. Cook rice

- Rinse and drain the **jasmine rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat.
- Lower heat, cover and cook for 12-14 min, until **rice** is tender.
- Remove from the heat and keep covered until serving.



2. Prep

- Meanwhile, peel and finely chop the **onion**.
- Roughly chop the **cherry tomatoes**.
- Halve and crush the **lemongrass** with the back of the knife.
- Drain and rinse the **chickpeas**.



3. Fry

- Heat a large pot over a medium-high heat with the **coconut oil**.
- Once hot, fry the **onions** for 3-5 min until slightly softened.
- Add the **tomatoes**, **green curry paste (spicy!)**, **tomato paste**, **ginger garlic paste**, **garam masala**, **turmeric**, **lime leaves** and **lemongrass**.
- Fry for 1 min.
- Add the **chickpeas** and coat in the spices.



4. Make sauce

- Add the **coconut cream**, **1 stock cube** and **measured water**.
- Mix well and simmer for 6-8 min.
- Remove the **lime leaves** and **lemongrass** and discard.
- Add the **baby spinach** and cook for 2-3 min until wilted.
- Adjust seasoning to taste.



5. Make salad

- Meanwhile, slice the **carrot** into matchsticks.
- Pick the **coriander leaves**.
- Deseed and finely slice the **red chilli**.
- Cut the **lime** into wedges.
- Roughly chop the **peanuts**.
- In a large bowl, combine the **carrot**, **coriander** and **chilli (spicy!)** with a squeeze of **lime** juice to taste.
- Sprinkle over the **peanuts**.

Tip! Strapped for time, grate the carrot instead.



6. Serve

- Serve the **Thai Coconut Chickpea Curry** alongside the **Jasmine Rice** and **Carrot**, **Coriander** and **Peanut Salad**.

Saucy Lemon Sponge Cake

This delightful citrus dessert is a luscious lemon sauce that lies beneath a light, sponge-like topping.

371 calories | 6 protein | 51 carbs | 16 fat

Family Friendly

prep: 15 min | cook: 40 min | R4472-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1553 / 371
Fats (g)	16.4
of which saturated (g)	6.1
Carbohydrates (g)	51
of which sugars (g)	40.8
Fibers (g)	1.5
Proteins (g)	6.2
Salt (g)	0.3

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What You'll Need

Oven | Whisk

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 6 servings

Lemon	2 Piece
Organic Eggs 5*	3 Piece
Butter 4*	50 Grams
Caster sugar	200 Grams
Whole milk 4*	200 ML
Vanilla essence	5 ML
Plain flour 10*,11*	50 Grams
Icing sugar	25 Grams
Whipping cream 4*	100 ML

Allergens: *5 Eggs, *4 Milk, *10 Wheat, *11 Gluten

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1. Prep

- Preheat the oven to 180°C/160°C fan.
- Grease a medium-sized, rectangular baking dish.
- Zest the **lemon**, taking care to avoid the bitter white pith.
- Separate the **egg whites and egg yolks**.
- In a large bowl, use an electric beater or wooden spoon to cream together the **butter**, **sugar** and **lemon zest** to form a paste.

Tip! Creaming in baking is beating together the butter and sugar to incorporate air and create a tender texture.



2. Make batter

- Into a small bowl, squeeze the **juice** from both **lemons**.
- To the same bowl with the **butter** and **sugar** mixture, add the **lemon juice** and **egg yolks**.
- Use an electric beater or whisk to incorporate.
- Add the **milk**, **vanilla essence** and **flour**.
- Mix well to form a runny **batter** and set aside.



3. Whisk egg whites

- Rinse and dry the whisk or electric beater prongs.
- In a separate bowl, whisk the **egg whites** until stiff peaks form.

Tip! Stiff peaks refers to a thick and firm consistency achieved by whipping egg whites until it forms peaks that hold their shape when the whisk is lifted.



4. Pour batter

Gently fold the **egg whites** into the **batter**. Pour the **batter** into the greased baking dish. Place the dish into a deep baking tray and carefully fill the tray with water until it reaches half way up the sides of the **pudding's** baking dish.

Tip! The water helps to evenly redistribute the heat from the oven around the pan and ensure uniform baking.



5. Bake

- Bake for 40-45 minutes until the top is lightly browned and there is a slight wobble in the pudding.
- Remove from the oven and allow to cool for 6-8 min.
- Once cooled, use a small sieve to dust **icing sugar** over the top of the pudding.



6. Serve

- Meanwhile, whip the **whipping cream** to soft peaks.
- Serve the **Saucy Lemon Sponge Cake** warm, with a dollop of **whipped cream**.

Tip! Soft peaks in cream indicates a stage of whipping where the cream has thickened, forming gentle peaks that curl over when the whisk is lifted.

Crispy Seabream

with Cauliflower Rice and Crackle Topping

Delicious, crispy seabream with a crackle topping made from crunchy peanuts, sesame seeds, garlic and ginger. Yum!

hello chef

488 calories | 51 protein | 42 carbs | 17 fat

Low Carb | Calorie Smart

cook: 35 min

R3325-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2038 / 488
Fats (g)	16.8
of which saturated (g)	2.5
Carbohydrates (g)	42
of which sugars (g)	18.3
Fibers (g)	11.1
Proteins (g)	50.9
Salt (g)	5.2

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What You'll Need

- Box grater

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Seabream	
Seabream 6*	660 Grams
Cucumber	4 Piece
Carrot	2 Piece
Lime	2 Piece
Brown sugar	10 Grams
Salt	2 Tsp
Vegetable oil	2 Tbsp

Cauliflower rice	
Cauliflower	800 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Crackle	
Salted peanuts 1*	80 Grams
Garlic cloves	2 Piece
Ginger	60 Grams
Sesame seeds 3*	20 Grams
Turmeric powder	4 Grams
Chilli flakes	2 Grams
Olive oil	4 Tbsp
Honey	30 Grams
Tamari 9*	30 ML

Allergens: *6 Fish, *1 Peanuts, *3 Sesame Seeds, *9 Soya

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1. Prep

- Slice the **cucumber**.
- Peel and slice the **carrots**.
- Juice the **lime** into a bowl and add the **brown sugar**, **cucumber** and **carrot** slices with a pinch of **salt**.
- Mix well and set aside.
- Grate the **cauliflower** or blitz it in a food processor until it resembles rice grains.
- Finely chop the **peanuts**.
- Peel and grate the **garlic** and the **ginger** directly into a saucepan.

Tip! Why not grate the carrots instead of slicing them?



2. Make crackle topping

- Place the saucepan over a medium heat with the **peanuts**, **sesame seeds**, **turmeric powder**, **chilli flakes (spicy!)**, **olive oil**, **honey** and **tamari**.
- Cook for 4-5 min or until the mix thickens.
- Remove from the heat and set aside.



3. Fry cauli rice

- Heat a large non-stick pan over a medium heat with a drizzle of **oil**.
- Add the **cauliflower** with a pinch of **salt**.
- Stir-fry for 5-7 min.
- Once cooked, remove the pan from heat.
- Keep covered until serving.



4. Fry fish

- Meanwhile, pat the **seabream** fillets dry with kitchen paper.
- Season the skin with **salt**.
- Heat a second large non-stick pan with a drizzle of **oil** over a medium-high heat.
- Once hot, add the **seabream**, skin-side down.
- Fry for 4 min or until crispy.
- Once crispy, flip.
- Cook for 1-2 min further.



5. Serve

- Serve the **Crispy Seabream** with **Cauliflower Rice** and **Crackle Topping** sprinkled on top.
- Serve the **cucumber** and **carrot pickle** alongside.

Herby Tahini and Pomegranate Salmon

with Glazed Carrots

Enjoy this juicy salmon bake packed with Middle Eastern flavours!

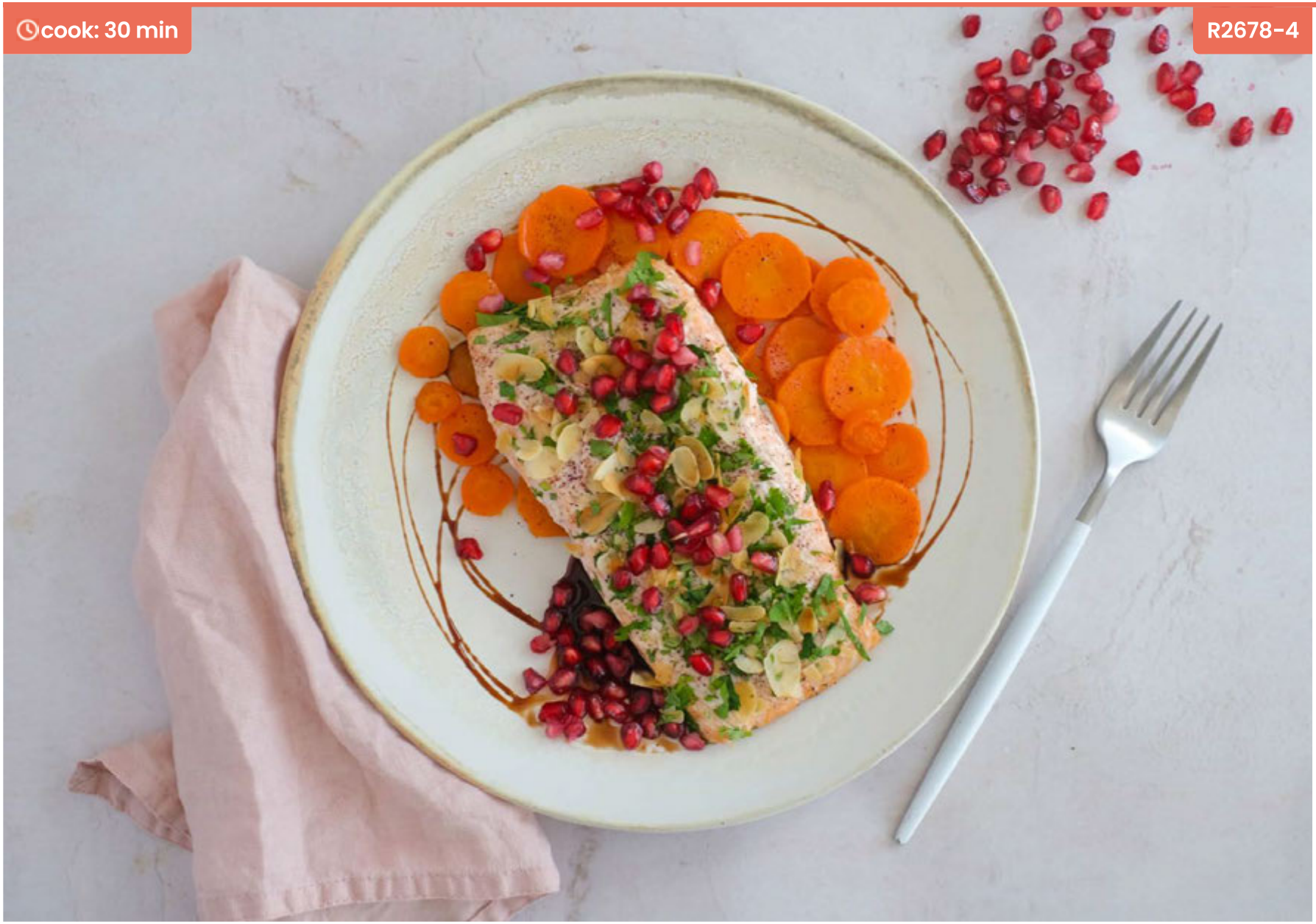
hellofresh

855 calories | 45 protein | 66 carbs | 50 fat

Low Carb

cook: 30 min

R2678-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3234 / 855
Fats (g)	50.3
of which saturated (g)	11.3
Carbohydrates (g)	66
of which sugars (g)	31.8
Fibers (g)	15
Proteins (g)	45.3
Salt (g)	1.1

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salmon	
Skin-on salmon fillet 6*	700 Grams
Salt	2 Tsp
Black pepper	1 Tsp
Olive oil	2 Tbsp
Fresh coriander	15 Grams
Fresh parsley	15 Grams
Fresh mint	10 Grams
Almond flakes 1*,2*	60 Grams
Tahini 3*	60 Grams
Water	60 ML
Lemon	1 Piece
Pomegranate	2 Piece
Sumac	4 Grams
Pomegranate molasses	40 Grams

Carrots	
Carrot	6 Piece
Butter 4*	50 Grams
Honey	30 Grams
Salt	1 Tsp

Allergens: *6 Fish, *1 Peanuts, *2 Tree Nuts, *3 Sesame Seeds, *4 Milk

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1. Bake salmon

- Preheat the oven to 200°C/180°C fan.
- Portion the **salmon**.
- Place the **salmon fillets** onto a lined baking tray.
- Sprinkle with **salt** and **pepper** and drizzle with **olive oil**.
- Bake for 15 min until cooked through but slightly pink in the middle.



2. Boil carrots

- Meanwhile, peel and slice the **carrots**.
- Bring a pan of water to a boil.
- Cook the **carrots** for 8-10 min until tender, then drain.
- Chop the **fresh coriander**, **parsley** and **mint** leaves.
- Roughly chop the **almond flakes**.
- Combine the **almond flakes** and the chopped **herbs** in a bowl.

Tip! For an even more fragrant crust, toast the almond flakes in a hot, dry pan first.



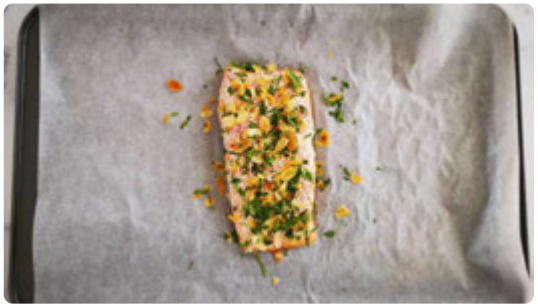
3. Prep toppings

- Combine the **tahini** and **measured water** with 4 Tbsp of **lemon** juice.
- Halve the **pomegranate**.
- Hold each **pomegranate** half over a large bowl, seeds facing down.
- Hit the skin with a wooden spoon, squeezing a little to release the seeds.



4. Glaze carrots

- Heat a pan over a medium heat with the **butter**.
- Add the drained **carrots** and the **honey**.
- Cook, stirring, for 4-5 min until the **carrots** are glazed.
- Season with a pinch of **salt** and keep warm.



5. Finish

- Spread the **tahini** sauce over the cooked **salmon**.
- Top with the **almond** and **herb** mix.
- Sprinkle with a pinch of **sumac** powder.



6. Serve

- Serve the **Herby Tahini and Pomegranate Salmon** with **Glazed Carrots** on the side.
- Drizzle with the **pomegranate molasses**.
- Top with the **pomegranate seeds**.

Re-Costed: Paneer Tikka Masala

with Basmati Rice and Quick Pickled Cucumbers

We've changed up our classic tikka masala curry and swapped chicken for paneer!

hello chef

957 calories | 40 protein | 101 carbs | 51 fat

Family Friendly | Weekly classic

cook: 30 min

R4344-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3997 / 957
Fats (g)	50.9
of which saturated (g)	32.6
Carbohydrates (g)	101
of which sugars (g)	13.2
Fibers (g)	7.4
Proteins (g)	40.4
Salt (g)	0.8

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Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Brown onion	2 Piece
Paneer 4*	500 Grams
Ghee 4*	40 Grams
Salt	1 Tsp
Ginger garlic paste	20 Grams
Smoked paprika powder	4 Grams
Curry powder	10 Grams
Garam masala	8 Grams
Tomato paste	70 Grams
Vegetable stock cube 15*	2 Piece
Water	300 ML
Cooking cream 4*	200 ML
White sugar	10 Grams

Rice	
Basmati rice	300 Grams
Water	600 ML
Salt	1 Tsp

Cucumber	
Cucumber	4 Piece
Fresh coriander	15 Grams
Lime	2 Piece
Salt	1 Tsp

Allergens: *4 Milk, *15 Celery

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1. Prep

Peel and finely and chop the **onion**. Chop the **paneer** into bite-sized pieces.



2. Simmer

Heat a large non-stick pan over a medium-low heat with the **ghee**. Once hot, add the **onion** with a pinch of **salt**. Fry for 7-8 min until softened. Once softened, add the **ginger garlic paste**, **smoked paprika**, **curry powder**, **garam masala** and a pinch of chipotle **powder (spicy!)**. Fry for 2 min. Add the **tomato paste**, **stock cube** and **measured water**. Simmer for 5 min. This is your **tikka sauce**.



3. Boil rice

Meanwhile, rinse the **rice** until the water runs clear. Add the **rice** and **measured water** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low. Cook with the lid on for 10-12 min or until all the water is absorbed. Once cooked, remove the pan from the heat. Keep covered until serving. Fluff with a fork before serving.



4. Prep cucumber

Meanwhile, chop the **cucumber** into small chunks. Finely chop the **coriander**. Slice the **lime** into wedges. Mix the **cucumber** and **coriander** together in a bowl with a pinch of **salt** and a squeeze of **lime** juice.



5. Finish curry

Increase the heat to medium-high. Add the **paneer**, **cream** and honey to the **tikka sauce**. Simmer for 4 min further.

Tip! Fry the paneer before tossing it in the creamy tikka sauce.



6. Serve

Serve the **curry** over the **basmati rice** with the **cucumber salad** to the side. Serve any remaining **lime** wedges as a garnish.

Beef Mince Bun Cha

Vietnamese Meatballs with Noodles and Salad

Bun cha is a Vietnamese dish consisting of meat, rice noodles and herbs wrapped in a lettuce leaf.

642 calories | 47 protein | 53 carbs | 28 fat

Global Eats

cook: 30 min

R3736-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2683 / 642
Fats (g)	28.4
of which saturated (g)	8.7
Carbohydrates (g)	53
of which sugars (g)	17.4
Fibers (g)	8.6
Proteins (g)	47
Salt (g)	6.3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meatballs	
Lean beef mince	700 Grams
Spring onion	80 Grams
Ginger powder	8 Grams
Garlic onion powder	8 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp

Toppings	
Rice vermicelli 10*	100 Grams
Salted peanuts 1*	80 Grams
Large red chilli	2 Piece
Boston lettuce	2 Piece
Carrot	2 Piece
Fresh coriander	30 Grams
Fresh mint	10 Grams

Sauce	
Garlic cloves	2 Piece
Lime	2 Piece
Sweet chilli sauce	80 ML
Soy sauce 9*,10*,11*	40 ML

Allergens: *10 Wheat, *1 Peanuts, *9 Soya, *11 Gluten

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1. Prep

- Trim and finely slice the **spring onion**.
- Add the **beef mince** into a large bowl.
- Add the **ginger powder**, **garlic onion powder**, **spring onion** and a generous pinch of **salt**.
- With clean hands, knead until all the ingredients are fully combined.
- Divide the mixture into 20 pieces.
- Shape each piece into a **meatball**.
- Refrigerate.

Tip! Make the meatballs up to 24 hours in advance.



2. Make sauce

- Peel and mince the **garlic**.
- Squeeze the juice of the **lime** into a small bowl.
- Add the **garlic**, **sweet chilli sauce** and **soy sauce** to the bowl.
- Mix well and set aside.



3. Soak vermicelli

- Boil a kettle.
- Add the **rice vermicelli** to a pot or bowl and cover with boiling water.
- Stir once.
- Cover with a lid or cling film.
- Leave to soften for 4-5 min.
- Drain once tender and run under cold water to stop them from sticking together.



4. Prep

- Meanwhile, finely chop the **peanuts**.
- Peel and slice the **carrot** into thin matchsticks.
- Separate the **Boston lettuce** leaves.
- Finely slice the **chilli (spicy!)**.
- Pick the **coriander** and **mint** leaves and discard the stems.

Tip! Strapped for time? Grate the carrots instead.



5. Fry meatballs

- Heat a large non-stick pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **meatballs**.
- Fry for 5 min or until browned all over.
- Cover with a lid.
- Cook for 2 min further or until cooked through.



6. Serve

- Serve the **Beef Mince Bun Cha: Vietnamese Meatballs** with **Noodles** and **Salad** as individual components.
- Enjoy either as a salad or as finger food.
- For finger food, wrap a **meatball**, some **noodles**, **herbs**, **carrots** and **peanuts** in a **lettuce** leaf.
- Dip the lot in the **sauce**.

Tip! As mint is a strong flavour, you may wish to use less of it, or even leave it out all together.

Chocolate Rocky Road

This delightful mix of rich chocolate, crunchy biscuits, nuts, and fluffy marshmallows is a sweet adventure in every bite!

281 calories | 4 protein | 37 carbs | 15 fat

Family Friendly

prep: 30 min

R4689-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1260 / 281
Fats (g)	14.9
of which saturated (g)	8.4
Carbohydrates (g)	37
of which sugars (g)	24.8
Fibers (g)	1.4
Proteins (g)	3.7
Salt (g)	0.6

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 8 servings

Rocky road	
Almond slivers 2*	40 Grams
Digestive biscuits 10*	100 Grams
Lotus biscuits 9*,10*,11*	25 Grams
Dried cranberries	45 Grams
Cornflakes 11*	25 Grams
Mini marshmallows	75 Grams

Chocolate	
Belgian dark chocolate 9*	100 Grams
Milk chocolate 4*,9*	100 Grams
Condensed milk 4*	50 Grams
Butter 4*	10 Grams
Water	20 ML

Allergens: *2 Tree Nuts, *10 Wheat, *9 Soya, *11 Gluten, *4 Milk

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1. Prep

- Line a 20x20cm square pan with baking paper.



2. Prep

- In a pan over medium heat, add a small drizzle of oil and the **almond slivers**. Fry for 1 min until golden, then set aside.
- Roughly break the **digestive** and **lotus biscuits** into smaller pieces by hand.
- Roughly chop the **cranberries** into smaller pieces.



3. Melt chocolate

- Bring a small saucepan or pot of water to the boil.
- Lower the heat to a gentle simmer and place a large heat-proof glass bowl over the top.
- Add the **butter**, **Belgian dark chocolate**, and **milk chocolate** into the glass bowl and melt, stirring continuously.
- Once melted, remove the bowl from the heat, and stir in the **condensed milk** and **2 Tbsp water** until smooth and glossy.

Tip! Add just enough water in the pan to simmer and create steam, and take care that the glass bowl does not touch the water.



4. Add toppings

- To the **melted chocolate**, add most of the **lotus** and **digestive biscuits**, **almond slivers**, **cranberries**, **cornflakes**, and **marshmallows** (reserving some for the top).
- Using a spatula, mix well until the **chocolate** coats all the toppings.

Tip! For a nut-friendly kids' school treat, leave out the almonds.



5. Refrigerate

- Pour the mixture into the pan, and spread so it forms an even layer.
- Add the reserved ingredients on top, and press down gently so they stick to the **chocolate**.
- Refrigerate for 45 min - 1 hour until the **chocolate** sets and hardens completely.



6. Serve

- Remove the **Chocolate Rocky Road** from the pan. Slice into squares, and enjoy!

One-pot Chicken Dal

with Quick-pickled Cucumber

Lentils are packed with fiber, folic acid, and potassium. This makes them excellent promoters of heart health.

728 calories | 57 protein | 86 carbs | 20 fat

Low Carb

cook: 35 min

R2759-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3045 / 728
Fats (g)	20
of which saturated (g)	9.6
Carbohydrates (g)	86
of which sugars (g)	25.9
Fibers (g)	14.1
Proteins (g)	57.2
Salt (g)	6

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hellochef.com

Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Dal	
Pulled chicken	600 Grams
Brown onion	2 Piece
Tomatoes	2 Piece
Curry leaves	12 Grams
Ghee 4*	45 Grams
Salt	1 Tsp
Ginger garlic paste	40 Grams
Curry powder	10 Grams
Turmeric powder	4 Grams
Garam masala	4 Grams
Cumin powder	4 Grams
Red lentils	300 Grams
Chicken stock cube 4*,5*,9*,15*	2 Piece
Water	1400 ML
Black pepper	1 Tsp
Lime	2 Piece
Mango chutney	100 Grams

Cucumber	
Fresh coriander	15 Grams
Salt	1 Tsp
Brown sugar	10 Grams
Rice vinegar	30 ML
Cucumber	4 Piece

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Prep veg

- Peel and finely chop the **onion**.
- Roughly chop the **tomatoes**.
- Pick the **coriander leaves** and finely chop them.
- Finely chop the stalks.
- Keep the stalks and **leaves** separate.



2. Fry onion

- Heat a large non-stick pan over a medium heat with the **ghee**.
- Once melted, add the **onion** with a pinch of **salt**.
- Cook for 5 min until softened.
- Once softened, add the **ginger garlic paste**, **coriander stalks**, **curry powder**, **turmeric powder**, **garam masala** and **cumin**.
- Cook for 1 min further.



3. Simmer

- Add the **lentils**, **chicken stock cube**, **curry leaves**, **measured water** and **tomatoes**.
- Bring to a boil then cover.
- Simmer for 15-20 min or until the **lentils** are softened.



4. Prep cucumber

- Meanwhile, add the **sugar** and **rice vinegar** to a bowl and mix until the **sugar** has dissolved.
- Finely chop the **cucumber**.
- Add the **cucumber** and half of the **coriander** to the bowl with a pinch of **salt**.
- Set aside.

Tip! Pickle the cucumbers up to 24 hours in advance.



5. Add chicken

- After 15-20 min of simmering, add the **pulled chicken** to the pan.
- Simmer for 5 min further.



6. Serve

- Finish the **dal** with a squeeze of **lime** juice, a crack of **black pepper** and the remaining **coriander leaves**.
- Serve the **One-pot Chicken Dal** with **Quick-pickled Cucumber** with **mango chutney** to the side.

Japanese-style Prawns

with Jasmine Rice and Miso Mayo

In this recipe you'll coat prawns in a mixture of sesame seeds and dry spices inspired by Togarashi - a Japanese spice blend that dates back to the 17th century.

hello chef

787 calories | 35 protein | 114 carbs | 27 fat

Tips for Kids | Global Eats

cook: 30 min

R3785-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3295 / 787
Fats (g)	27.4
of which saturated (g)	4.3
Carbohydrates (g)	114
of which sugars (g)	14.3
Fibers (g)	7
Proteins (g)	35.1
Salt (g)	4.4

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Prawns	
Jumbo prawns 7*	600 Grams
Corn starch	60 Grams
Plain flour 10*,11*	20 Grams
Ginger powder	4 Grams
Paprika powder	4 Grams
Garlic powder	4 Grams
Sesame seeds 3*	20 Grams
Black sesame seeds 3*	20 Grams
Smoked sea salt	2 Grams
Soy sauce 9*,10*,11*	40 ML
Vegetable oil	4 Tbsp

Pickled cucumber	
Cucumber	4 Piece
Red radish	250 Grams
Rice vinegar	30 ML
Brown sugar	10 Grams
Salt	1 Tsp

Jasmine rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML

Miso mayo	
Miso paste 9*	40 Grams
Sweet soy sauce 9*,10*,11*,14*	30 ML
Mayonnaise 5*,9*,13*	100 Grams
Lime	2 Piece

Allergens: *7 Crustaceans, *10 Wheat, *11 Gluten, *3 Sesame Seeds, *9 Soya, *14 Sulphur Dioxide, *5 Eggs, *13 Mustard

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1. Boil rice

- Rinse the **jasmine rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat.
- Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from heat and keep covered until serving.



2. Coat

- Drain the **prawns** on kitchen paper.
- Add the **prawns** to a large bowl with the **corn starch**, **flour**, **ginger powder**, **paprika**, **garlic powder**, **sesame seeds** and a generous pinch of **smoked salt**.
- Give everything a toss until coated in the dry seasoning.
- Add the **soy sauce** and toss to coat.
- Set aside.
- Add a splash of water if the coating is too dry.

Tip! If cooking for kids, set aside a portion of the prawns and keep them plain.



3. Pickle veg

- Finely slice the **cucumber** and **radish**.
- Add both to a large bowl with the **rice vinegar**, **brown sugar** and a pinch of **salt**.
- Mix well and set aside.

Tip! If cooking for kids, set aside a portion of the sliced cucumbers to the side before tossing it together with rice vinegar.



4. Make mayo

- Meanwhile, in a small bowl, combine the **miso**, **sweet soy sauce** and the **mayonnaise** with a squeeze of **lime** juice.
- This is your **miso mayo**.

Tip! If cooking for kids, set aside a portion of the mayonnaise and keep it plain.



5. Fry prawns

- Heat a large non-stick pan over a medium heat with a generous drizzle of **oil**.
- Once hot, add the **prawns** and cook for 2-3 min until crispy and cooked through.
- Transfer the **prawns** to a plate lined with paper towels to drain any excess **oil**.

Tip! If cooking for kids, fry the plain prawns first for 2-3 min or until cooked through and set aside before adding the coated prawns.



6. Serve

- Serve the **Japanese-style Prawns** over **Jasmine Rice**, with **pickled vegetables** and **miso mayo** alongside.

Tip! If cooking for kids, slice the prawns into small bite-sized pieces. Plate the prawns, plain cucumber, radish and rice separately. Serve the mayonnaise to the side.

Sticky Ginger Beef

with Garlic Rice and Baby Pak Choi

709 calories | 59 protein | 96 carbs | 12 fat

Calorie Smart

cook: 30 min

R4716-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3023 / 709
Fats (g)	12
of which saturated (g)	4
Carbohydrates (g)	96
of which sugars (g)	12.2
Fibers (g)	9.1
Proteins (g)	59
Salt (g)	1.7

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef	
Steak strips	700 Grams
Ginger	60 Grams
Miso paste 9*	40 Grams
Brown sugar	20 Grams
Lime	2 Piece
Baby pak choi	9 Piece

Rice	
Medium grain rice	300 Grams
Garlic paste	20 Grams

Baking soda	10 Grams
Cauliflower	800 Grams
Corn starch	20 Grams
Sesame seeds 3*	10 Grams
Baby corn & mixed veg	400 Grams

Allergens: *9 Soya, *3 Sesame Seeds

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1. Make rice

- Add a drizzle of vegetable oil and fry the **garlic paste** until fragrant.
- Add the **rice**, 1 stock cube and **measured** water and bring to a boil.
- Once boiling, reduce the heat to low, cover, and cook for 12-14 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from the heat and keep covered until serving.

2. Prep

- Peel and finely chop the 2cm **ginger**.
- Slice **baby pak choi** in half.
- Cut the **lime** in half.



3. Make marinade

- In a small bowl, combine **ginger**, **miso paste**, honey and a squeeze of **lime** juice to taste. 1Tbsp water

4. Blanch bok choi

- In a large pan, bring 2cm water to boil.
- Add the **baby pak choi** with a pinch of salt.
- Blanch for 2-3 min until the texture is to your liking.
- Drain, wipe the pan and return to the heat.



5. Fry beef

- Heat a large frying pan with a drizzle of oil.
- Season the beef **strips** with salt and pepper.
- Fry the beef **strips** for 2-3 min until browned.
- Add the marinade and toss to coat.

6. Serve

- Serve the Sticky **Ginger** Beef with **Garlic Rice** and **Baby Pak Choi**.

Baked Oats

with Banana, Peanut Butter and Jam

Make-ahead baked oats are packed with protein and fibre for a nutritious and delicious breakfast option.

294 calories | 11 protein | 24 carbs | 11 fat

Family Friendly

cook: 45 min

R4596-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1228 / 294
Fats (g)	11.4
of which saturated (g)	2.5
Carbohydrates (g)	24
of which sugars (g)	16.3
Fibers (g)	4.7
Proteins (g)	10.6
Salt (g)	0.5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 6 servings

Rolled oats	150 Grams
Baking powder	5 Grams
Salt	0.25 Tsp
Banana	1 Piece
Whole milk 4*	200 ML
Honey	30 Grams
Organic Eggs 5*	1 Piece
Strawberry jam	60 Grams
Almond flakes 1*,2*	30 Grams
Peanut butter 1*,9*	60 Grams

Allergens: *4 Milk, *5 Eggs, *1 Peanuts, *2 Tree Nuts, *9 Soya

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1. Mix dry ingredients

- Preheat oven to 180°C/160°C fan.
- Line an 18x18 cm baking dish with **baking** paper.
- In a medium bowl, combine the **oats**, **baking powder** and a pinch of **salt**.



2. Mix wet ingredients

- In a separate bowl, peel the **banana** and use a fork to mash until smooth.
- Add the **milk**, **honey** and **egg**.
- Mix well.

Tip! If the bananas are not soft enough to mash, place them on a lined baking tray and bake in the oven at 180°C for 10-15 min until the skin is completely brown or black.



3. Combine

- Add the dry ingredients to the wet ingredients and mix well.
- Pour mixture into the lined baking dish.



4. Add toppings

- Decant the **jam** into a small bowl and mix until smooth.
- Add dollops of **jam** to the top of the **oat mixture** in the baking dish.
- Use a skewer or knife to swirl or move the **jam** across the surface of the **oat mixture**, creating a marbled effect.
- Sprinkle the **flaked almonds** over the top of the **oat mixture** in the baking dish.



5. Bake

- Bake for 30-35 min until golden brown and a skewer or knife inserted into the centre comes out clean.
- Allow to cool slightly before cutting.



6. Serve

- Place the **peanut butter** in a small microwavable bowl and heat for 20-30 sec until runny.
- Serve the **Baked Oatmeal** with a drizzle of warmed **peanut butter**.

Tip! Can be made ahead and stored in an airtight container in the fridge for 1-2 days.

Adobo Chicken with Garlic Cauli Rice

and Carrot and Cucumber Salad

A mainstay in Filipino cuisine with complex flavours of vinegar, soy and garlic that excite the tastebuds.

hellochef

493 calories | 60 protein | 40 carbs | 12 fat

Low Carb | Calorie Smart | Global Eats

cook: 45 min

R4277-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2064 / 493
Fats (g)	12.3
of which saturated (g)	3.1
Carbohydrates (g)	40
of which sugars (g)	18.4
Fibers (g)	8.6
Proteins (g)	59.6
Salt (g)	6.8

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

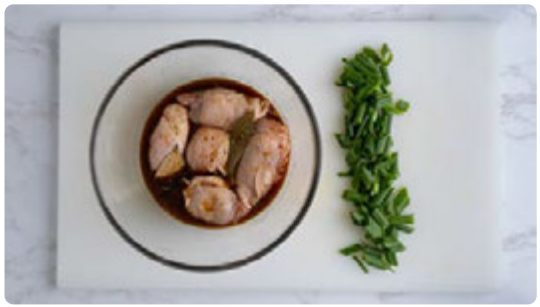
Chicken	
Skin-on, bone-in chicken thighs	1000 Grams
Spring onion	80 Grams
Garlic paste	20 Grams
Soy sauce 9*,10*,11*	120 ML
Rice vinegar	120 ML
Brown sugar	30 Grams
Black pepper	4 Tsp
Dried bay leaves	2 Piece
Vegetable oil	1 Tbsp
Water	100 ML

Rice	
Cauliflower	800 Grams
Vegetable oil	1 Tbsp
Salt	1 Tsp
Garlic paste	20 Grams

Side salad	
Carrot	2 Piece
Cucumber	3 Piece
Fresh mint	10 Grams
Lime	2 Piece
Black sesame seeds 3*	5 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Marinate chicken

Roughly chop the **spring onion**. Add the **chicken** to a large bowl. Add one tub **garlic paste**, **soy sauce**, **vinegar**, **brown sugar**, **black pepper** and **bay leaves**. Set aside.



2. Prep cauli rice

Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains. Heat a saucepan over a medium heat with a drizzle of **vegetable oil**. Once hot, add the **garlic paste** and fry for 30 sec until fragrant. Add the **cauliflower** and a pinch of **salt** and stir-fry for 5-7 min. Remove from the heat and cover until ready to serve.



3. Prep salad

Meanwhile, peel and finely slice or grate the **carrot**. Finely slice or grate the **cucumber**. Strip the **mint leaves** from the stalk. Cut the **lime** in half. Add the **cucumber** and **carrot** to a bowl with a generous squeeze of **lime**, the **mint leaves** and the **black sesame seeds**. Toss together and set aside.



4. Fry chicken

Heat a large non-stick pan over a medium heat with a drizzle of **oil**. Once hot, add the **chicken**, skin side down (reserve the **marinade**) and fry for 2-3 min each side until browned. Transfer the **chicken** to a plate and reserve the pan.

Tip! Keep an eye on the chicken as the marinade contains sugar which can easily burn.



5. Simmer sauce

Return the pan to a medium heat. Once hot, add the reserved **marinade** and measured **water** to the pan and simmer for 1-2 min. Return the **chicken**, skin side up. Add the **spring onion** and cover with a lid. Simmer the **chicken** in the **marinade** for 20 min. Remove the lid and cook for another 5 min until the **chicken** is cooked and the **sauce** has thickened to your liking.



6. Serve

Divide the **cauli rice** among plates and top with the **adobo chicken** and side **salad**.

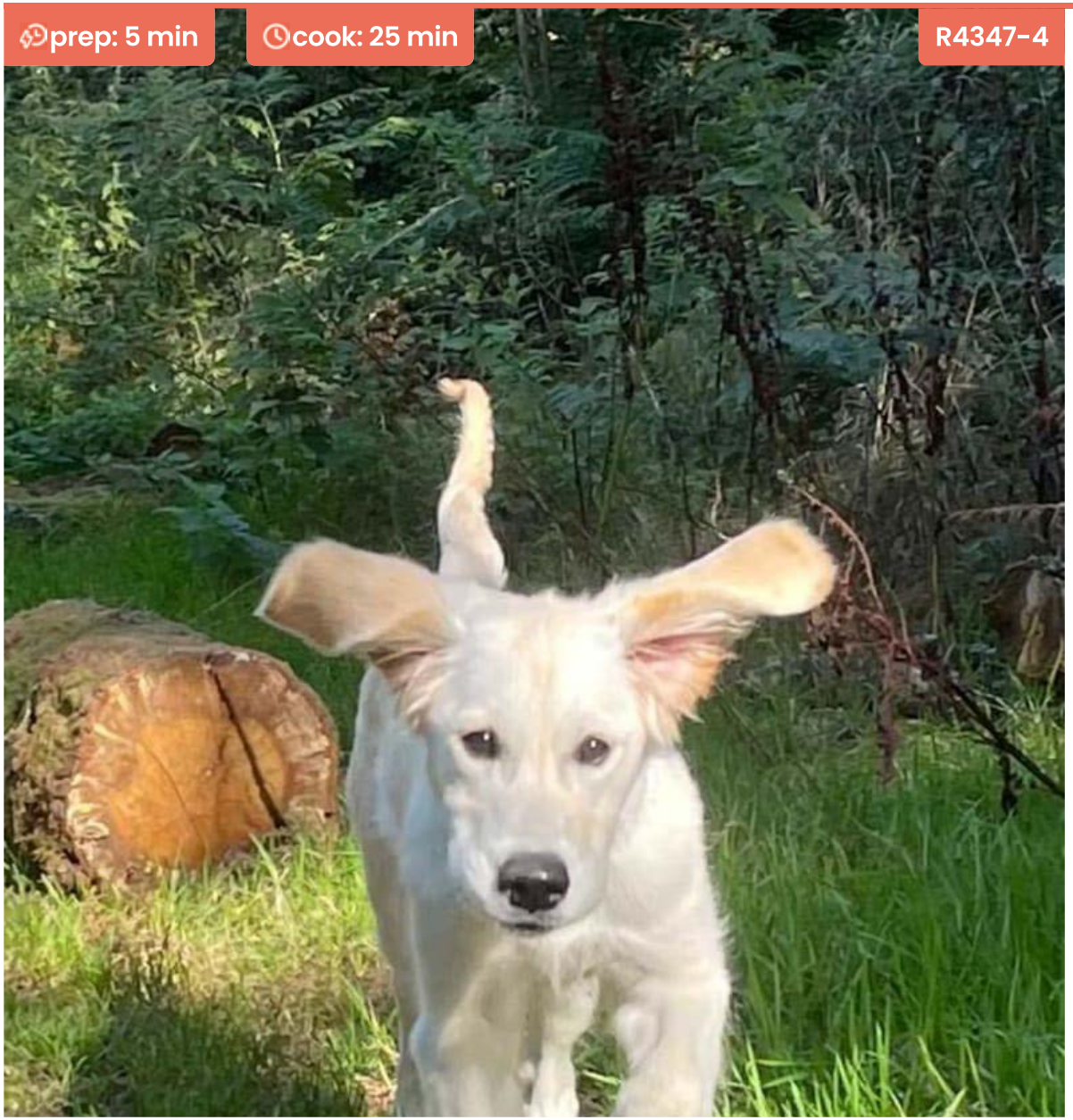
Black Pepper Chicken
with Sesame Noodles

hellofresh

703 calories | 63 protein | 80 carbs | 15 fat

Quick Prep

prep: 5 min | cook: 25 min | R4347-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2970 / 703
Fats (g)	14.6
of which saturated (g)	1.9
Carbohydrates (g)	80
of which sugars (g)	15.1
Fibers (g)	6.3
Proteins (g)	62.7
Salt (g)	2.8

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Black pepper sauce 9*,10*	80 Grams
Soy sauce 9*,10*,11*	30 ML
Sweet soy sauce 9*,10*,11*,14*	40 ML
Brown sugar	10 Grams
Rice vinegar	30 ML
Corn starch	20 Grams

Veg	
Chinese cabbage	600 Grams
Fresh baby corn	225 Grams
Spring onion	80 Grams

Noodles	
Egg noodles 5*,10*,11*	300 Grams
Sesame oil 3*,9*	30 ML

To serve	
Sesame seeds 3*	5 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *5 Eggs, *3 Sesame Seeds

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1. Prep

Finely slice the **cabbage**. Deseed and slice the **pepper**. Trim and finely slice the **spring onion**. Chop the **chicken** into strips.

Tip! 3



2. Make sauce

In a bowl, combine the **black pepper sauce**, **soy sauce**, **sweet soy sauce**, **brown sugar**, **rice vinegar** and **corn starch**.



3. Cook noodles



4. Fry veg



5. Fry Chicken



6. Serve

Umami Beef Patties with Garlic Parmesan Veg

and Thyme Gravy

Did someone say garlic and Parmesan veg? These are bound to impress!

hello chef

593 calories | 47 protein | 39 carbs | 28 fat

Low Carb | Calorie Smart

cook: 35 min

R3646-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2475 / 593
Fats (g)	28
of which saturated (g)	10.1
Carbohydrates (g)	39
of which sugars (g)	20.4
Fibers (g)	7.3
Proteins (g)	46.9
Salt (g)	4.3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Beef patties	
Lean beef mince	700 Grams
Garlic onion powder	8 Grams
Smoked sea salt	4 Grams
Vegetable oil	2 Tbsp
Black pepper	1 Tsp

Vegetables	
Carrot	4 Piece
Green beans	375 Grams
Garlic cloves	4 Piece
Grated Parmesan 4*,5*	60 Grams
Butter 4*	20 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Gravy	
Water	300 ML
Beef stock 15*	300 ML
Beef stock cube 4*,5*,9*,11*,15*	1 Piece
Worcestershire sauce 6*,11*	30 ML
Onion marmalade	56 Grams
Dried thyme	4 Grams
Vegetable oil	2 Tbsp
Corn starch	20 Grams
Black pepper	1 Tsp

Allergens: *4 Milk, *5 Eggs, *15 Celery, *9 Soya, *11 Gluten, *6 Fish

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1. Make patties

In a large bowl, mix together the **beef mince**, **garlic onion powder**, **smoked sea salt** and **black pepper**. With clean hands, knead until all the ingredients are fully combined. Divide the mixture into 8 pieces, and shape each piece into a **burger patty**.



2. Prep

Peel and slice the **carrots** into batons. Trim the **green beans** and chop them in half. Peel and finely chop the **garlic**.



3. Boil vegetables

Bring a large pot of salted water to a boil. Once boiling, add the **carrots** and cook for 5 min. Add the **green beans** and cook for 3 min further. Drain and set aside. Reserve the pot.



4. Fry patties

Meanwhile, heat a large non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **patties** and fry for 2-4 min on each side or until browned and cooked through. Transfer the **patties** to a plate and reserve the pan. Drain any excess **oil** from the pan.



5. Make roux

Meanwhile, boil the measured **water**. In a jug, combine the measured **water**, **beef stock**, 1 **stock cube**, **Worcestershire sauce**, **onion marmalade** and **thyme** - this is your **stock**. Return the pan to a medium heat with a drizzle of **oil**. Add the **corn starch** and stir for 1 min. Gradually whisk in the **stock**. Simmer over a medium-low heat for 3-5 min or until the **gravy** begins to thicken. Season with **black pepper**. Remove from the heat, cover and keep warm.



6. Serve

Meanwhile, return the pot to a medium heat with the **butter**. Once melted, add the **garlic** and fry for 1 min. Remove from the heat and add the **green beans**, **carrots**, **grated Parmesan**, **salt** and **pepper**. Mix. Plate the **patties** and pour over the **gravy** and serve the **garlic Parmesan vegetables** alongside.

Paneer Fajitas

with Tandoori Peppers and Mint Raita

India meets Mexico in this twist on a family favourite - fajitas!

778 calories | 41 protein | 73 carbs | 37 fat

Family Friendly

cook: 20 min

R3175-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3250 / 778
Fats (g)	37.1
of which saturated (g)	20.7
Carbohydrates (g)	73
of which sugars (g)	20.2
Fibers (g)	9
Proteins (g)	40.7
Salt (g)	2

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What You'll Need

- Blender

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fajitas	
Paneer **4***	500 Grams
Red onion	2 Piece
Red pepper	2 Piece
Yellow pepper	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Honey	30 Grams
Tamarind paste	30 Grams
Tandoori masala	4 Grams
Turmeric powder	4 Grams
Chapati **10*,11***	8 Piece

Toppings	
Tomatoes	2 Piece
Fresh coriander	30 Grams
Fresh mint	20 Grams
Cumin powder	2 Grams
Salt	1 Tsp
Natural yogurt **4***	340 Grams

Allergens: *4 Milk, *10 Wheat, *11 Gluten

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1. Prep

- Chop the **paneer** into bite-sized pieces.
- Peel and slice the **onion**.
- Deseed the **peppers** and slice them.
- Roughly chop the **tomatoes**.



2. Fry paneer

- Heat a pan over a medium heat with a drizzle of **oil**.
- Add the **paneer** with a very generous pinch of **salt**.
- Fry for 5 min, until golden on all sides.
- Add the **honey** and **tamarind**.
- Cook for 1 final min.
- Remove the pan from the heat.



3. Fry vegetables

- Meanwhile, heat a second pan over a medium heat with a drizzle of **vegetable oil**.
- Add the **peppers** and **onions**.
- Fry for 6 min until softened.
- Add the **tandoori masala** (spicy!) and **turmeric** with a splash of water.
- Cook for 2 min further.



4. Make raita

- Meanwhile, finely chop the **coriander** and pick the **mint** leaves.
- To a blender, add the **mint** leaves, half of the **coriander** (reserve the rest for garnish), a pinch of **cumin** and **salt** and a splash of water.
- Blend until smooth.
- Transfer to a bowl.
- Whisk in the **yogurt**.
- Set the **raita** aside.

Tip! Don't blend the yogurt! This will make watery.



5. Assemble wraps

- Warm the **chapatis** in a microwave or pre-heated oven.
- Assemble by piling the **chapatis** with the **paneer**, **vegetables**, **raita**, chopped **tomatoes** and any leftover **coriander**.
- Serve the **Paneer Fajitas** with **Tandoori Peppers** and **Mint Raita**.

Aromatic Chicken and Lemongrass Stir-fry

with Coconut Broth and Rice

This mild curry is a great way to introduce the little ones to some new flavours!

838 calories | 61 protein | 98 carbs | 27 fat

Family Friendly

cook: 30 min

R3109-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3505 / 838
Fats (g)	26.9
of which saturated (g)	22.4
Carbohydrates (g)	98
of which sugars (g)	8
Fibers (g)	10.2
Proteins (g)	61.1
Salt (g)	3.4

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stir-fry	
Chicken breast	600 Grams
Shallots	2 Piece
Snow peas	200 Grams
Broccoli	400 Grams
Lemongrass	1 Piece
Coconut cream	400 Grams
Lime	2 Piece
Lime leaves	6 Piece
Vegetable oil	2 Tbsp
Ginger garlic paste	20 Grams
Fresh coriander	15 Grams
Chicken stock cube 4*,5*,9*,15*	1 Piece

Rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Prep

- Slice the **chicken breasts**.
- Peel and slice the **shallots**.
- Wash, trim and halve the **snow peas**.
- Chop the **broccoli** into small florets.
- Finely slice 10 cm of the **lemon grass**.
- Keep the rest whole.
- Thoroughly rinse the **jasmine rice**.



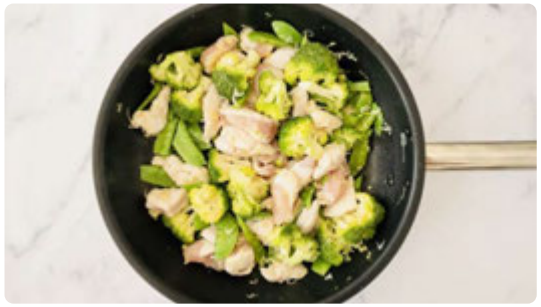
2. Cook rice

- Add the **rice**, a pinch of **salt** and the **measured water** to a pan with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pan from heat.
- Keep covered until serving.



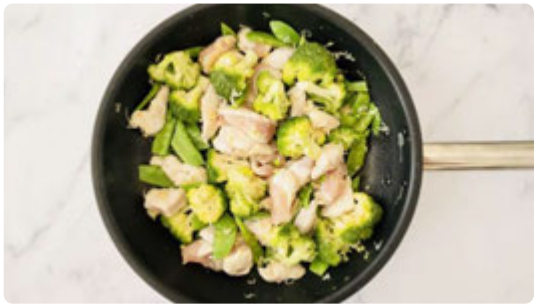
3. Start stir fry

- Meanwhile, heat a pan over a medium heat with a drizzle of **vegetable oil**.
- Once hot, add the **shallots** with a pinch of **salt**.
- Cook for 3 min.
- Add the **ginger garlic paste**, sliced **lemon grass**.
- Cook for 2 min further.



4. Add

- Add the **chicken** and **broccoli** florets.
- Cook for 2 min.
- The **chicken** doesn't need to be cooked through at this point.



5. Simmer

- Add the **coconut cream**, **chicken stock cube**, **lime leaves** and the large piece of lemon grass.
- Simmer (don't boil) over a low heat for 3-4 min.
- Add the **snow peas**.
- Cook for 3 min longer.



6. Serve

- Serve the **Aromatic Chicken and Lemongrass Stir-fry** with **Coconut Broth** and **Rice**.
- Finish with a squeeze of **lime** juice and a sprinkling of **fresh coriander leaves**.

Spicy Merguez Sausages

with Butternut Squash and Lentils

Merguez sausages are packed with fiery spices and originally from North Africa.

hellochef

992 calories | 60 protein | 60 carbs | 47 fat

Low Carb

cook: 40 min

R4193-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4154 / 992
Fats (g)	47.1
of which saturated (g)	2.4
Carbohydrates (g)	60
of which sugars (g)	31.4
Fibers (g)	21.4
Proteins (g)	60
Salt (g)	8.9

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Sausage	
Merguez sausage	800 Grams
Butternut squash	1200 Grams
Vegetable oil	2 Tbsp
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Red pepper	2 Piece
Red onion	2 Piece
Garlic cloves	2 Piece
Cumin powder	4 Grams
Paprika powder	4 Grams
Dried thyme	4 Grams
Tomato paste	70 Grams
Canned lentils	530 Grams
Tomato passata	400 Grams
Water	300 ML
Chicken stock cube **4*,5*,9*,15***	1 Piece
Fresh parsley	15 Grams
To serve	
Natural yogurt **4***	340 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Bake

- Preheat the oven to 210°C/190°C fan.
- Peel, deseed and chop the **squash** into bite-sized pieces.
- Place the **squash** on to a lined baking tray.
- Drizzle with **oil** and season with **salt** and **pepper**.
- Bake in the oven for 15 min.
- After 15 min, add the **sausages** (spicy!) to the same baking tray.
- Bake the **sausages** and **squash** for a further 10-15 min, until the **sausages** are fully cooked and the **squash** is tender.



2. Prep

- Deseed the **red pepper**.
- Chop into small bite-sized pieces.
- Peel and finely chop the **onion** and **garlic**.



3. Fry

- Meanwhile, heat a large non-stick frying pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onions** and **red pepper**.
- Fry for 5-7 min until softened.
- Add the **garlic**, **cumin**, **paprika**, **thyme** and **tomato paste**.
- Mix well and fry for 1-2 min until fragrant.



4. Cook lentils

- Meanwhile, drain and rinse the **lentils**.
- Add the **lentils**, **tomato passata**, **measured water** and crumble in the 1 **chicken stock cube**.
- Mix well. Bring to a boil.
- Once boiling, reduce the heat to low and cover.
- Simmer for 10-15 min, or until the **sauce** has thickened.



5. Finish lentils

- Meanwhile, pick and finely chop the **parsley**.
- Once the **squash** is cooked, remove it from the oven.
- Add the **squash** to the **lentils** with the **parsley** (saving some for garnish).



6. Serve

- Serve the **Spicy Merguez Sausages** on the **Butternut Squash and Lentils**.
- Add a dollop of **yogurt** and sprinkle with the remaining **parsley**.

Cheesy Sausage Breakfast Skillet

with Flatbread and Sour Cream

-

1295 calories | 68 protein | 102 carbs | 66 fat

Family Friendly

cook: 30 min

R4449-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4625 / 1295
Fats (g)	65.8
of which saturated (g)	16.9
Carbohydrates (g)	102
of which sugars (g)	11.9
Fibers (g)	16.2
Proteins (g)	67.9
Salt (g)	7.2

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Skillet	
Italian sausage 10*	400 Grams
Potatoes	500 Grams
Green pepper	1 Piece
Cherry tomatoes	150 Grams
Black beans	240 Grams
Baby spinach	40 Grams
Vegetable oil	1 Tbsp
Vegetable seasoning 2*,10*,11*,13*	8 Grams
Black pepper	0.5 Tsp
Grated cheddar 4*	60 Grams

To serve	
Fresh parsley	15 Grams
Arabic flatbread packet 10*,11*	1 Piece
Sour cream 4*	120 Grams

Allergens: *10 Wheat, *2 Tree Nuts, *11 Gluten, *13 Mustard, *4 Milk

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1. Prep

Peel and chop the **potatoes** into small cubes. Deseed and chop the **green pepper** into small cubes. Slice the **cherry tomatoes** in half. Rinse and drain the **black beans**.



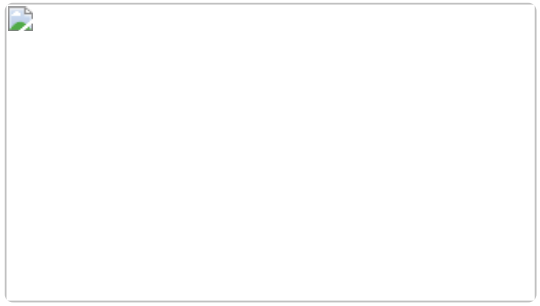
2. Fry sausage

Slice the **Italian sausages** lengthwise. Peel away the casing and discard. Chop or tear the **sausage meat** into bite-sized pieces. Heat a large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **sausages** and fry for 5-7 min or until starting to crisp. Transfer the **sausage meat** to a plate and reserve the pan with the **oil**.



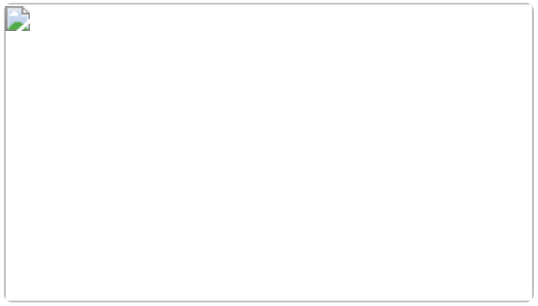
3. Fry veg

Return the reserved pan to a a medium-high heat with another drizzle of **oil**. Once hot, add the **potatoes** and fry for 5 min. Add the **peppers** and **cherry tomatoes** and fry for 5 min further.



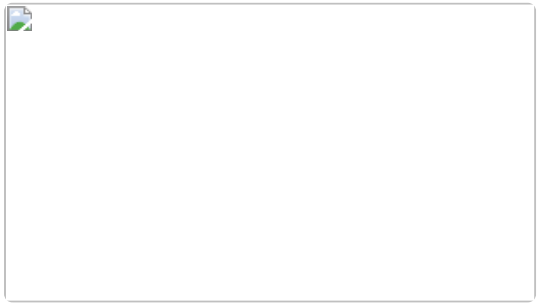
4. Finish

Add the **baby spinach** and **black beans**, and fry for 2 min or until the **spinach** has wilted. Add the **sausage meat**, **vegetable seasoning** with pinch of **pepper** to taste. Give everything a good mix and fry for 1-2 min further. Sprinkle with the **grated cheddar** and cover with a lid. Leave for 1 min or until the **cheese** has melted.



5. Warm bread

Meanwhile, warm the **Arabic flatbread** in the microwave for 30-60 seconds and then slice into quarters.



6. Serve

Pick and finely chop or tear the **parsley** leaves. Serve the **Cheesy Sausage Breakfast Skillet** with the **Arabic flatbread** alongside and garnish with the **parsley**.

Middle Eastern Lamb and Eggplant

Crumble

Ras el hanout is a North African spice mix that traditionally contains cinnamon, cumin, coriander and sometimes even rose petals.

hello chef

1021 calories | 63 protein | 71 carbs | 62 fat

Low Carb

cook: 45 min

R2587-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3928 / 1021
Fats (g)	61.8
of which saturated (g)	17.6
Carbohydrates (g)	71
of which sugars (g)	41.8
Fibers (g)	19.9
Proteins (g)	63.2
Salt (g)	2.5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Lamb crumble	
Lamb mince	700 Grams
Shallots	4 Piece
Pine nuts [2*]	40 Grams
Olive oil	2 Tbsp
Ras el hanout	10 Grams
Chilli flakes	2 Grams
Brown sugar	10 Grams
Soy sauce [9*,10*,11*]	40 ML

Eggplants and garnish	
Eggplant	3 Piece
Vegetable oil	4 Tbsp
Salt	1 Tsp
Fresh mint	10 Grams
Pomegranate	2 Piece

Tahini sauce	
Garlic cloves	2 Piece
Tahini [3*]	60 Grams
Mayonnaise [5*,9*,13*]	50 Grams
Natural yogurt [4*]	340 Grams
White vinegar	30 ML
Water	30 ML
Salt	1 Tsp

Allergens: *2 Tree Nuts, *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds, *5 Eggs, *13 Mustard, *4 Milk

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1. Roast eggplants

Preheat the oven to 200°C/ 180°C fan. Cut the **eggplants** in half, lengthwise. Score them in a criss-cross pattern, around two thirds into the flesh. Place the **eggplants** on a baking tray, skin-side down. Drizzle with a generous lug of **vegetable oil** and season liberally with **salt**. Rub the **salt** and **oil** into the flesh with cleans hands. Roast for 30-35 min.



2. Prep

Meanwhile, peel and finely slice the **shallots**. Roughly chop the **pine nuts**. Chop the **mint** leaves finely. Peel and mince the **garlic**. Halve the **pomegranate**. Hold each **pomegranate** half over a large bowl, seeds facing down and hit the skin with a wooden spoon, squeezing a little to release the seeds. Discard the shell and membrane.



3. Make tahini sauce

Add the crushed **garlic**, **tahini**, **mayonnaise**, **natural yogurt**, **white vinegar**, a splash of cold **water** and a pinch of **salt** to a bowl and whisk until fully combined - this is your **tahini sauce**.



4. Fry lamb

Heat a large pan over a medium heat with a drizzle of **olive oil**. Once hot, add the **lamb mince** and fry for 5-6 min or until browned. Add the **shallots**, **Ras el hanout** and **chilli flakes (spicy!)** and cook for 3 min. Add the **brown sugar** and **soy sauce** and cook for 1 min. Remove the pan from the heat and add the **pine nuts**.



5. Serve

Once ready, pile the **lamb** crumble over the roasted **eggplant** halves. Drizzle with the **tahini sauce** and garnish with **pomegranate** seeds and chopped **mint**.

Arayes: Lebanese Beef Stuffed Pitas

with Hummus and Crudites

Arayes is a popular street food in Lebanon that consists of spiced minced meat stuffed inside thin pita or flatbread, and then grilled or oven baked until crispy!

hello chef

915 calories | 53 protein | 82 carbs | 43 fat

Tips for Kids | Global Eats

cook: 45 min

R4107-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3030 / 915
Fats (g)	43.2
of which saturated (g)	8.7
Carbohydrates (g)	82
of which sugars (g)	14.5
Fibers (g)	16.7
Proteins (g)	53.4
Salt (g)	1.5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Oven
- Food processor

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04-825-44-00
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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef mix	
Lean beef mince	700 Grams
Red onion	2 Piece
Garlic cloves	2 Piece
Fresh parsley	30 Grams
Tomato paste	60 Grams
Coriander cumin powder	8 Grams
Allspice powder	4 Grams
Cinnamon powder	2 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Arabic flatbread packet 10*,11*	2 Piece
Vegetable oil	2 Tbsp
Sumac	8 Grams

To serve	
Fresh mint	10 Grams
Carrot	2 Piece
Cucumber	2 Piece
Lemon	2 Piece
Hummus 3*	400 Grams
Zaatar	15 Grams

Allergens: *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Prep

- Preheat the oven to 200°C/180°C fan.
- Peel and roughly chop the **red onion**.
- Peel the **garlic**.
- Pick the **parsley** leaves.
- Add the **vegetables** to a food processor and pulse several times, scraping down in between, until finely chopped.

Tip! Alternatively you may use a grater to grate the onions, and finely chop the parsley and garlic with a knife. If the onions are too watery, squeeze and discard as much of their liquid as possible to prevent soggy bread.



4. Bake arayes

- Place the **Arayes** on top of the grill rack of a roasting or baking tray.
- Bake for 15-20 min until the **flatbread** is crispy and the **beef** is fully cooked through.
- Set them aside on the rack until ready to serve.

Tip! Baking the Arayes on a grill rack ensures that the hot air in the oven circulates around the bread for a crispy texture, and prevents them from getting soggy.



2. Combine

- In a large bowl, combine the **beef**, chopped **vegetables**, **tomato paste**, **coriander cumin powder**, **allspice**, **cinnamon**, **salt**, and **pepper**.
- Knead the mixture until fully combined.
- Divide the mixture into 12 **patties**.
- Set aside.

Tip! If cooking for kids, you can reserve a plain portion of beef with just a pinch of salt and pepper.



5. Prep sides

- Meanwhile, pick the **mint** leaves.
- Peel the **carrots** and slice into rounds.
- Chop the **cucumber** into rounds.
- Slice the **lemon** into wedges.



3. Make Arayes

- Warm the **Arabic flatbread** in the microwave for 10-15 sec so they're easier to open.
- Using the tip of a knife, gently cut the **flatbread** open from the side.
- Add one **beef patty** in the center and spread out to the edges with your fingers, to fill the **flatbread**.
- Close and press the top down.
- Brush each with **oil**, and sprinkle **sumac** over.
- Repeat the process until all the **flatbread** are stuffed.

Tip! Misshapen bread, or torn pieces? Don't fret! Patch up what you can; any exposed patties will bake nice and crispy.



6. Serve

- Cut the **Arayes** into half or quarter pieces.
- Serve the **Arayes: Lebanese Beef Stuffed Pitas** with **Hummus** and **Crudites**, with **cucumber**, and **carrots** alongside.
- Drizzle some olive **oil** over the **hummus**. Sprinkle the **zaatar** over the veggies.
- Serve with the **mint** and **lemon** wedges alongside.

Tip! If cooking for kids, serve the Arayes, hummus, and vegetables separately. Serve the zaatar as sprinkles to the side.

Tuna Patties

with Asian Salad and Peanuts

We can't get enough of canned tuna!

hellochef

635 calories | 49 protein | 48 carbs | 31 fat

Low Carb

cook: 40 min

R2809-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2659 / 635
Fats (g)	30.9
of which saturated (g)	5.3
Carbohydrates (g)	48
of which sugars (g)	18.5
Fibers (g)	9.5
Proteins (g)	48.8
Salt (g)	8.3

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What You'll Need

Whisk

hello@hellochef.com

04-383-93-99

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Tuna patties	
Canned tuna 6*	480 Grams
Garlic cloves	2 Piece
Fresh chives	15 Grams
Organic Eggs 5*	2 Piece
Panko bread crumbs 10*,11*,12*	90 Grams
Sambal oelek	30 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp

Salad	
Baby gem lettuce	4 Piece
Sugar snap peas	200 Grams
Cucumber	2 Piece
Carrot	2 Piece
Spring onion	80 Grams
Salted peanuts 1*	80 Grams

Dressing	
Lime	4 Piece
Sweet chilli sauce	80 ML
Sesame oil 3*,9*	30 ML
Soy sauce 9*,10*,11*	40 ML

Allergens: *6 Fish, *5 Eggs, *10 Wheat, *11 Gluten, *12 Lupin, *1 Peanuts, *3 Sesame Seeds, *9 Soya

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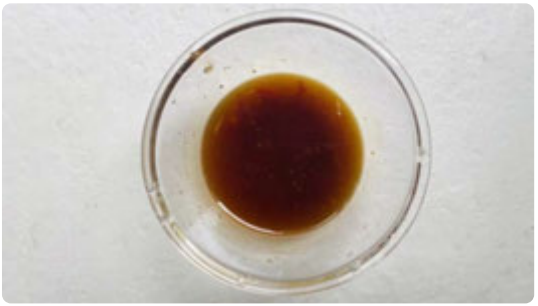
1. Prep patties

Peel and mince the **garlic**. Finely chop the **chives**. Drain the **tuna**.



2. Shape patties

Crack the **eggs** into a mixing bowl. Add the **chives**, **garlic**, **tuna**, **panko bread crumbs** and **sambal oelek** (spicy!). Season with **salt**. Give everything a good mix up. Shape into 8 patties. Refrigerate until step 5.



3. Make dressing

Juice the **limes** into a bowl or jar. Add the **sweet chilli sauce**, **sesame oil** and **soy sauce**. Whisk or shake until fully combined - this is your **dressing**.



4. Prep salad

Roughly chop the **baby gem lettuce**. Slice the **sugar snap peas** finely. Slice the **cucumber** into discs, then slice each individual **cucumber** disc into matchsticks. Peel and chop the **carrots** into thin matchsticks. Trim and finely slice the **spring onion**.



5. Fry patties

Heat a non-stick pan over a medium-high heat with a very generous drizzle of **oil**. Once hot, carefully add the **tuna patties** and fry for 4 min on each side or until golden brown on both sides. Don't overcrowd the pan and don't flip the patties too soon or they will break. Drain the cooked patties on kitchen paper.



6. Toss salad

Meanwhile, place the **lettuce**, **sugar snap peas**, **cucumber**, **carrots**, **spring onion**, **dressing** and **peanuts** in a large bowl. Toss. Serve the **tuna patties** over the **salad**.

Quick Creamy Truffle Mushroom Gnocchi

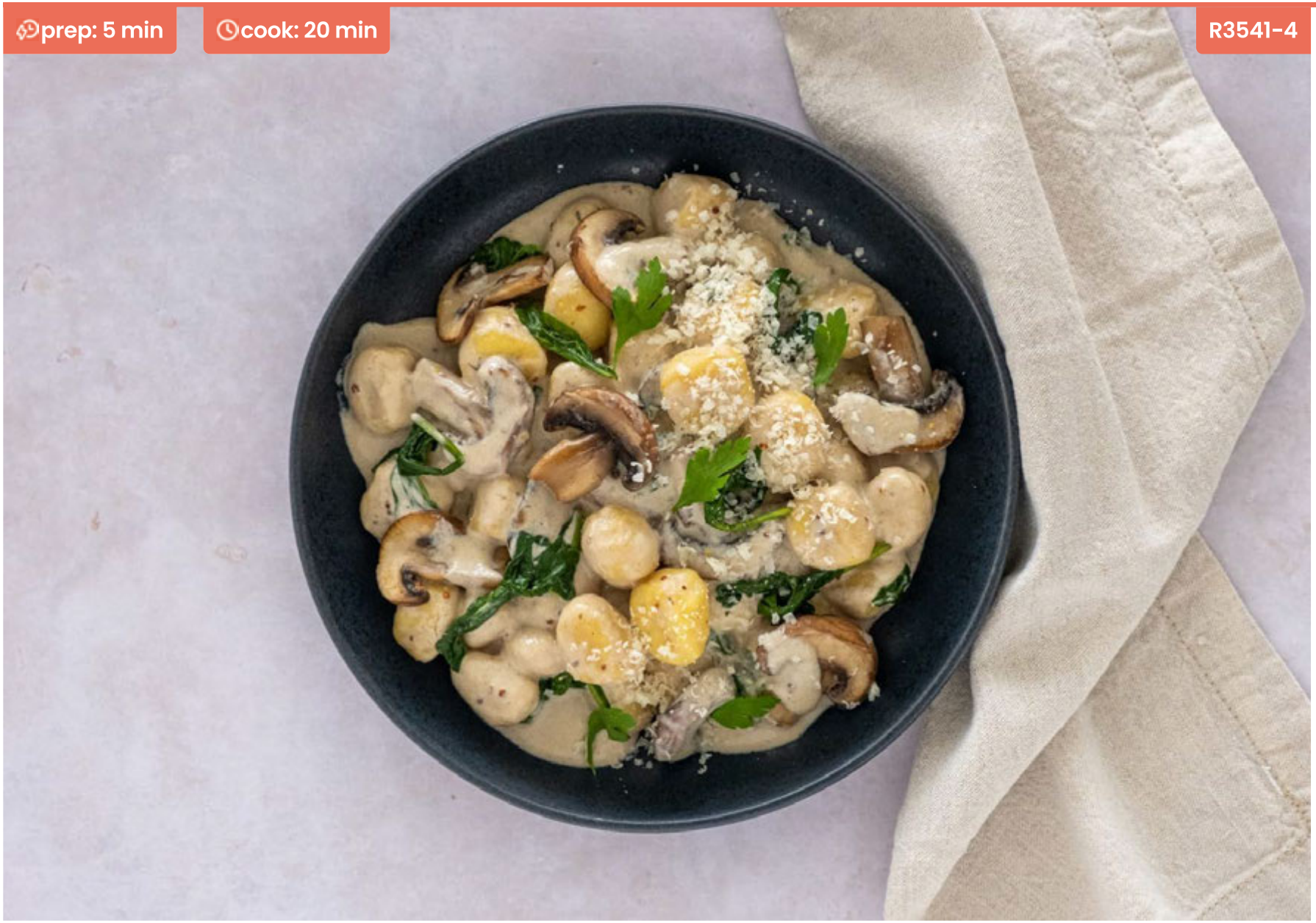
This luxurious gnocchi and mushroom sauce comes together in under 20 mins!

hellochef

808 calories | 24 protein | 92 carbs | 38 fat

Quick Prep | Speedy

prep: 5 min | cook: 20 min | R3541-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3385 / 808
Fats (g)	37.5
of which saturated (g)	20.7
Carbohydrates (g)	92
of which sugars (g)	5.1
Fibers (g)	5.4
Proteins (g)	24
Salt (g)	2.7

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Box grater

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Mushroom sauce	
Chestnut mushrooms	500 Grams
Parmesan 4*	60 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Wholegrain mustard 13*	30 Grams
Garlic onion powder	8 Grams
Cooking cream 4*	400 ML
Mushroom stock cube	1 Piece
Water	400 ML
Gnocchi 4*,5*,9*,10*,11*	1000 Grams
Baby spinach	90 Grams
Truffle oil	30 ML

Allergens: *4 Milk, *13 Mustard, *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten

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1. Prep

- Clean the **mushrooms** with a cloth, knife or brush (don't wash them with water).
- Tear or roughly chop them.
- Grate the **Parmesan**.



2. Fry

- Heat a non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **mushrooms** with a pinch of **salt**.
- Fry for 5 min.



3. Simmer

- Add the **mustard**, **garlic onion powder**, **cooking cream**, 1 **mushroom stock cube**, **measured water** and **gnocchi**.
- Simmer for 3-5 min or until the **gnocchi** is cooked through.



4. Add spinach

- Add the **baby spinach** and **Parmesan** (save some for the garnish).
- Simmer for 1 final min.
- Add a splash of **water** if the sauce looks too thick!.



5. Serve

- Remove the pan from the heat.
- Drizzle the **truffle oil** over the **gnocchi** and toss.
- Serve the **Quick Creamy Truffle Mushroom Gnocchi** immediately .
- Top with the remaining **Parmesan**.

Tip! Pouring the truffle oil over the top at the end helps retain its unique flavour! It can be a strong taste for some, so go easy.

9 oz Beef Fillet with Potato Dauphinoise
and Tenderstem Broccolini

Potato dauphinoise is a French dish made from sliced potatoes which are baked in milk or cream.

hello chef

1160 calories | 84 protein | 51 carbs | 69 fat

Gourmet | Family Friendly

cook: 60 min

R3531-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4832 / 1160
Fats (g)	69.3
of which saturated (g)	40.9
Carbohydrates (g)	51
of which sugars (g)	12.1
Fibers (g)	9.5
Proteins (g)	84.4
Salt (g)	5

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What You'll Need

Oven | Box grater

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steaks	
Fillet steak	1000 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Chicken jus 15*	300 ML
Butter 4*	50 Grams

Dauphinoise	
Cooking cream 4*	400 ML
Whole milk 4*	400 ML
Garlic onion powder	8 Grams
Chicken stock cube 4*,5*,9*,15*	2 Piece
Black pepper	1 Tsp
Parmesan 4*	120 Grams
Potatoes	1200 Grams
Grated cheddar 4*	120 Grams

Tenderstem	
Tenderstem broccoli	300 Grams
Salt	1 Tsp

Allergens: *15 Celery, *4 Milk, *5 Eggs, *9 Soya

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1. Prep

- Preheat the oven to 200°C/180°C fan.
- In a bowl, whisk together the **cream**, **milk**, **garlic onion powder**, **stock cube** and a crack of **black pepper**.
- Grate the **Parmesan**.
- Peel and slice the **potatoes** as thinly as possible.

Tip! To speed things up, use a mandolin to slice the potatoes.



2. Bake dauphinoise

- To a baking dish, add 1/3 of the **potato** slices.
- Sprinkle with 1/3 of the **Parmesan**.
- Pour over 1/3 of the **cream** mixture.
- Continue layering until you run out.
- Press the top layer of the **potatoes** down with the back of a spoon.
- Cover the baking dish with tin foil.
- Bake for 35-40 min or until the **potatoes** are cooked through.



3. Fry steak

- Meanwhile, pat the **steaks** dry with kitchen paper.
- Rub them with **oil** and **salt**.
- Heat a pan over a high heat.
- Once hot, add the **steaks**.
- Fry for 3 min on each side.
- Place on a baking tray with the **broccoli**.
- Finish cooking them in the oven for 8-10 min or until cooked to your liking.
- Transfer them to a plate.
- Leave them to rest for 10 min.
- Reserve the pan.



4. Add cheese

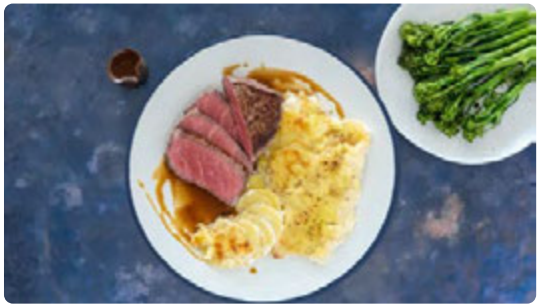
- Once the **potatoes** are cooked through, remove them from the oven.
- Top with the **cheddar cheese**.
- Return to the oven, uncovered, for another 15 min or until the **cheese** is golden brown.

Tip! You can bake the dauphinoise 24 hours in advance. Cover and re-heat in a preheated oven for at least 20 min or until warm.



5. Pan sauce

- Return the empty **steak** pan to a medium heat with the **chicken jus**, **butter** and a generous pinch of **salt**.
- Simmer for 3 min or until the **sauce** begins to thicken.



6. Serve

- Slice the rested **steaks**.
- Serve the **9 oz Beef Fillet** with **Potato Dauphinoise** and **Tenderstem Broccolini**.
- Drizzle with the **pan sauce**.

Vegan Cottage Pie

with Lentils, Peas and Mushrooms

Pull the curtains and light the fire, we're playing winter tonight!

hellofresh

666 calories | 33 protein | 82 carbs | 18 fat

Calorie Smart

cook: 60 min

R2856-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2791 / 666
Fats (g)	18
of which saturated (g)	9.7
Carbohydrates (g)	82
of which sugars (g)	32.9
Fibers (g)	28.1
Proteins (g)	33.3
Salt (g)	2.7

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What You'll Need

Oven

hello@hellochef.com

04-825-44-00

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Mash	
Potatoes	1200 Grams
Fresh chives	30 Grams
Salted vegan butter	80 Grams
Nutritional yeast	8 Grams
Salt	2 Tsp
Black pepper	1 Tsp

Lentils	
Red onion	2 Piece
Carrot	2 Piece
Chestnut mushrooms	500 Grams
Sun dried tomatoes	120 Grams
Fresh thyme	10 Grams
Canned lentils	530 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Water	600 ML
Garlic powder	10 Grams
Vegetable stock cube 15*	2 Piece
Brown sugar	10 Grams
Tomato paste	70 Grams
Green peas	200 Grams

Allergens: *15 Celery

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1. Boil potatoes

- Preheat the oven to 200°C/180°C fan.
- Peel and chop the **potatoes** into bite-sized pieces.
- Add them to a pan of salted boiling water.
- Cook the **potatoes** over a medium heat for 15 min or until soft.
- Once soft, drain the **potatoes** and return them to the pan.



2. Prep

- Meanwhile, peel and finely chop the **onion**.
- Peel and finely chop the **carrots**.
- Clean the **mushrooms** with a cloth, knife or brush (don't wash them with water) and roughly chop them.
- Finely chop the **sun dried tomatoes**.
- Strip the **thyme** leaves and finely chop them.
- Drain and rinse the **lentils**.

Tip! Grate the carrots with a fine blade if you want to hide them.



3. Saute

- Heat a pan over a medium-high heat with a generous drizzle of **oil**.
- Once hot, add the **onion** and **carrot** with a pinch of **salt**.
- Fry for 5 min.
- After 5 min, add the **mushrooms** and **thyme**.
- Cook for 6 min further.



4. Simmer

- Add the **sun dried tomatoes**, **lentils**, **measured water**, **garlic powder**, **stock cube**, **sugar** and **tomato paste**.
- Simmer for 6 min.
- After 6 min, add the **green peas**.
- Remove the pan from the heat.



5. Mash

- Meanwhile, finely chop the **chives**.
- Add the **vegan butter** and **nutritional yeast** to the **potatoes**.
- Mash until smooth.
- Add the **chives** and season with **salt** and **pepper**.



6. Bake

- Pour the **lentils** into a baking dish.
- Top with the mashed **potatoes** and, using a spatula, smooth out the top.
- Bake for 15-20 min.
- Once baked, set the pie aside to rest for 5 min before serving.
- Serve the **Vegan Cottage Pie with Lentils, Peas and Mushrooms**.

Tip! Gently run a fork over the mash to create a crispy top!

Seeded Cod

with Turmeric Chickpea Stew

Crushing the chickpeas in step 5 is key to thickening this creamy, wholesome stew - don't skip it!

718 calories | 54 protein | 54 carbs | 34 fat

Low Carb

cook: 40 min

R2914-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3006 / 718
Fats (g)	34.3
of which saturated (g)	12.7
Carbohydrates (g)	54
of which sugars (g)	5.2
Fibers (g)	12.9
Proteins (g)	53.9
Salt (g)	4

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Cod	
Cod fillet 6*	700 Grams
Almond flakes 1*,2*	60 Grams
Nigella seeds 3*,13*	10 Grams
Sesame seeds 3*	20 Grams
Corn starch	60 Grams
Organic Eggs 5*	2 Pieces
Tamari 9*	30 Grams
Vegetable oil	2 Tbsp

Stew	
Shallots	2 Pieces
Chickpeas	480 Grams
Spinach	200 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Ginger garlic paste	20 Grams
Turmeric powder	4 Grams
Water	350 ML
Coconut milk	400 ML
Sambal oelek	30 Grams
Black pepper	1 Tsp

Allergens: *6 Fish, *1 Peanuts, *2 Tree Nuts, *3 Sesame Seeds, *13 Mustard, *5 Eggs, *9 Soya

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1. 'Seed' cod

Chop the **almond flakes**. In a bowl, combine the chopped **almond flakes** and **Nigella seeds** with the **sesame seeds**. Place the **corn starch** in a second bowl. Whisk the **eggs** and **tamari** in a third bowl. Pat the **cod** dry, slice it into goujons and turn it in the **starch**. Dip it in the beaten **egg** and finally coat it in the **seeds**. Refrigerate.



2. Prep

Peel and finely chop the **shallots**. Drain the **chickpeas**. Wash, trim and roughly chop the **spinach**.



3. Sauté

Heat a large pan over a medium-low heat with a very generous drizzle of **olive oil**. Once hot, add the **shallots** with a pinch of **salt** and cook for 6-7 min until soft. Once soft, add the **garlic ginger paste**, drained **chickpeas** and **turmeric** and cook for 3 min further.



4. Simmer

Add the **measured water**, **coconut milk** and **sambal oelek (spicy!)** to the pan. Stew, covered, for 25 min. Don't rush this step!



5. Finish stew

After 25 min, crush all of the **chickpeas** with a fork or potato masher. This will take a moment, but is necessary to thicken the stew! Add the **spinach** and cook, uncovered, for 5 min further. Finally, season with **pepper**.



6. Fry cod

Meanwhile, heat a large pan with a generous drizzle of **vegetable oil** over a medium heat. Once hot, fry the **cod** for 2-3 min on each side until starting to brown and cooked through. Serve the **cod** over the **chickpea stew**.

Crispy BBQ Chicken Bao Buns

with Potato Wedges and Veggies

-

971 calories | 63 protein | 119 carbs | 28 fat

Family Friendly

cook: 45 min

R4753-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4064 / 971
Fats (g)	28.2
of which saturated (g)	5.6
Carbohydrates (g)	119
of which sugars (g)	36
Fibers (g)	11.9
Proteins (g)	62.5
Salt (g)	2.3

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What You'll Need

Oven

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Corn starch	20 Grams
Dried thyme	2 Grams
Garlic onion powder	4 Grams
Smoked paprika powder	4 Grams
Panko bread crumbs 10*,11*,12*	40 Grams
Barbecue sauce 11*,13*	80 Grams
Vegetable oil	4 Tbsp
Bao buns 10*,11*	8 Piece

Potatoes	
Potatoes	500 Grams
Salt	0.5 Tsp

Mayo	
Mayonnaise 5*,9*,13*	100 Grams
Honey	30 Grams
Dijon mustard 13*	24 Grams

Veggies	
Carrot	1 Piece
Cucumber	1 Piece

Allergens: *10 Wheat, *11 Gluten, *12 Lupin, *13 Mustard, *5 Eggs, *9 Soya

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1. Bake chicken

Slice the **chicken** into long strips. In a large bowl, mix the **mayonnaise**, flour, a pinch of **salt** and pepper. Add the **chicken**, and stir to coat. On a large plate, mix the **panko bread crumbs** with the remaining flour and black and white sesame seeds, and a pinch of **salt** and pepper. One by one, press each **chicken strip** into the seasoned **bread crumbs**. Add the **chicken** to a lined baking tray, drizzle with a touch of **vegetable oil** and bake for 18-20 min or until golden and crispy.



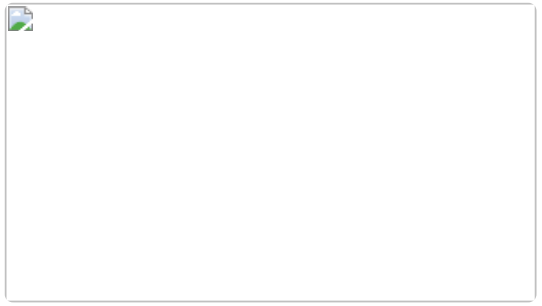
2. Prep Veggies

-



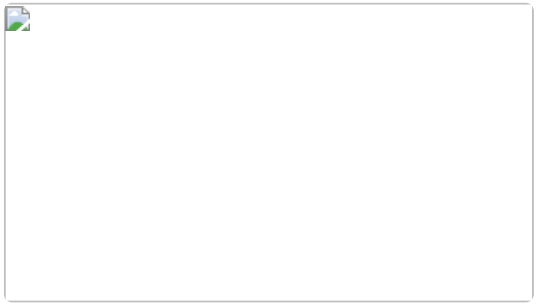
3. Make glaze

In a **sauce** pan, add the ginger **garlic** paste, gochujang, **honey**, and soy **sauce**. Bring to a simmer and cook for 2 min until thickened.



4. Toss chicken

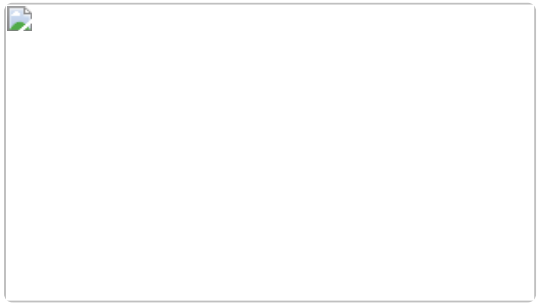
Once the glaze has thickened, pour over the baked **chicken** and toss to combine and coat in the sticky glaze. Set aside.



5. Steam bao buns

Boil water in a saucepan with a lid. Add parchment paper into a strainer over and place over the saucepan. Add the boa **buns**, cover with a lid (or plate), and gently steam for 3-5 minutes until soft and fluffy.

> **Tip!** Alternatively, use a bamboo or other steamer to steam the bao buns.



6. Serve

Re-Costed: Classic Vegetarian Lasagna

with Lollo Side Salad

Worth the wait!

hellofresh

918 calories | 53 protein | 94 carbs | 36 fat

Family Friendly | Weekly classic

cook: 60 min

R4332-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3843 / 918
Fats (g)	35.6
of which saturated (g)	18.1
Carbohydrates (g)	94
of which sugars (g)	22.2
Fibers (g)	16.8
Proteins (g)	52.9
Salt (g)	3.9

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Lentil bolognese	
Canned lentils	530 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Carrot	2 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Dried oregano	4 Grams
Tomato paste	140 Grams
Tomato passata	400 Grams
White sugar	10 Grams
Soy sauce 9*,10*,11*	20 ML
Vegetable stock cube 15*	1 Piece
Water	400 ML
Black pepper	1 Tsp

Bechamel	
Butter 4*	40 Grams
Plain flour 10*,11*	40 Grams
Whole milk 4*	400 ML
Grated Parmesan 4*,5*	120 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Lasagna sheets 5*,9*,10*,11*	12 Piece
Grated cheddar 4*	120 Grams

Salad	
Crispy green lettuce mix	200 Grams
Balsamic vinegar 14*	30 ML
Olive oil	4 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *15 Celery, *4 Milk, *5 Eggs, *14 Sulphur Dioxide

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1. Prep

Preheat the oven to 200°C/ 180°C fan. Peel and finely chop the **red onion**. Peel and mince the **garlic**. Peel and grate the **carrot**. Drain and rinse the **lentils**.



2. Fry

Heat a large pan over a medium-high heat with a drizzle of **olive oil**. Once hot, add the **onion**, **garlic** and **carrot** with a pinch of **salt** and fry for 5 min until soft.

Tip! Adding salt to the onion, garlic and carrot helps to draw out water, allowing them to cook and soften faster.



3. Simmer

Add the **lentils**, **dried oregano**, **tomato paste**, **tomato passata**, honey, Worcestershire **sauce**, 1 **vegetable stock cube** and **measured water**. Simmer over a medium heat for 7-8 min or until thickened. Remove from the heat and season with **pepper** to taste.



4. Make bechamel

Meanwhile, melt the **butter** in a saucepan over a medium heat. Add the **flour** and stir until a sandy paste has formed. Gradually add the **milk** and whisk for 3-4 min until thickened. Add the **grated Parmesan** and season with **salt** and **pepper** to taste.



5. Bake

Pour half of the **lentil sauce** over the bottom of an oven-proof dish. Top with half of the **lasagna sheets**. Repeat. Cover with the **béchamel**, top with the **grated cheddar** and bake for 25-30 min or until the **pasta** is cooked.

Tip! You may need to layer the sauce and lasagna sheets differently depending on the size of your dish.



6. Serve

Meanwhile, wash the lollo **mix**. In a large bowl, whisk together the **balsamic vinegar** and **olive oil**. Season with **salt** and **pepper** to taste - this is your **dressing**. Serve the **lentil lasagna** with the lollo salad to the side with the **dressing** drizzled over the top.

Cheesy Bean Enchiladas
with Guacamole

Enjoy this indulgent, Mexican-style vegetarian supper.

hello chef

1035 calories | 40 protein | 127 carbs | 48 fat

Family Friendly

cook: 45 min

R2152-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4339 / 1035
Fats (g)	48.3
of which saturated (g)	18.2
Carbohydrates (g)	127
of which sugars (g)	20.3
Fibers (g)	36.2
Proteins (g)	40.2
Salt (g)	2.5

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Filling	
Red pepper	2 Piece
Yellow pepper	2 Piece
Red onion	2 Piece
Garlic cloves	2 Piece
Red kidney beans	480 Grams
Olive oil	4 Tbsp
Smoked paprika powder	4 Grams
Coriander cumin powder	8 Grams
Peeled plum tomatoes	800 Grams
Sour cream **4***	120 Grams
Salt	1 Tsp
Black pepper	1 Tsp

To serve	
Wholewheat tortilla wraps **10*,11***	8 Piece
Grated cheddar **4***	120 Grams

Guacamole	
Avocado	2 Piece
Lime	2 Piece
Fresh coriander	15 Grams
Salt	0.5 Tsp

Allergens: *4 Milk, *10 Wheat, *11 Gluten

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1. Prep

- Preheat the oven to 200°C/180°C fan.
- Slice the **peppers**.
- Peel and mince the **onion** and **garlic**.
- Rinse and drain the **kidney beans**.



2. Fry vegetables

- Heat a drizzle of **oil** in a pan over a medium-high heat.
- Fry the **onion** and **peppers** for 5 min.
- Add the **garlic**, **smoked paprika** and **coriander cumin powder**.
- Fry for 2 min.



3. Simmer

- Add the drained **beans** and **peeled plum tomatoes** (breaking them up with a spatula).
- Bring to boil and simmer, uncovered, for 5 min.
- Finally, fold in the **sour cream**.
- Season generously with **salt** and **pepper**.



4. Bake

- Divide the filling over the **tortilla wraps** and roll them tightly (reserve 1/4 of the filling to spoon over top).
- Place the **tortilla** rolls in a baking dish, seam-side down.
- Spoon the remaining filling over the top, followed by the **grated cheddar**.
- Bake for 15 min.



5. Make guacamole

- Meanwhile, slice the **avocado** in half and remove its stone.
- Scoop the **avocado** out of its skin using a spoon, then mash it with a fork.
- Cut the **lime** into wedges.
- Squeeze 2 Tbsp of the **lime** juice into the bowl.
- Chop the **coriander** and mix it in.
- Season with a pinch of **salt**.



6. Serve

- Serve the **Cheesy Bean Enchiladas** with a side of **Guacamole** .

Crispy Fish Fingers

with Roasted Potatoes and Carrots

Skip the freezer section and make better fish fingers at home!

hello chef

744 calories | 59 protein | 64 carbs | 21 fat

Family Friendly

cook: 45 min

R2667-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3105 / 744
Fats (g)	20.6
of which saturated (g)	9.4
Carbohydrates (g)	64
of which sugars (g)	5.8
Fibers (g)	8.9
Proteins (g)	58.5
Salt (g)	1.9

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fish fingers	
Cod fillet 6*	700 Grams
Plain flour 10*,11*	50 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Organic Eggs 5*	2 Pieces
Panko bread crumbs 10*,11*,12*	120 Grams
Grana padano 4*,5*	120 Grams
Vegetable oil	8 Tbsp

Potatoes and carrots	
Potatoes	1200 Grams
Carrot	4 Pieces
Vegetable oil	4 Tbsp
Salt	2 Tsp
Sesame seeds 3*	20 Grams

To serve	
Ketchup	78 Grams
Mayonnaise 5*,9*,13*	60 Grams

Allergens: *6 Fish, *10 Wheat, *11 Gluten, *5 Eggs, *12 Lupin, *4 Milk, *3 Sesame Seeds, *9 Soya, *13 Mustard

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1. Roast

Preheat the oven to 200°C/180°C fan. Slice the **potatoes** (skins on) into chips. Peel the **carrots** and chop them to thin sticks. Add the **carrots** and **potatoes** to a baking tray with a generous drizzle of **vegetable oil** and a generous pinch of **salt**. Toss until coated. Roast in the oven for 35 min or until browned.



2. Prep fish fingers

Meanwhile, slice the **cod** into goujons. Add the all-purpose **flour** to a plate and season with **salt** and **pepper**. Crack the **eggs** onto a second plate and whisk. Combine the **panko bread crumbs** with a handful of the **Grana Padano** (see step 5) on a third plate.



3. Bread fish

Roll the **cod** goujons in the seasoned **flour**, then dip them in the **eggs** and finally coat them with the **panko** and **Grana Padano** mix. Refrigerate until you're ready to start frying.



4. Fry fish fingers

Heat a pan over a medium-high heat with a generous drizzle of **vegetable oil**. Once hot, add the breaded **cod** goujons (in batches) and reduce the heat to medium low. Fry the goujons for 2 min on each side or until golden and cooked through. Try not to move them around too much.



5. Finish roast

Sprinkle the roasted **potatoes** and **carrots** with the **sesame seeds**. If you like, sprinkle them also with some of the remaining **Grana Padano**. Return the tray to the oven for a final 2 min.



6. Serve

Divide the **fish fingers** and the roasted **potatoes** and **carrots** among plates. Serve with **ketchup** and **mayonnaise**.

Beyond Meat Cheeseburger

with Caramelised Onions, Garlic Aioli and Potato Wedges

You won't miss meat at all with these delicious burger patties which are entirely plant based!

988 calories | 43 protein | 92 carbs | 54 fat

cook: 40 min

R3611-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4125 / 988
Fats (g)	53.5
of which saturated (g)	14.9
Carbohydrates (g)	92
of which sugars (g)	16.7
Fibers (g)	13.8
Proteins (g)	42.6
Salt (g)	2.6

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Burger	
Beyond Meat patty	4 Piece
Vegetable oil	2 Tbsp
Grated cheddar 4*	120 Grams
Burger bun 3*,4*,10*,11*	4 Piece
Baby gem lettuce	2 Piece

Garlic aioli	
Garlic cloves	2 Piece
Mayonnaise 5*,9*,13*	100 Grams
Lemon	1 Piece
Salt	1 Tsp

Caramelised onions	
Brown onion	2 Piece
Vegetable oil	2 Tbsp
Balsamic vinegar 14*	30 ML
Brown sugar	20 Grams
Salt	1 Tsp

Wedges	
Potatoes	1200 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Allergens: *4 Milk, *3 Sesame Seeds, *10 Wheat, *11 Gluten, *5 Eggs, *9 Soya, *13 Mustard, *14 Sulphur Dioxide

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1. Bake wedges

- Preheat the oven to 200°C/180°C fan.
- Slice the **potatoes** (skins on) into **wedges**.
- Add the **wedges** to a large baking tray with a drizzle of **vegetable oil** and a sprinkle of **salt**.
- Toss the **wedges** in the **oil** until they are fully coated.
- Roast for 30 min or until golden and crisp.



2. Caramelise onions

- Peel and finely slice the **onions**.
- Heat a pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onions**, **balsamic**, **brown sugar** and a pinch of **salt**.
- Reduce the heat to medium-low.
- Fry for 15 min, stirring occasionally, until caramelised.

Tip! Don't rush this step! Cook them low and slow until ready to serve.



3. Make aioli

- Meanwhile, peel and mince the **garlic**.
- In a small bowl, combine the **mayonnaise** and **garlic** with a squeeze of **lemon** and a pinch of **salt**.
- Keep this **aioli** aside.



4. Fry

- Heat a pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **beyond meat patties**.
- Fry for 3 min on each side or until browned and cooked through.
- Once browned, top with the **grated cheddar** and cover with a lid.
- Cook for 1 min further or until the **cheese** has melted.

Tip! Start this step after the wedges have been baking for 25 min, so your burgers are nice and hot to serve.



5. Warm buns

- Once the **wedges** have baked for 30 min, add the **burger buns** to the tray.
- Bake for 5 min further until the **buns** are warmed through.
- Meanwhile, separate the **gem lettuce** leaves.



6. Serve

- Load the warmed **burger buns** with the **aioli**, **lettuce** leaves, **burger patties** and **caramelised onions**.
- Serve the **Beyond Meat Cheeseburger** with **Caramelised Onions, Garlic Aioli** and **Potato Wedges**.
- Any extra **lettuce** can be served alongside.

Greek Salmon with Roasted Vegetables
and Lemon Feta

Keep it fresh and simple - Greek style!

hellochef

681 calories | 44 protein | 42 carbs | 41 fat

Low Carb

cook: 40 min

R3074-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2849 / 681
Fats (g)	40.8
of which saturated (g)	12
Carbohydrates (g)	42
of which sugars (g)	18.3
Fibers (g)	12
Proteins (g)	44
Salt (g)	3.2

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salmon	
Skin-on salmon fillet 6*	700 Grams
Garlic cloves	2 Piece
Balsamic vinegar 14*	30 ML
Olive oil	4 Tbsp
Smoked paprika powder	4 Grams
Dried oregano	4 Grams
Chilli flakes	4 Grams
Salt	1 Tsp
Black pepper	0.5 Tsp

Vegetables	
Lemon	1 Piece
Red pepper	2 Piece
Small zucchini	4 Piece
Carrot	4 Piece
Red onion	2 Piece
Olive oil	4 Tbsp
Salt	2 Tsp
Black pepper	0.5 Tsp
Kalamata olives	80 Grams
Fresh basil	15 Grams

Whipped feta	
Feta cheese 4*	100 Grams
Sour cream 4*	120 Grams

Allergens: *6 Fish, *14 Sulphur Dioxide, *4 Milk

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1. Marinate salmon

- Preheat the oven to 220°C/200°C fan.
- Portion the **salmon** and place on a plate, skin side down.
- Peel and mince the **garlic**.
- In a small bowl, combine the **garlic**, **balsamic vinegar**, **olive oil**, **smoked paprika**, **oregano**, **chilli flakes** (spicy!) and a pinch of **salt** and **pepper**.
- Spoon the mix onto the **salmon**.
- Set aside.



2. Roast vegetables

- Halve the **lemon**.
- Roughly chop the **peppers** and **zucchini**.
- Peel the **carrots** and cut them into coins.
- Peel the **onion** and slice it into wedges.
- Add the **lemon** halves (cut side up) onto an oven tray along with the **peppers**, **zucchini**, **carrot** and **onion**.
- Drizzle with **olive oil** and season with **salt** and **pepper**.
- Roast for 25 min (see pro tip!).

Tip! Make it a sheet pan dish, and add the salmon onto the tray with the vegetables for the final 10-15 min of the roasting time.



3. Prep feta

- Meanwhile, crumble the **feta** into a bowl.
- Add the **sour cream**.
- Whisk until smooth.
- Set aside.



4. Add olives

- Add the **kalamata olives** to the **vegetables**.
- Roast for a final 5 min or until the **vegetables** are nicely browned.



5. Fry salmon

- Heat a pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the marinated **salmon**, skin side down, to the pan.
- Fry for 5-6 min until the skin is slightly charred.
- Flip and fry for a final 2 min or until cooked through but juicy.



6. Serve

- Using a sieve, squeeze some **lemon** juice from the roasted **lemon** into the **whipped feta**.
- Stir to combine.
- Serve the **Greek Salmon** and **Roasted Vegetables** with **Lemon Feta**.
- Garnish with the **fresh basil** leaves.

Winter Harvest Freekeh Salad

with Feta and Orange Vinaigrette

-

879 calories | 23 protein | 154 carbs | 24 fat

cook: 30 min

R4250-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3680 / 879
Fats (g)	23.7
of which saturated (g)	4.1
Carbohydrates (g)	154
of which sugars (g)	78.6
Fibers (g)	19.8
Proteins (g)	23
Salt (g)	3.7

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salad	
Kale	200 Grams
Sweet potatoes	700 Grams
Cooked beetroot	400 Grams
Feta cheese 4*	100 Grams
Fresh thyme	10 Grams
Freekeh 10*,11*	300 Grams
Pecan nuts 2*	80 Grams
Pomegranate	1 Piece

dressing	
Balsamic vinegar glaze 14*	40 ML
Wholegrain mustard 13*	30 Grams
Red onion	1 Piece
Orange	1 Piece

Allergens: *4 Milk, *10 Wheat, *11 Gluten, *2 Tree Nuts, *14 Sulphur Dioxide, *13 Mustard

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1. prep

preheat oven 180/200. strip **thyme** leaves. deseed the dates. slice brussells sprouts. peel and chop carrots. in a bowl, combine the **feta** with the **thyme**. stuff the dates with the **feta**. roll each date with the beef bacon. set the rest aside if any.



2. bake

place dates on baking tray on one side. place brussells sprouts on the other side with carrots, facing down. Bake the stuffed dates for 15 min until the beef bacon is crispy.



3. cook quinoa

lookup quinoa conventions. 15 min. drain.



4. Kale

strip the **kale**. In a large bowl, add the **kale** with a good squeeze of lemon juice and olive oil and salt. massage the **kale** with clean hands until it softens.

Tip! A tip about massaging kale. show pic of hands in kale massaging.



5. make dressing

in a blender, combine olive oil, shallots, **balsamic vinegar**, and **mustard**.



6. Serve

-

Cheesy Bean and Mushroom Chilli
with Rice

Packed with flavour and nutrients!

hello chef

834 calories | 45 protein | 120 carbs | 25 fat

Family Friendly

cook: 35 min

R3655-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3488 / 834
Fats (g)	25
of which saturated (g)	13.6
Carbohydrates (g)	120
of which sugars (g)	18.4
Fibers (g)	15
Proteins (g)	44.9
Salt (g)	2.5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chilli	
Red kidney beans	480 Grams
Mushroom	500 Grams
Red onion	2 Piece
Garlic cloves	6 Piece
Vegetable oil	4 Tbsp
Salt	1 Tsp
Cumin powder	4 Grams
Chipotle powder	4 Grams
Smoked paprika powder	4 Grams
Brown sugar	20 Grams
Sriracha sauce	28 Grams
Tomato paste	70 Grams
Tomato passata	500 Grams
Water	300 ML
Vegetable stock cube 15*	2 Piece
Black pepper	1 Tsp
Grated cheddar 4*	120 Grams
Grated mozzarella 4*	120 Grams
Large red chilli	2 Piece

Rice	
Jasmine rice	300 Grams
Water	600 ML
Salt	1 Tsp

To serve	
Sour cream 4*	120 Grams

Allergens: *15 Celery, *4 Milk

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1. Prep

- Drain and rinse the **red kidney beans**.
- Clean the **mushrooms** with a cloth, knife or brush (don't wash them with water).
- Roughly chop the **mushrooms**.
- Peel and finely chop the **onion** and **garlic**.



2. Start chilli

- Heat a pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **mushrooms** with a pinch of **salt**.
- Fry for 5 min, until any excess liquid has evaporated.
- Add the **onion**.
- Fry for 3 min further.



3. Simmer

- Add the **garlic**, **cumin**, **chipotle (spicy!)**, **smoked paprika**, **sugar**, **sriracha (spicy!)** and **tomato paste**.
- Stir for 1-2 min.
- Add the **kidney beans**, **tomato passata**, **measured water**, **stock cube** and **pepper** to taste.
- Cover and reduce the heat to low.
- Simmer for 15 min.

Tip! Sensitive to spice? Go easy on the chipotle and sriracha.



4. Boil rice

- Meanwhile, rinse the **rice**.
- Add the **rice**, **measured water** and a pinch of **salt** to a pot with a lid.
- Bring to a boil.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from heat.
- Keep covered until serving.



5. Add cheese

- Check the seasoning of the **chilli**, and season with **salt** and **pepper** to taste, if needed.
- Top with the **grated cheddar** and **mozzarella cheese**.
- Cook over a low heat for a final 5 min until the **cheese** has melted.



6. Serve

- Meanwhile slice the **red chilli** thinly.
- Serve the **Cheesy Bean and Mushroom Chilli** with **Rice**.
- Garnish with the fresh **red chilli slices (spicy!)**.
- Serve with a dollop of **sour cream**.

Speedy: One Pot Beef Bacon Fettuccini with Summer Vegetables

–

cherry tomatoes, zucchinni, corn

928 calories 52 protein 102 carbs 35 fat

Speedy

cook: 25 min

R4796-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3884 / 928
Fats (g)	34.5
of which saturated (g)	14.5
Carbohydrates (g)	102
of which sugars (g)	13.4
Fibers (g)	8.2
Proteins (g)	51.8
Salt (g)	5.6

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef bacon	160 Grams
Fettuccine **5*,9*,10*,11***	375 Grams
Cherry tomatoes	300 Grams
Sweet corn kernels	122 Grams
Small zucchini	4 Piece
Parmesan **4***	60 Grams
Shallots	1 Piece
Garlic cloves	2 Piece
Fresh basil	15 Grams
Chilli flakes	2 Grams
Lemon pepper seasoning **13*,15***	4 Grams

Allergens: *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten, *4 Milk, *13 Mustard, *15 Celery

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1. Boil pasta

- Boil **fettuccine** pasta in a large pot of salted water and drain. Reserve pasta water.



2. Prep

- Slice **beef bacon**. Slice **cherry tomatoes** in half. Finely chop **zucchini**. Drain the **corn**. Finely chop the **shallots**. Finely chop the **garlic cloves**.



3. Fry

- Heat a large pan over medium heat. Add the **shallots** and **garlic**. Cook for a few min. Add the **beef bacon** and vegetables. Cook until softened.



4. Prep

- Meanwhile, grate the **parmesan** cheese. Pick the **basil**.



5. Add

- Add the cooked **fettuccine** to the pan. Stir in the pasta water. Stir in the **parmesan** and **basil**.



6. Serve

- Serve.

Prep Ahead Spinach, Feta and Sun-dried Tomato Frittatas

with Sour Cream Dressing

The ideal on-the-go breakfast snack that is packed with protein! Frittatas are egg-based dishes that are similar to omelettes and crustless quiches and are filled with additional ingredients.

305 calories | 17 protein | 12 carbs | 22 fat

cook: 30 min

R4425-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1270 / 305
Fats (g)	22.3
of which saturated (g)	6.3
Carbohydrates (g)	12
of which sugars (g)	6.8
Fibers (g)	2.8
Proteins (g)	16.8
Salt (g)	1.7

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What You'll Need

Oven | Whisk

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Frittatas	
Organic Eggs **5***	6 Piece
Red onion	1 Piece
Fresh chives	15 Grams
Whipping cream **4***	100 ML
Salt	0.5 Tsp
Black pepper	0.5 Tsp

Fillings	
Sun dried tomatoes	30 Grams
Baby spinach	40 Grams
Feta cheese **4***	50 Grams

To serve	
Lemon	1 Piece
Sour cream **4***	60 Grams
Salt	0.25 Tsp
Black pepper	0.25 Tsp

Allergens: *5 Eggs, *4 Milk

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1. Prep

- Preheat the oven to 200°C/180°C fan.
- Bring a kettle of water to the boil.
- Peel and finely chop the **red onion**.
- Finely chop the **chives**.
- Roughly chop the **sun dried tomatoes**.
- Add the **spinach** to a large sieve or colander and pour over the boiled water until wilted.
- Run cold water over the **spinach** and then squeeze out any excess liquid.

> **Tip!** Make sure the spinach has cooled before squeezing out the excess liquid.



2. Make egg mix

- In a large bowl, whisk together the **red onion**, **chives**, **eggs** and **cream** with a pinch of **salt** and **pepper** to taste.
- Whisk for 1-2 minutes to incorporate air.

> **Tip!** Incorporating air in the eggs helps the frittatas to be light and fluffier in texture.



3. Fill

- Lightly oil muffin trays or oven-proof dishes.
- Divide the **sun dried tomatoes**, **baby spinach** and **feta**.
- Evenly pour over or spoon the **egg mixture**.

> **Tip!** Strapped for time? Add the fillings and egg mixture into one large oven-proof dish and bake as a large single frittata.



4. Bake

- Bake in the oven for 15-20 min or until cooked through and golden brown.
- The centre should not be wobbly, and a toothpick or skewer inserted into the centre should come out clean.
- Once cooked, remove from the oven and leave to cool down for 5 min.

> **Tip!** If using one large baking dish, bake for an extra 10-15 min or until fully cooked.



5. Making dressing

- Meanwhile, slice the **lemon** into wedges.
- In a small bowl, combine the **sour cream**, and a squeeze of **lemon** juice with a pinch of **salt** and **pepper** to taste.

> **Tip!** These are perfect for an on-the-go breakfast snack. Hot, warm or cold.



6. Serve

- Serve the **Spinach, Feta and Sun Dried Tomato Frittatas** with the **Sour Cream Dressing** or with your favourite dip/sauce.

> **Tip!** Store in an airtight container, in the fridge and consume within 2 days. To reheat, microwave for 30 sec to 1 min or until warm.

Two Bean Chilli with Eggs, Cheese and Brown Rice

Comforting vegetarian dinner at its best!

hello chef

1090 calories | 48 protein | 130 carbs | 47 fat

Family Friendly

cook: 30 min

R2592-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4546 / 1090
Fats (g)	46.6
of which saturated (g)	32.2
Carbohydrates (g)	130
of which sugars (g)	16.9
Fibers (g)	16.8
Proteins (g)	48
Salt (g)	2.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chilli	
Black beans	480 Grams
Red kidney beans	480 Grams
Red onion	2 Pieces
Garlic cloves	5 Pieces
Olive oil	4 Tbsp
Salt	1 Tsp
Tomato paste	70 Grams
Brown sugar	20 Grams
Chipotle powder	4 Grams
Smoked paprika powder	4 Grams
Water	400 ML
Vegetable stock cube 15*	1 Pieces
Cooking cream 4*	200 ML

Toppings	
Organic Eggs 5*	4 Pieces
Grated cheddar 4*	120 Grams

Rice	
Brown rice	300 Grams

To serve	
Large red chilli	2 Pieces
Fresh chives	30 Grams
Sour cream 4*	120 Grams

Allergens: *15 Celery, *4 Milk, *5 Eggs

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1. Prep ingredients

Rinse and drain the **black beans** and **red kidney beans** in a colander. Set aside. Peel and chop the **onion** and mince the **garlic**.



2. Prep chilli base

Heat a drizzle of **oil** in a pan over a medium heat. Fry the **onion** with a pinch of **salt** for 5 min. Add the **garlic** and stir for 1 min. Add the **tomato paste**, **brown sugar**, **chipotle powder** and **smoked paprika powder**. Cook for 2 min.



3. Stew chilli

Add the drained **beans**, measured **water**, crumbled **stock cube** and **cooking cream**. Reduce the heat to low and simmer for 10 min, stirring occasionally. Add another splash of **water** if needed.



4. Boil rice

Meanwhile, bring a pan of salted **water** to a boil over a medium-high heat. Once boiling, add the **brown rice** and cook for 15-20 min or until tender. Drain once tender and set aside, covered, to keep warm.



5. Add eggs and cheese

Using the back of a spoon, make grooves in the **chilli** and crack the **eggs** into them. Sprinkle the **chilli** with the **grated cheddar** cheese. Cook over a low heat for 8-10 more min until the **eggs** are set and the **cheddar** cheese has melted.



6. Serve

Meanwhile, finely slice the **red chilli** and **chives**. Serve the bean **chilli** over the cooked **brown rice** and top with the **sour cream**, **red chilli** and **chives**.

Shawarma Spiced Pulled Beef Flatbreads

with Pickled Sumac Onions and Garlic Mint Yogurt

Craving a quick meal? These wraps are filling, packed with familiar shawarma flavours, but at a fraction of the calories.

hello chef

596 calories | 40 protein | 75 carbs | 17 fat

Calorie Smart | Speedy

cook: 25 min

R3996-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1696 / 596
Fats (g)	16.9
of which saturated (g)	6.2
Carbohydrates (g)	75
of which sugars (g)	20.6
Fibers (g)	10.8
Proteins (g)	39.6
Salt (g)	1.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Shawarma	
Pulled beef	400 Grams
Brown onion	2 Piece
Olive oil	1 Tbsp
Salt	1 Tsp
Allspice powder	4 Grams
Cinnamon powder	4 Grams
Paprika powder	4 Grams
Coriander cumin powder	8 Grams

Pickled sumac onions	
Lemon	2 Piece
Red onion	2 Piece
Fresh parsley	15 Grams
Sumac	4 Grams
Olive oil	1 Tbsp
Red vinegar	30 ML
Salt	1 Tsp

Mint yogurt sauce	
Garlic cloves	2 Piece
Fresh mint	10 Grams
Natural yogurt 4*	340 Grams
Salt	1 Tsp

Serve	
Gherkins	80 Grams
Tomatoes	2 Piece
Cucumber	2 Piece
Arabic flatbread packet 10*,11*	2 Piece

Allergens: *4 Milk, *10 Wheat, *11 Gluten

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1. Prep

- Slice the **lemon** into wedges.
- Peel and finely slice the **red onions**.
- Peel and finely slice the **brown onion**.
- Peel and finely chop the **garlic**.
- Pick and finely chop the **parsley**.



2. Pickle onion

- In a bowl, combine the **red onion**, **sumac**, **parsley**, **olive oil**, **red vinegar**, a squeeze of **lemon** juice, and a pinch of **salt**.
- Mix and set aside to marinate.

Tip! The longer the onions marinate, the tastier!



3. Fry beef

- Meanwhile, heat a large pan over a medium-high heat with a drizzle of **olive oil**.
- Once hot, add the sliced **brown onion** with a pinch of **salt**.
- Fry for 5-7 min until softened.
- Add the **pulled beef**, **allspice**, **cinnamon**, **paprika**, and **coriander cumin powder**.
- Fry for 3-5 min further or until cooked through.
- Lower the heat and cover.
- Keep warm until ready to serve.

Tip! For a softer pulled beef texture, add a splash of water to the pan while frying.



4. Make yogurt dressing

- Meanwhile, pick and finely chop the **mint** leaves.
- In a small bowl, add the **yogurt**, **garlic**, **mint**, and a squeeze of **lemon** juice.
- Season with a pinch of **salt**.
- Mix and set aside.

Tip! Not a fan of raw garlic? Leave it out or use only a small amount.



5. Prep sides

- Slice the **gherkins** in half.
- Slice the **tomatoes** into wedges.
- Slice the **cucumbers** into rounds.
- Microwave the **Arabic flatbread** for 30 sec until hot.

Tip! Alternatively, you may warm the bread in the oven.



6. Serve

- Spread some **garlic mint yogurt** on top of each **Arabic flatbread**.
- Add the **pulled beef**, and top with the pickled **sumac onions**, **gherkins**, and a squeeze of **lemon** to finish.
- Serve the **Shawarma Spiced Pulled Beef Flatbreads** with **Pickled Sumac Onions** and **Garlic Mint Yogurt** with the **tomatoes** and **cucumbers** alongside.

Smoked Salmon Risotto

with Sugar Snap Peas

Few Italians will tolerate fish and cheese in the same dish. Nonetheless, we're risking it - because risotto just isn't the same without Parmesan!

hellochef

815 calories | 46 protein | 99 carbs | 33 fat

Family Friendly

cook: 30 min

R2585-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3395 / 815
Fats (g)	32.6
of which saturated (g)	14.2
Carbohydrates (g)	99
of which sugars (g)	11.2
Fibers (g)	7.4
Proteins (g)	45.6
Salt (g)	0.9

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salmon risotto	
Smoked Salmon Slices 6*	400 Grams
Water	1400 ML
Vegetable stock cube 15*	2 Piece
White onion	2 Piece
Garlic cloves	4 Piece
Lemon	2 Piece
Grated Parmesan 4*,5*	90 Grams
Sugar snap peas	300 Grams
Fresh dill	15 Grams
Fresh parsley	15 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Arborio rice	320 Grams
Butter 4*	100 Grams
Black pepper	1 Tsp
Olive oil	4 Tbsp

Allergens: *6 Fish, *15 Celery, *4 Milk, *5 Eggs

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1. Prep

Boil the **measured water** and dissolve the **vegetable stock cube** in it. This is your **vegetable stock**. Peel and finely chop the **onion**. Peel and mince the **garlic**.



2. Fry

Heat a large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **onion** with a pinch of **salt** and fry for 5-6 min until softened. Add the **Arborio rice** and **garlic** and fry for 1 min further, stirring to coat the grains in the **oil**.



3. Cook risotto

Reduce the heat to medium. Add 1/3 of the **stock** and stir continuously until it has absorbed. Continue to add the **stock**, a little at a time for 20 min or until all the **stock** is absorbed and the **rice** is cooked 'al dente'.

Tip! The amount of stock you will require, depends on the size of your pan and the heat over which you simmer the risotto. Make sure to adjust the amount accordingly.



4. Prep

Meanwhile, slice the **lemon** into wedges. Trim and slice the **sugar snap peas** in half, lengthways. Pick and finely chop the **dill** and **parsley** leaves. Tear the **smoked salmon** into bite-sized pieces.



5. Finish risotto

Add the **sugar snap peas** to the **risotto** and cook for 2 min further. Remove the pan from the heat and add the **butter**, **smoked salmon**, a generous squeeze of **lemon juice** to taste (reserve some for garnish), half of the **dill** and **parsley** (reserve the rest for garnish) and the **grated Parmesan**. Season generously with **pepper**.



6. Serve

Divide the **smoked salmon risotto** among bowls. Drizzle with **olive oil** and garnish with the remaining **dill** and **parsley**. Serve with the remaining **lemon wedges** alongside.

Harissa Halloumi and Peach Salad

With Crispy Arabic Bread

A spicy, sweet and sour salad packed with colours and freshness.

hellofresh

753 calories | 32 protein | 86 carbs | 27 fat

Speedy

cook: 25 min

R4348-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2343 / 753
Fats (g)	26.5
of which saturated (g)	23.1
Carbohydrates (g)	86
of which sugars (g)	29.5
Fibers (g)	11.3
Proteins (g)	31.8
Salt (g)	36.1

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Halloumi	
Halloumi 4*	400 Grams
Harissa paste	40 Grams
Tomato paste	50 Grams
Honey	30 Grams
Olive oil	1 Tbsp

Salad	
Lemon	1 Piece
Peach	4 Piece
Spring onion	80 Grams
Fresh mint	20 Grams
Romaine lettuce	400 Grams
Sumac	8 Grams
Pomegranate molasses	40 Grams
Salt	0.25 Tsp
Black pepper	0.5 Tsp
Olive oil	2 Tbsp
White sugar	5 Grams

Crispy bread	
Arabic flatbread packet 10*,11*	1 Piece
Vegetable oil	1 Tbsp
Salt	0.5 Tsp

Allergens: *4 Milk, *10 Wheat, *11 Gluten

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1. Marinate halloumi

- Preheat the oven to 200°C/180°C fan.
- Zest the **lemon** and cut it into wedges.
- Drain, pat dry and slice the **halloumi** into 1cm slices.
- In a bowl, combine the **harissa**, **tomato paste**, **honey** and **lemon zest** with a drizzle of **olive oil**.
- Add the **halloumi**.
- Toss to coat in the **marinade**.



2. Bake halloumi

- Place the **halloumi** on a lined baking tray.
- Bake for 10-15 min until the **halloumi** is bubbling with slightly crisp edges.



3. Bake bread

- Tear the **Arabic flatbreads** into bite-sized pieces.
- Add the **Arabic flatbreads** to a baking tray.
- Drizzle them with **vegetable oil** and sprinkle with **salt**.
- Give everything a good mix up.
- Bake in the oven for 10 min or until toasted.
- Once toasted, remove from the oven.
- Set aside to cool slightly.



4. Prep salad

- Cut the **peach** into slices, discarding the stone.
- Trim and finely slice the **spring onions**.
- Pick the **mint**.
- Chop the **lettuce** into bite-sized pieces.
- In a small bowl, squeeze in the **lemon juice** and combine it with the **sumac**, **pomegranate molasses**, a pinch of **salt** and **pepper** and a drizzle of **olive oil**.

Tip! If your peaches are tart tasting, add a pinch of sugar to the dressing to help balance the flavour.



5. Mix salad

- In a large bowl, mix the **lettuce**, **spring onion**, **mint** and **peach**.
- Drizzle over the **dressing** just before serving.



6. Serve

- Serve the **Harissa Halloumi** on **Peach Salad** with **Crispy Arabic Bread** scattered over the top.

Baked Cinnamon Apple Crumble

with Oats and Nuts

The combination of spiced apples and crispy crumble make this dessert a must-have!

hellochef

388 calories | 6 protein | 35 carbs | 23 fat

Family Friendly

cook: 60 min

R4272-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1615 / 388
Fats (g)	22.6
of which saturated (g)	9.4
Carbohydrates (g)	35
of which sugars (g)	21.4
Fibers (g)	6.1
Proteins (g)	5.9
Salt (g)	0.5

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What You'll Need

Oven

hello@hellochef.com
04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Apple filling	
Green apple	2 Piece
Red apple	2 Piece
Cinnamon powder	4 Grams
Nutmeg	4 Grams
Ginger powder	2 Grams
Vanilla essence	5 ML
Honey	15 Grams
White sugar	20 Grams
Corn starch	10 Grams
Water	50 ML

Crumble topping	
Butter 4*	100 Grams
Walnuts 2*	30 Grams
Almond flour 1*,2*	40 Grams
Plain flour 10*,11*	30 Grams
Oats	75 Grams
Baking powder	5 Grams
Brown sugar	40 Grams
Cinnamon powder	4 Grams
Almond slivers 2*	40 Grams

Allergens: *4 Milk, *2 Tree Nuts, *1 Peanuts, *10 Wheat, *11 Gluten

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1. Prep

Preheat the oven to 180°C/160°C fan. Peel the **apples** and slice in quarters, removing the core and seeds. Chop into smaller bite-sized pieces.

Tip! The smaller the cubes, the quicker the apples will bake in the oven.



2. Make filling

In a large bowl, combine the **apples**, 4g of **cinnamon powder** (the remaining to be used in step 3), **nutmeg**, **ginger**, **vanilla** extract, **honey**, **white sugar**, 1 tsp of **corn starch** and the **measured water**. Set aside.



3. Make crumble

In a small bowl, melt the **butter** in the microwave. Roughly chop the **walnuts**. In a separate large bowl, combine the **almond flour**, **plain flour**, **oats**, **baking powder**, **brown sugar**, remaining **cinnamon powder**, **walnuts** and **almond slivers**. Add the **melted butter** and mix using a spatula until combined.



4. Combine

Add the **apple filling** into a large baking dish and spread in an even layer. Evenly top with the **crumble mixture**.



5. Bake

Bake the **apple crumble** in the center of the oven for 35-45 min or until the **apples** have softened and the **crumble** is golden brown. The **apple crumble** is ready when a tip of a knife easily pierces through the **apples** from the center of the dish.

Tip! If the crumble is browning too quickly before the apples are done, cover with foil and continue to bake until the apples are cooked through.



6. Serve

Serve the **Apple Crumble** warm with your favourite vanilla ice cream!

Superfood Salad with Smoked Salmon

and Lemon Chia Dressing

This salad is packed with 'superfoods', including high fibre quinoa and omega 3 rich salmon.

hello chef

642 calories | 43 protein | 67 carbs | 27 fat

Low Carb

cook: 30 min

R3247-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2687 / 642
Fats (g)	26.5
of which saturated (g)	3.9
Carbohydrates (g)	67
of which sugars (g)	11
Fibers (g)	13
Proteins (g)	42.5
Salt (g)	1.5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven | Whisk

hello@hellochef.com
04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Quinoa	
White quinoa	200 Grams
Water	400 ML
Salt	1 Tsp
Salad	
Smoked Salmon Slices 6*	400 Grams
Cucumber	2 Piece
Cherry tomatoes	300 Grams
Baby spinach	250 Grams
Dressing	
Lemon	1 Piece
Dijon mustard 13*	12 Grams
Agave syrup	20 Grams
Rice vinegar	30 ML
Olive oil	8 Tbsp
Chia seeds	60 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Seeds	
Sunflower seeds	40 Grams
Pumpkin seeds	40 Grams
Soy sauce 9*,10*,11*	20 ML
Sesame oil 3*,9*	30 ML

Allergens: *6 Fish, *13 Mustard, *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Cook quinoa

Preheat the oven to 200°C/180°C fan. Place the **quinoa** in a bowl, cover with warm water and rinse well. Drain in a fine sieve. Add the **measured water** to a saucepan and bring it to a boil over a high heat. Once boiling, add the **quinoa** and **salt**. Reduce the heat to medium-low, cover with a lid and simmer for 15 min or until the liquid is fully absorbed and the **quinoa** is tender. Transfer the cooked **quinoa** to a plate and refrigerate.



2. Prep

Meanwhile, slice the **cucumber** in half and chop it into half-moons. Halve the **cherry tomatoes**. Wash the **lemon** thoroughly and grate its zest with a fine blade, taking care to avoid its bitter white pith. Juice 1 **lemon**.



3. Toast

On a lined baking tray, combine the **sunflower seeds**, **pumpkin seeds**, **soy sauce** and **sesame oil**. Bake for 7 min or until starting to brown.

Tip! Keep an eye on the seeds so that they don't burn.



4. Dressing

Meanwhile, add the **Dijon mustard**, **agave**, **rice vinegar**, **lemon juice**, **lemon zest**, **olive oil**, **chia seeds**, **salt** and a pinch of **pepper** to a large salad bowl. Whisk until fully combined - this is your **dressing**.



5. Serve

Add the **spinach**, **cucumber**, **tomatoes** and **quinoa** to the **dressing**. Toss. Add the **salmon slices** over the **salad**. Garnish with the **toasted seeds**.

One-pan Creamy Cajun Prawns

with Peppers and Zucchini

Cajun cuisine is a style of cooking developed by the Cajun-Acadians who were deported from Acadia to Louisiana during the 18th century.

hello chef

512 calories | 36 protein | 25 carbs | 30 fat

Low Carb | Calorie Smart | Speedy

cook: 25 min

R3704-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2128 / 512
Fats (g)	29.7
of which saturated (g)	19.6
Carbohydrates (g)	25
of which sugars (g)	17.1
Fibers (g)	5.6
Proteins (g)	35.8
Salt (g)	0.8

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Box grater

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Prawns	
Prawns 7*	700 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Red pepper	2 Piece
Large zucchini	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Smoked paprika powder	4 Grams
Brown sugar	10 Grams
Cajun spice	16 Grams
Chipotle powder	4 Grams
Cooking cream 4*	400 ML
Water	200 ML
Parmesan 4*	60 Grams
Fresh coriander	15 Grams

Allergens: *7 Crustaceans, *4 Milk

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1. Prep

- Peel and finely slice the **onion**.
- Peel and mince the **garlic**.
- Deseed and finely slice the **peppers**.
- Slice the **zucchini** into half moons.



2. Fry prawns

- Drain the **prawns** on kitchen paper.
- Heat a non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **prawns** with a pinch of **salt** and cook for 2-3 min until pink and cooked through.
- Transfer the **prawns** to a plate and reserve the pan.



3. Fry vegetables

- Return the pan to a medium-high heat with another drizzle of **oil**.
- Once hot, add the **onions** and **peppers** with a pinch of **salt**.
- Fry for 5-7 min until beginning to soften.
- Add the **zucchini** and **garlic** with another pinch of **salt** and fry for 5 min further.



4. Simmer

- Add the **smoked paprika**, **cajun spice** (spicy!), **chipotle powder** (spicy!), **brown sugar**, **cream** and the **measured water**.
- Bring to a simmer, reduce the heat to medium and cover with a lid.
- Simmer for 5 min or until the **vegetables** are tender.

> **Tip!** Sensitive to spice? Go easy on the chipotle powder.



5. Prep

- Meanwhile, grate the **Parmesan**.
- Pick the **coriander** leaves.



6. Serve

- Add the **Parmesan** to the pan and simmer for 1 min further or until the **sauce** begins to thicken.
- Return the **prawns** to the pan.
- Serve the creamy **cajun prawns** and **vegetables** among bowls.
- Garnish with the **fresh coriander** leaves.

Loaded Nachos with Beans, Guacamole, Sour Cream

and Homemade Cheddar Cheese Sauce

These nachos are brought together with a creamy, homemade cheddar cheese sauce.

1109 calories | 38 protein | 100 carbs | 72 fat

cook: 30 min

R3452-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4639 / 1109
Fats (g)	72.4
of which saturated (g)	25.6
Carbohydrates (g)	100
of which sugars (g)	21.6
Fibers (g)	21.9
Proteins (g)	37.6
Salt (g)	3.3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Whisk

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chilli	
Red onion	2 Piece
Garlic cloves	4 Piece
Red pepper	2 Piece
Black beans	480 Grams
Vegetable oil	2 Tbsp
Taco seasoning	20 Grams
Smoked paprika powder	4 Grams
Cumin powder	4 Grams
Chipotle powder	2 Grams
Tomato paste	70 Grams
Honey	30 Grams
Water	200 ML

Toppings	
Avocado	2 Piece
Fresh coriander	15 Grams
Lime	2 Piece
Salt	2 Tsp
Tortilla chips	240 Grams
Mild tomato salsa	120 Grams
Sour cream 4*	120 Grams

Cheese sauce	
Butter 4*	20 Grams
Plain flour 10*,11*	20 Grams
Whole milk 4*	400 ML
Grated orange cheddar 4*	180 Grams
Salt	1 Tsp

Allergens: *4 Milk, *10 Wheat, *11 Gluten

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1. Prep vegetables

- Peel and finely chop the **onion**.
- Peel and mince the **garlic**.
- De-seed and finely chop the **peppers**.
- Drain and rinse the **black beans**.



2. Make chilli

- Heat a pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion** and **peppers** with a pinch of **salt**.
- Fry for 5 min.
- Add the **garlic**, **taco seasoning**, **smoked paprika**, **cumin** and a pinch of **chipotle (spicy!)**.
- Fry for 1 min further.
- Add the **tomato paste**, **beans**, **honey** and **measured water**.
- Simmer, covered, for 10 min.
- After 10 min, use a potato masher to crush the **beans**.



3. Make guacamole

- Meanwhile, chop the **avocado** in half and remove the stone.
- Scoop the flesh into a bowl and mash with a fork.
- Finely chop the **coriander** and add half to the **avocado** with a squeeze of **lime** juice and a generous pinch of **salt**.
- Set the **guacamole** aside.

Tip! Become an avocado ripening pro! If your avocado's still hard but you plan to use it the next day, put it in a brown paper bag with an apple or a banana.



4. Start sauce

- Heat a large non-stick pan or saucepan over a medium heat.
- Once hot, add the **butter** and **flour**.
- Cook, stirring continuously, for 1 min or until a sandy paste has formed.
- Once a paste has formed, gradually whisk in the **milk**.



5. Finish sauce

- Once all the **milk** has been added, reduce the heat to low.
- Add the **cheddar** to the pot.
- Stir until the **cheese** melts.
- If the sauce is too thick, add a splash of water.
- Season the **cheese sauce** with **salt** to taste.



6. Serve

- Arrange the **nachos** on plates.
- Top with the **bean chilli**, followed by the **guacamole**, **tomato salsa** and **sour cream**.
- Serve the **Loaded Nachos with Beans, Guacamole, Sour Cream** with the **Homemade Cheddar Cheese Sauce** to the side or drizzled all over.
- Garnish with any remaining **coriander**.

Nicoise Salad

with Hot Smoked Salmon

Nicoise salad originates from Nice, France. It's typically served with tuna, but this recipe uses hot smoked salmon!

483 calories | 43 protein | 25 carbs | 26 fat

Low Carb | Calorie Smart

cook: 20 min

R3095-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2022 / 483
Fats (g)	26.2
of which saturated (g)	6
Carbohydrates (g)	25
of which sugars (g)	14.3
Fibers (g)	6.3
Proteins (g)	42.5
Salt (g)	3.3

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salad	
Hot smoked salmon 6*	500 Grams
Snow peas	200 Grams
Baby gem lettuce	2 Piece
Cherry tomatoes	300 Grams
Red radish	250 Grams
Organic Eggs 5*	4 Piece
Baby spinach	90 Grams
Kalamata olives	80 Grams

Dressing	
Shallots	2 Piece
Garlic cloves	1 Piece
Dijon mustard 13*	12 Grams
Red vinegar	30 ML
Agave syrup	20 ML
Salt	1 Tsp
Black pepper	1 Tsp
Olive oil	6 Tbsp

Allergens: *6 Fish, *5 Eggs, *13 Mustard

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1. Prep vegetables

Bring a pot of salted water to a boil. Meanwhile, trim the **snow peas** and slice them diagonally. Halve the **cherry tomatoes**. Quarter the **radishes**. Peel and finely slice the **shallots**. Peel and mince the **garlic**.



2. Blanch snow peas

Once the pot of water is boiling, blanch the **snow peas** for 1-2 min. Remove the **snow peas** using a slotted spoon and place them under running cold water. Keep the pot on the heat.



3. Boil eggs

Add the **eggs** to the boiling water. Cook for 5-7 min or until cooked to your liking. Drain, run under cold water. Once cool, peel and chop into quarters. Chop the **gem lettuce**.



4. Make dressing

Meanwhile, in a large bowl, whisk together the **Dijon mustard**, **red vinegar**, **agave**, **salt**, **black pepper** and **olive oil**. Add the **shallots** and **garlic** (don't like raw **garlic**? Go easy!).



5. Toss salad

Toss the **baby spinach**, **baby gem lettuce**, **snow peas**, **cherry tomatoes**, **red radish** and **Kalamata olives** in the **dressing**.

Tip! Don't dress your salad too far in advance or it will become soggy.



6. Serve

Divide the **salad** among plates and top with the **eggs**. Flake the **salmon** over the top. Season with **salt** and **black pepper**.

Greek Halloumi and White Bean Saganaki

Saganaki refers to various Greek dishes, which are prepared in a small heavy bottomed frying pan. The frying pan is called a 'saganaki'.

hellochef

594 calories | 37 protein | 36 carbs | 33 fat

Low Carb | Calorie Smart

cook: 25 min

R3805-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2484 / 594
Fats (g)	33.4
of which saturated (g)	28.6
Carbohydrates (g)	36
of which sugars (g)	17.7
Fibers (g)	9.9
Proteins (g)	37.4
Salt (g)	40.2

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Saganaki	
Red onion	2 Piece
Garlic cloves	2 Piece
White beans	480 Grams
Halloumi 4*	400 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Peeled plum tomatoes	800 Grams
Tomato paste	70 Grams
Honey	30 Grams
Black pepper	1 Tsp

To serve	
Fresh dill	15 Grams
Chilli flakes	4 Grams
Feta cheese 4*	200 Grams

Allergens: *4 Milk

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1. Prep

- Peel and finely chop the **red onion**.
- Peel and mince the **garlic**.
- Drain and rinse the **white beans** in a colander.
- Finely chop the **dill**.
- Slice the **halloumi** into 1cm bite-sized pieces.



2. Fry halloumi

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **halloumi pieces**.
- Fry for 2-3 min on each side until browned.
- Transfer to a plate.
- Reserve the pan.



3. Fry onions

- Return the pan to a medium-high heat with another drizzle of **oil**.
- Once hot, add the **onions** with a pinch of **salt**.
- Cook for 5-6 min or until softened.
- Add the **garlic**.
- Cook for 30 sec further.



4. Make sauce

- Add the **peeled plum tomatoes** and break them apart with a spatula.
- Add the **tomato paste**, **honey**, a pinch of **chilli flakes** (spicy!) and the drained **white beans**.
- Bring to a boil, then reduce the heat to low.
- Simmer for 5 min or until thickened.

Tip! Sensitive to spice? Go easy on the chilli flakes.



5. Add halloumi

- Once thickened, add the **halloumi** to the pan.
- Cook for 2 min further.



6. Serve

- Serve the **Greek Halloumi and White Bean Saganaki**.
- Crumble the **feta cheese** over the top.
- Sprinkle with the **dill** and a pinch of the remaining **chilli flakes** (spicy!).

Cheat's Tofu Egg Fried Rice

with Mixed Veggies

Everything you love about a fried rice done simple in one tray and baked in the oven!

803 calories | 44 protein | 101 carbs | 26 fat

cook: 45 min

R4312-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3342 / 803
Fats (g)	26.2
of which saturated (g)	4.9
Carbohydrates (g)	101
of which sugars (g)	14.6
Fibers (g)	8.9
Proteins (g)	43.7
Salt (g)	3.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Tofu	
Firm tofu 9*	1000 Grams
Teriyaki sauce 8*,9*,10*	80 ML
Ginger garlic paste	20 Grams
Sesame oil 3*,9*	30 ML

Baked Rice	
Water	650 ML
Long grain rice	300 Grams
Soy sauce 9*,10*,11*	20 ML
Sweet corn kernels	244 Grams
Green peas	200 Grams
Carrot	2 Piece
Vegetable stock cube 15*	2 Piece
Vegetarian oyster sauce 9*	40 Grams

Eggs	
Spring onion	80 Grams
Organic Eggs 5*	4 Piece
Salt	0.25 Tsp
Black pepper	0.25 Tsp

Allergens: *9 Soya, *8 Molluscs, *10 Wheat, *3 Sesame Seeds, *11 Gluten, *15 Celery, *5 Eggs

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1. Prep

Preheat the oven to 200°C / 180°C fan. Boil **water** in a kettle. Rinse and drain the **rice**, **corn**, and **peas**. Peel and chop the **carrots** into small cubes or bite-sized pieces. Dissolve the chicken **stock cube** in the measured boiled **water**, and mix in the **oyster sauce**. This is your **cooking sauce**.



2. Bake rice

In a large baking dish, add the **rice**, **corn**, **carrot** and **peas**, and pour the **cooking sauce** over. Shake to spread evenly, ensuring that the **rice** is submerged under the **sauce**. Cover with the foil and bake for 25 min.

Tip! Make sure you use a larger baking dish or casserole to accomodate for the 3 and 4 ppl boxes.



3. Marinate chicken

Meanwhile, chop the chicken into small bite-sized pieces. In a bowl, combine the chicken with the **teriyaki sauce**, **ginger garlic paste**, and **sesame oil**. Mix and set aside.



4. Bake chicken

Remove the foil, and add the chicken on top of the **rice**. Spread the chicken in a single layer across the **rice**. Bake, uncovered for 20 min until the chicken is cooked through, and the **rice** has absorbed all the **water** and is fluffy. Remove from the oven, cover with the foil and let it rest for 5 min until serving.



5. Fry eggs

Meanwhile, finely chop the **spring onions**. Heat a small frying pan with a drizzle of **oil**. Once hot, add a handful of **spring onions** and the **eggs** with a pinch of **salt** and **pepper**, and scramble for 1-2 min until fluffy.



6. Finish and serve

Add the **eggs** to the **tray bake** and use a rubber spatula to stir up the **rice** and chicken. Divide amongst bowls and garnish with the remaining **spring onions**.

Vegan Butter Chickpea Curry

with Carrot and Cashew Salad

Spiced creamy curry meets fresh and tangy salad.

hello chef

1023 calories | 27 protein | 154 carbs | 43 fat

cook: 30 min

R2968-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4282 / 1023
Fats (g)	42.8
of which saturated (g)	27.2
Carbohydrates (g)	154
of which sugars (g)	22.8
Fibers (g)	20.9
Proteins (g)	27
Salt (g)	2.2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Box grater
- Blender

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Chickpeas	480 Grams
Brown onion	2 Piece
Garlic cloves	6 Piece
Ginger	60 Grams
Salted vegan butter	40 Grams
Salt	1 Tsp
Coriander cumin powder	8 Grams
Garam masala	8 Grams
Turmeric powder	4 Grams
Chilli powder	4 Grams
Tomato paste	70 Grams
Tomato passata	500 Grams
Brown sugar	10 Grams
Water	200 ML
Vegetable stock cube 15*	1 Piece
Coconut cream	400 Grams

Rice and salad	
Basmati rice	300 Grams
Water	600 ML
Salt	1 Tsp
Cashew nuts 1*,2*	80 Grams
Carrot	4 Piece
Fresh coriander	15 Grams
Lime	4 Piece

Allergens: *15 Celery, *1 Peanuts, *2 Tree Nuts

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1. Boil rice

- Add the **basmati rice**, **measured water** and **salt** to a pan with a lid and bring to a boil.
- Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Remove the pan from the heat and keep covered until serving.



2. Prep

- Meanwhile, peel and chop the **onion** and **garlic**.
- Peel and grate the **ginger**.
- Heat a pot over a medium heat with the **vegan butter** and a drizzle of **vegetable oil**.
- Fry the **onion** with a pinch of **salt** for 5 min until translucent.
- Add the **garlic** and **ginger** and cook for 1 min further.



3. Stew

- Add the **coriander cumin powder**, **garam masala**, **turmeric**, **chilli** (spicy!) and **tomato paste** and cook for 1 min.
- Add the **tomato passata**, **sugar**, **measured water**, 1 **stock cube**, and **coconut cream**.
- Bring to a simmer, cover with a lid and cook for 15 min.



4. Make salad

- Meanwhile, toast the **cashews** in a hot, dry pan for 2 min or until lightly toasted.
- Transfer them to a plate to cool.
- Peel the **carrot** and chop it into thin matchsticks.
- Alternatively, grate it.
- Chop the **fresh coriander**.
- Toss the **carrots** and chopped **coriander** with the **toasted cashews**.
- Season with 2 Tbsp of **lime** juice and a pinch of **salt**.



5. Puree

- After 15 min, puree the curry sauce in a food processor or with a hand-held blender until smooth.
- Rinse and drain the **chickpeas**.
- Add the **chickpeas** to the pureed curry sauce and cook the curry for a final 5 min.
- Adjust the seasoning.

Tip! Prep the curry sauce in advance! It reheats well with a splash of water.



6. Serve

- Serve the **Butter Chickpea Curry** over the cooked **basmati rice**.
- Serve the **Carrot** and **Cashew Salad** over the top or to the side.

Tres Leches Milk Cake

with Strawberries and Cream

Indulge in our take on the Latin American classic: a buttery sponge cake soaked in whole, evaporated, and condensed milk - for a creamy, decadent bite.

553 calories | 9 protein | 64 carbs | 31 fat

Family Friendly

cook: 90 min

R4488-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2300 / 553
Fats (g)	30.6
of which saturated (g)	10.9
Carbohydrates (g)	64
of which sugars (g)	38.2
Fibers (g)	1.4
Proteins (g)	9.4
Salt (g)	1.5

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What You'll Need

Oven | Whisk

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 6 servings

Ingredients	
Butter 4*	100 Grams
White sugar	150 Grams
Organic Eggs 5*	2 Piece
Vanilla essence	5 ML
Plain flour 10*,11*	150 Grams
Baking powder	8 Grams
Salt	0.25 Tsp
Milk mixture	
Whole milk 4*	300 ML
Evaporated milk 4*	300 Grams
Condensed milk 4*	50 Grams
Frosting	
Whipping cream 4*	150 ML
Icing sugar	10 Grams
Toppings	
Strawberries	250 Grams
White sugar	10 Grams
Cinnamon powder	2 Grams

Allergens: *4 Milk, *5 Eggs, *10 Wheat, *11 Gluten

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1. Mix wet ingredients

- Preheat the oven to 180°C, and grease an 18x18cm square or round baking pan.
- In a large mixing bowl, using a handheld beater or whisk, cream the **butter** and **sugar** for 3-4 min until light and fluffy, scraping down in between.
- Beat in the **eggs**, one at a time until fully incorporated before adding the next.
- Lastly beat in the **vanilla**.

Tip! Creaming butter and sugar incorporates air into the batter, allowing the cake to rise and expand well in the oven when baked.



2. Add dry ingredients

- Sift in the **flour**, **baking powder**, and **salt** on top of the **wet ingredients**, and mix until just combined.
- Add a splash of **50ml of whole milk** to loosen the **batter** (reserving the rest of the **milk** for later), and stir until just combined.

Tip! The texture and consistency of the batter will be thick. Avoid over-mixing.



3. Bake

- Transfer the **batter** to a baking dish, and spread evenly with a spatula.
- Bake in the center of the oven for 25-30 min until golden, or until a toothpick inserted comes out clean.
- Cool the **cake** in the pan for 10-15 min.
- Using a fork or wooden skewer, gently pierce holes all over the **cake** and towards the sides.



4. Mix 3 milks

- Meanwhile, in a large measuring cup (or a bowl with a pouring spout), mix the remaining **whole milk**, **evaporated milk**, and **condensed milk** well.
- Slowly drizzle the **milk** mixture over the cooled **cake**, getting all the sides.
- Transfer the **cake** to the fridge and chill for 1-2 hours.

Tip! If you'd like, reserve 1/4 of the milk mixture to serve with the cake later. You can also chill the cake overnight and enjoy it the next day.



5. Prep cream and strawberries

- In a large mixing bowl, add the cold **whipping cream** and **icing sugar** and beat or whisk for 1-2 min until the **cream** is thick and spreadable. Wash, trim and thinly slice the **strawberries**. Add them to a small bowl and sprinkle the **10g sugar** over. Mix and set aside.

Tip! The sugar helps the strawberries release their juices for a tasty syrup, and makes the berries softer, fragrant, and full of flavour.



6. Serve

- When ready to serve, spread the **whipping cream** over the chilled **cake** with a spatula.
- Dust **cinnamon** all over the **cake**, and top with the **strawberries**.
- Cut the **Tres Leches Milk Cake with Strawberries and Cream** into squares, and enjoy!

Cajun Seabream

with Cheesy Polenta and Charred Veg

Cajun cuisine hails from Louisiana and is a wonderful blend of Native American, West African, Caribbean, and French cooking styles and flavours.

hello chef

499 calories | 51 protein | 50 carbs | 14 fat

Calorie Smart | Speedy

cook: 25 min

R4317-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2093 / 499
Fats (g)	13.6
of which saturated (g)	3.6
Carbohydrates (g)	50
of which sugars (g)	7.2
Fibers (g)	6.8
Proteins (g)	51
Salt (g)	0.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Whisk

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Seabream	
Seabream 6*	660 Grams
Cajun spice	12 Grams
Dried oregano	4 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Olive oil	1 Tbsp

Vegetables	
Olive oil	1 Tbsp
Green beans	300 Grams
Red pepper	2 Piece
Salt	0.5 Tsp
Black pepper	0.5 Tsp

Polenta	
Water	800 ML
Polenta	160 Grams
Vegetable seasoning 2*,10*,11*,13*	10 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Butter 4*	20 Grams
Grated Parmesan 4*	60 Grams

To serve	
Lime	2 Piece
Fresh coriander	15 Grams

Allergens: *6 Fish, *2 Tree Nuts, *10 Wheat, *11 Gluten, *13 Mustard, *4 Milk

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1. Make polenta

- In a small pot, bring the **measured water** to a boil.
- Lower the heat to medium, and using a whisk, slowly mix in the **polenta** and **vegetable seasoning**.
- Whisk for 3-4 min until the **polenta** starts to bubble and thicken.
- Cook for another 5-7 min until the **polenta** is smooth without much grit, stirring regularly.
- Once thickened, use a spatula to stir in the **butter** and **grated parmesan**.
- Adjust **seasoning** to taste.



2. Prep vegetables

- While the **polenta** is cooking, trim and cut the **beans** into thirds.
- Deseed and roughly chop the **red pepper** into bite-sized pieces.
- Slice the **lime** into wedges.
- Pick the leaves of the **coriander** and discard the stems.



3. Fry vegetables

- Heat a large non-stick pan over high heat and add a drizzle of **oil**.
- Once hot, add the **green beans** and **red pepper** and a pinch of **salt** and **pepper**.
- Fry for 3-4 min until slightly charred, tossing regularly.
- Remove from the heat and reserve the pan.



4. Prep fish

- Combine the **cajun spice** (spicy!), **oregano** and a pinch of **salt** and **pepper**.
- Coat the **seabream** in the **cajun spice mix** but don't coat the skin.

Tip! Can't handle the heat? Go easy on the spice!



5. Fry fish

- Return the reserved pan to medium heat with another drizzle of **oil**.
- Once hot, add the **seabream** skin-side down.
- Fry for 4 min or until crispy.
- Once crispy, flip.
- Cook for 1-2 min further.



6. Serve

- Serve the **Cajun Seabream** with **Cheesy Polenta** and **Charred Veg**.
- Squeeze over some **lime juice** and scatter the **coriander**.

Rustic Veggie Garden Pizza

with Mozzarella and Rocket

Nothing beats a homemade pizza! This veggie delight is packed with mushrooms, red peppers, red onions, and olives.

hellochef

1111 calories | 48 protein | 159 carbs | 32 fat

cook: 45 min

R4116-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4645 / 1111
Fats (g)	31.7
of which saturated (g)	10.7
Carbohydrates (g)	159
of which sugars (g)	15
Fibers (g)	7.9
Proteins (g)	47.5
Salt (g)	2.2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Oven
- Rolling pin

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pizza	
Pizza dough ball [10*,11*]	4 Piece
Semolina [10*,11*]	60 Grams
Plain flour [10*,11*]	20 Grams

Tomato sauce	
Vegetable stock cube [15*]	1 Piece
Tomato paste	50 Grams
Tomato passata	400 Grams
Olive oil	2 Tbsp
Dried oregano	4 Grams
Dried thyme	4 Grams
Dried basil	4 Grams
Brown sugar	10 Grams

Toppings	
Garlic cloves	2 Piece
Red pepper	2 Piece
Mushroom	500 Grams
Red onion	2 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp
Black olive slices	80 Grams
Grated mozzarella [4*]	300 Grams

To serve	
Chilli flakes	4 Grams
Olive oil	2 Tbsp
Rocket	40 Grams

Allergens: *10 Wheat, *11 Gluten, *15 Celery, *4 Milk

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1. Prep

Preheat the oven to 220°C/200°C fan. Remove the **pizza dough** from the fridge 15-20 min prior to baking. Deseed and slice the **red pepper** into strips. Clean the **mushrooms** with a cloth, knife, or brush (don't wash them with water), and thinly slice them. Peel and slice the **onions**. Peel and finely chop the **garlic**.

Tip! If you have a pizza stone, preheat it in the oven before baking your pizza on it.



2. Fry veg

Heat a non-stick pan over a medium-high heat with a drizzle of **olive oil**. Once hot, add the **onions**, **garlic**, **red pepper**, and **mushrooms** with a pinch of **salt** and **pepper**, and cook for 5 min until softened.

Tip! Frying the veggies first helps evaporate most of the water content, and ensures a crispier crust.



3. Make pizza sauce

Meanwhile, in a bowl or jug, dissolve the 1 **vegetable stock cube** in 4 Tbsp of hot **water**. Add to it the **tomato paste**, **tomato passata**, a drizzle of **olive oil**, **dried oregano**, **dried thyme**, **dried basil**, and **brown sugar**. Mix well. This is your **pizza sauce**.



4. Roll pizza

Sprinkle half of the **semolina** onto a clean surface. Sprinkle some **flour** onto a rolling pin and roll out the **dough ball**. Cover with a layer of baking paper (to prevent it from drying), and allow the **dough** to rest for 3 min. After 3 min, continue to roll out the **dough** until roughly the size of a dinner plate. Repeat until you have all the **dough balls** rolled and ready to bake.

Tip! You can also roll out the dough in a more rustic or rectangular shape to fit your baking trays.



5. Bake

Sprinkle the remaining **semolina** onto your baking trays, and carefully transfer the rolled out **dough** onto them. Reshape the **dough** with your hands if needed. Spoon a generous amount of the **pizza sauce** over the **dough** towards the edges. Top with the fried **vegetables**, **olive slices**, and **mozzarella cheese**. Brush the crust with **olive oil**. Bake for 15-20 min or until the crust begins to crisp and brown.



6. Serve

Once cooked, garnish the **pizza** with a pinch of **chilli flakes (spicy!)**, a drizzle of **olive oil**, and fresh **rocket**. Slice and enjoy!

Glazed Teriyaki Chicken

with Blistered Greens and Brown Rice

Did you know that Teriyaki is a cooking technique and not a sauce? 'Teriyaki' cooked food is commonly grilled and then glazed with soy.

608 calories | 58 protein | 94 carbs | 4 fat

Family Friendly

cook: 30 min

R3057-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2526 / 608
Fats (g)	3.8
of which saturated (g)	0.8
Carbohydrates (g)	94
of which sugars (g)	14.7
Fibers (g)	5.1
Proteins (g)	58.2
Salt (g)	4.8

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Vegetable oil	2 Tbsp
Ginger garlic paste	30 Grams
Teriyaki sauce 8*,9*,10*	80 ML
Oyster sauce 8*,10*	40 Grams
Rice vinegar	30 ML

Greens	
Sugar snap peas	200 Grams
Green beans	375 Grams
Vegetable oil	2 Tbsp
Soy sauce 9*,10*,11*	40 ML
Large red chilli	2 Piece

Rice	
Brown rice	300 Grams
Salt	1 Tsp

Allergens: *8 Molluscs, *9 Soya, *10 Wheat, *11 Gluten

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1. Boil rice

- Bring a large pan of salted water to a boil over a medium-high heat.
- Once boiling, add the **brown rice**.
- Cook for 30 min or until tender.
- Drain once tender.

Tip! Make sure there is enough water for the rice to be submerged under.



2. Fry chicken

- Meanwhile, slice the **chicken** into bite-sized strips.
- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken**.
- Fry for 5-6 min on either side until golden and cooked through.
- Remove from the heat.
- Cover and set aside.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready.



3. Prep greens

- Meanwhile, trim the **sugar snap peas** and **green beans**.



4. Fry greens

- Heat a second large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **green beans** and **sugar snap peas**.
- Add a splash of water and cover with a lid.
- Cook for 4-5 min until starting to char and soften slightly.
- Add the **soy sauce** for a final 30 sec.
- Stir occasionally.
- Remove from the heat.
- Cover and set aside.



5. Glaze chicken

- Once the **chicken** is cooked, add the **ginger garlic paste**, **teriyaki sauce**, **oyster sauce** and **rice vinegar** to the pan.
- Cook for 1 min further or until the sauce begins to thicken up.
- Remove the pan from the heat.



6. Serve

- Meanwhile, finely slice the **red chilli** into rounds.
- Serve the **Glazed Teriyaki Chicken** with **Blistered Greens** and **Brown Rice**.
- Garnish the **greens** with the **red chilli (spicy!)**.

Tip! Sensitive to spice? Go easy on the red chilli.

Chilli Chicken Stir Fry

with Jasmine Rice

This Indian-Chinese inspired dish brings together familiar flavours we know you'll love!

672 calories | 59 protein | 109 carbs | 5 fat

Global Eats

cook: 30 min

R3780-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2809 / 672
Fats (g)	4.6
of which saturated (g)	0.9
Carbohydrates (g)	109
of which sugars (g)	13.9
Fibers (g)	6.5
Proteins (g)	58.6
Salt (g)	3.7

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chilli chicken	
Chicken breast	600 Grams
Corn starch	60 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp
Large red chilli	2 Piece
Coriander powder	4 Grams
Ginger garlic paste	30 Grams
Soy sauce 9*,10*,11*	40 ML
Sweet chilli sauce	80 ML
Sriracha sauce	28 Grams
Rice vinegar	30 ML

Vegetables	
Yellow pepper	2 Piece
Green beans	375 Grams
Spring onion	80 Grams
Vegetable oil	2 Tbsp

Rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML

Allergens: *9 Soya, *10 Wheat, *11 Gluten

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1. Fry chicken

- Chop the **chicken breast** into bite-sized pieces.
- In a large bowl, toss the **chicken** and **corn starch** with a pinch of **salt**.
- Heat a large non-stick pan over a medium-high heat with a generous drizzle of **oil**.
- Once hot, add the **chicken** pieces and fry for 5 min or until cooked through.
- Once cooked, transfer the **chicken** to a plate.
- Wipe and reserve the pan.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready.



2. Cook rice

- Meanwhile, rinse the **rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat.
- Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from heat and keep covered until serving.



3. Prep vegetables

- Meanwhile, deseed and finely slice the **pepper**.
- Trim and roughly chop the **green beans** and **spring onion**.
- Finely chop the **red chilli**.



4. Make sauce

- Return the reserved pan to a medium heat with a drizzle of **oil**.
- Once hot, add the **red chilli** (spicy!), **peppers**, **green beans**, **coriander powder** and **ginger garlic paste**.
- Fry for 5 min stirring occasionally.
- Add the **soy sauce**, **sweet chilli sauce**, **sriracha sauce** (spicy!) and **rice vinegar**.
- Fry for 1 min further.
- Return the **chicken** to the pan and toss to coat.
- Remove the pan from the heat.

Tip! Sensitive to spice? Go easy on the red chilli.



5. Serve

- Add the **spring onions** to the **chicken** and toss.
- Divide the **rice** among bowls and top with the **chilli chicken**.

Chicken Salona: Emirati-Style Chicken Stew

with Vermicelli Rice

Inspired by the Emirati classic. This stew brings together chicken and vegetables in a rich, aromatic tomato base.

884 calories | 59 protein | 116 carbs | 21 fat

Family Friendly

cook: 45 min

R4139-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3704 / 884
Fats (g)	21
of which saturated (g)	9.4
Carbohydrates (g)	116
of which sugars (g)	18.7
Fibers (g)	15.8
Proteins (g)	58.8
Salt (g)	5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stew	
Skinless boneless chicken thighs	800 Grams
Red onion	2 Piece
Potatoes	300 Grams
Carrot	2 Piece
Small zucchini	2 Piece
Dried lemon	2 Piece
Olive oil	1 Tbsp
Ginger garlic paste	30 Grams
Tomato paste	60 Grams
Arabic mix masala	8 Grams
Fenugreek leaves	4 Grams
Turmeric powder	4 Grams
Cardamom pods	8 Piece
Tomato passata	400 Grams
Chicken stock cube 4*,5*,9*,15*	2 Piece
Water	800 ML
Fresh coriander	30 Grams

Rice	
Long grain rice	300 Grams
Ghee 4*	40 Grams
Vermicelli 10*,11*	40 Grams
Water	600 ML
Salt	1 Tsp

Salad	
Lemon	2 Piece
Cucumber	2 Piece
Cherry tomatoes	300 Grams
Romaine lettuce	400 Grams
Sumac	4 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *10 Wheat, *11 Gluten

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1. Prep

- Peel and finely chop the **onion**.
- Peel and chop the **potatoes** into bite-sized pieces.
- Peel and chop the **carrot** into half moon pieces.
- Chop the **zucchini** into half moon pieces.
- Pierce the **dried lemon** all around with a fork.

Tip! Hold the dried lemon tight with one hand and using a fork carefully pierce it all around.



2. Start stew

- Heat a large pot over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion**. Fry for 5 min.
- Add the **chicken**. Fry for 5-7 min until browned.
- Once browned, add the **ginger garlic paste**, **tomato paste**, **arabic masala**, **fenugreek**, **turmeric**, **cardamom** and **dried lemon** to the pan.
- Fry for 30 sec until fragrant.
- Add the **potatoes**, **carrot**, **tomato passata**, **stock cube** and **measured water**.
- Reduce the heat to medium and cover.
- Simmer for 15-18 mins or until the **potatoes** and **carrots** have softened.



3. Make vermicelli rice

- Meanwhile, rinse and drain the **rice** in a sieve or colander.
- Heat a pot over medium heat with the **ghee**.
- Once melted, add the **vermicelli** to the pot.
- Toast the **vermicelli** until browned.
- Once browned, add the **rice** and mix well.
- Add the **measured water** with a pinch of **salt** and bring to a boil.
- Once boiling, reduce the heat to low and cover.
- Cook the **rice** for 10 min.
- After 10 min, turn the heat off.
- Leave covered for a further 10 min to steam (do not remove the lid for the 10 min).



4. Finish stew

- Finely chop the **coriander** (stems included).
- Add the **zucchini** and **coriander** (saving some for garnish) to the pot.
- Mix well and cover again.
- Simmer for a further 7-10 min or until the **veg** is tender and the **chicken** is fully cooked.

Tip! Using a spoon, squeeze the dried lemon to release the juices. This will give an extra punch of flavour to the stew.



5. Make salad

- Meanwhile, slice the **lemon** into wedges.
- Chop the **cucumber** into quarter moon pieces.
- Chop the **tomatoes** into quarters.
- Chop the **lettuce** into bite-sized pieces.
- In a large bowl squeeze in the **lemon** juice, add the **sumac**.
- Mix well and add the **cucumber**, **tomato** and **lettuce**.
- Toss to coat in the **dressing**.

Tip! Toss the salad in the dressing just before serving. This will help prevent the salad going soggy.



6. Serve

- Serve the **Chicken Salona: Emirati-Style Chicken Stew** with **Vermicelli Rice** with the **salad** on the side.
- Garnish with the reserved **coriander**.

Cottage Pie,

Beef and Mashed Potato Casserole

A British classic.

hello chef

863 calories | 65 protein | 63 carbs | 41 fat

Family Friendly

cook: 60 min

R2186-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3606 / 863
Fats (g)	41.1
of which saturated (g)	24.6
Carbohydrates (g)	63
of which sugars (g)	16.9
Fibers (g)	13
Proteins (g)	64.6
Salt (g)	3.8

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meat sauce	
Lean beef mince	700 Grams
Brown onion	1 Piece
Garlic cloves	3 Piece
Carrot	2 Piece
Olive oil	4 Tbsp
Salt	1 Tsp
Tomato paste	140 Grams
Water	400 ML
Beef stock cube 4*,5*,9*,11*,15*	1 Piece
Worcestershire sauce 6*,11*	30 ML
Brown sugar	10 Grams
Black pepper	1 Tsp
Green peas	200 Grams

Potato mash	
Potatoes	1200 Grams
Butter 4*	50 Grams
Whole milk 4*	200 ML
Organic Eggs 5*	2 Piece
Salt	2 Tsp
Grated cheddar 4*	120 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *11 Gluten, *15 Celery, *6 Fish

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1. Prep vegetables

Preheat the oven to 200°C/180°C fan. Peel and finely chop the **onion** and **garlic**. Peel and grate the **carrot**. Peel and chop the **potatoes**.



2. Boil potatoes

Add the **potatoes** to a pan of salted boiling water with a generous pinch of **salt**. Cook the **potatoes** over a medium heat for 15-20 min or until soft.



3. Make beef sauce

Meanwhile, heat a pan over a medium-high heat with a drizzle of **oil**. Fry the **beef mince** and **onion** with a pinch of **salt** for 5-7 min. Add the **garlic** and **tomato paste**. Add the **grated carrots**, **measured water**, **stock cube**, **Worcestershire**, **sugar** and **pepper**. Reduce the heat to low. Cover with a lid and stew for 15-20 min.



4. Make mash

Once ready, drain the **potatoes** and return them to the pan with the salted **butter**. Mash. Slowly add enough **milk** (about 100 ml) to reach your desired mash consistency. Add the **eggs**, a generous pinch of **salt** and half of the **grated cheddar**. Mix well.



5. Bake

Add the **green peas** to the **beef sauce** and check the seasoning. Season with **salt** and **pepper**. Pour the **beef sauce** into a baking dish. Spoon the mashed **potatoes** over the top. Smooth the surface with a spatula. Sprinkle with the remaining cheese. Bake for 15-20 min.



6. Serve

Once baked, set the pie aside to rest for 5 min, then serve.

Smoky Barbecue Chicken

with Rainbow Coleslaw

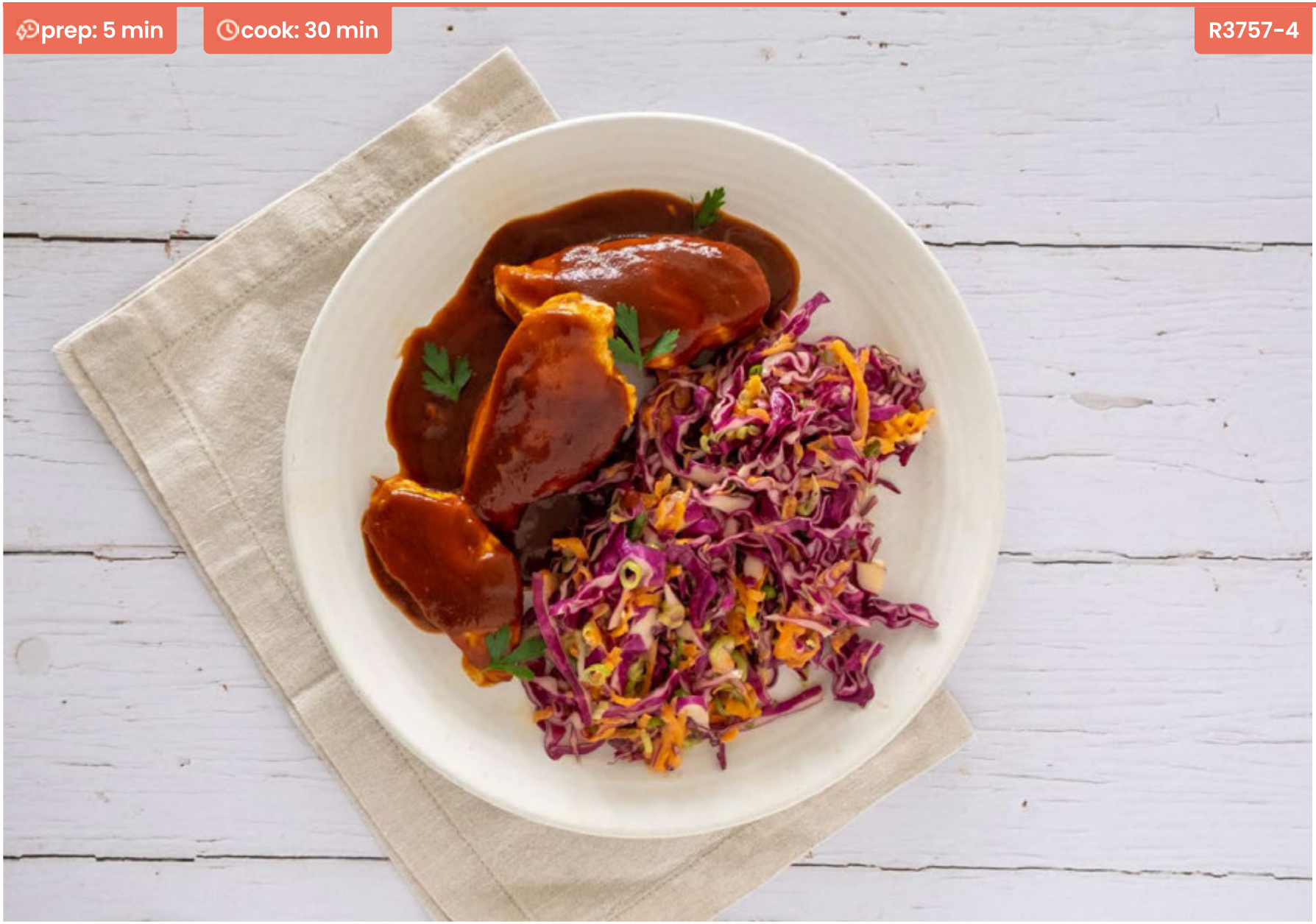
Coleslaw comes from the Dutch term 'koosla' meaning cabbage salad, mainly consisting of finely shredded cabbage with a salad dressing, vinaigrette or mayonnaise.

hello chef

558 calories | 53 protein | 39 carbs | 22 fat

Low Carb | Quick Prep | Calorie Smart

prep: 5 min | cook: 30 min | R3757-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2334 / 558
Fats (g)	22
of which saturated (g)	3.7
Carbohydrates (g)	39
of which sugars (g)	24.6
Fibers (g)	7.1
Proteins (g)	53.1
Salt (g)	1.9

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Box grater

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken & coleslaw	
Chicken breast	800 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Red cabbage	450 Grams
Carrot	2 Piece
Spring onion	80 Grams
Tomato paste	70 Grams
Garlic onion powder	8 Grams
Barbecue sauce 11*,13*	80 Grams
Smoked paprika powder	4 Grams
Worcestershire sauce 6*,11*	30 ML
Water	100 ML
Fresh parsley	15 Grams

Dressing	
Mayonnaise 5*,9*,13*	100 Grams
White balsamic vinegar 14*	30 ML
Honey	30 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *11 Gluten, *13 Mustard, *6 Fish, *5 Eggs, *9 Soya, *14 Sulphur Dioxide

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Egg, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur dioxide and Celery.**



1. Fry chicken

- Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken breasts** with a pinch of **salt**.
- Cook for 5-7 min on either side until golden and cooked through.
- Once cooked, transfer the **chicken** to a plate.
- Reserve the pan.

Tip! If the chicken is browning too quickly without cooking all the way through, add a splash of water to the pan, reduce the heat and cover with a lid until fully cooked.



2. Prep slaw

- Meanwhile, slice the **cabbage** as thinly as possible.
- Transfer the **cabbage** to a bowl.
- Peel and grate the **carrots**.
- Trim and finely chop the **spring onion**.
- Add the **carrot** and **spring onion** to the **cabbage**.



3. Toss slaw

- Add the **mayonnaise**, **white balsamic**, **honey**, **salt**, and **pepper** to the **slaw**.
- Mix well.
- Set the **Rainbow Coleslaw** aside.



4. Make sauce

- Return the reserved pan to a medium heat with a drizzle of **oil**.
- Once hot, add the **tomato paste**, **garlic onion powder**, **barbecue sauce**, **smoked paprika**, **Worcestershire sauce** and the **measured water**.
- Simmer the **sauce** for 2 min or until thickened.



5. Glaze chicken

- Add the **chicken** to the **barbecue sauce**.
- Simmer for 1 min further and toss to coat evenly.
- Remove the pan from the heat.



6. Serve

- Meanwhile, pick and finely chop the **parsley** leaves.
- Serve the **Smoky Barbecue Chicken** with **Rainbow Coleslaw** alongside.
- Garnish the **chicken** with the **parsley**.

Mild Chicken Cashew Curry

with Naan and Carrot Salad

We've kept this one mild and creamy for the whole family to enjoy!

1015 calories | 73 protein | 158 carbs | 18 fat

Family Friendly

cook: 35 min

R2881-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4253 / 1015
Fats (g)	17.7
of which saturated (g)	5.6
Carbohydrates (g)	158
of which sugars (g)	28.6
Fibers (g)	10.4
Proteins (g)	72.5
Salt (g)	6.8

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Oven
- Box grater
- Food processor

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04-825-44-00

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Chicken breast	600 Grams
Cashew nuts 1*,2*	60 Grams
Brown onion	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Ginger garlic paste	40 Grams
Curry powder	10 Grams
Smoked paprika powder	4 Grams
Turmeric powder	4 Grams
Chicken stock cube 4*,5*,9*,15*	2 Piece
Water	400 ML
Honey	30 Grams
Tomato paste	140 Grams
Cream cheese 4*	40 Grams

Sides	
Basmati rice	300 Grams
Salt	1 Tsp
Water	600 ML
Tandoori naan 4*,10*	4 Piece

Salad	
Fresh coriander	30 Grams
Carrot	2 Piece
Golden raisins 14*	45 Grams
Lime	2 Piece

Allergens: *1 Peanuts, *2 Tree Nuts, *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *10 Wheat, *14 Sulphur Dioxide

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1. Boil rice

- Preheat the oven to 200°C/180°C fan.
- Rinse the **rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from the heat.
- Keep covered until serving.



2. Prep

- Meanwhile, place the **cashew nuts** in a small bowl and cover with boiling water.
- Set aside.
- Peel and finely chop the **onion**.
- Finely chop the **coriander**.
- Chop the **chicken** into bite-sized pieces.



3. Fry

- Heat a large pan over a medium heat with a drizzle of **oil**.
- Fry the **onion** with a pinch of **salt** for 3 min until soft.
- Add the **chicken**.
- Fry for 5 min.
- Add the **ginger garlic paste**, **curry powder**, **smoked paprika** and **turmeric**.
- Fry for 1 min further.



4. Simmer

- Add the **chicken stock cube**, **measured water**, **honey** and **tomato paste** to the pan.
- Simmer for 10 min or until the **chicken** is cooked through.
- Meanwhile, drain the **cashew nuts**.
- Grind the **cashew nuts** to a smooth **paste** in a pestle and mortar or in a food processor.
- Add the ground **cashew nuts** and **cream cheese** to the **curry**.
- Simmer for 2 min further.



5. Make salad

- Peel and grate the **carrots**.
- Place the **carrots**, **raisins** and **coriander** leaves in a bowl.
- Season generously with the **lime** juice.
- Place the **naan** onto a baking tray.
- Heat in the hot oven for 5 min or until warmed through.
- Keep warm.



6. Grind cashews

- Serve the **Mild Chicken Cashew Curry** over the **rice** with the **Naan and Carrot Salad** on the side.

Butternut Squash and Coconut Chickpea Curry

with Rice and Cucumber Salad

A seasonal favourite, butternut brings in a natural sweetness and texture to this hearty and warm comfort dish.

hello chef

848 calories | 22 protein | 150 carbs | 20 fat

cook: 40 min

R4182-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3558 / 848
Fats (g)	20.1
of which saturated (g)	10.4
Carbohydrates (g)	150
of which sugars (g)	18.7
Fibers (g)	21.2
Proteins (g)	22.1
Salt (g)	1.8

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stew	
Butternut squash	1200 Grams
Red onion	2 Piece
Small red chilli	2 Piece
Chickpeas	480 Grams
Peeled plum tomatoes	800 Grams
Vegetable oil	2 Tbsp
Coriander cumin powder	8 Grams
Ginger garlic paste	20 Grams
Turmeric powder	4 Grams
Curry powder	8 Grams
Fenugreek leaves	4 Grams
Coconut milk	400 ML
Vegetable stock cube 15*	1 Piece
Water	100 ML
Kale	200 Grams

Rice	
Long grain rice	300 Grams
Salt	1 Tsp
Water	600 ML

Salad	
Fresh coriander	30 Grams
Cucumber	2 Piece
Lime	2 Piece
Olive oil	1 Tbsp
Salt	0.5 Tsp

Allergens: *15 Celery

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1. Prep

- Peel, deseed, and cut the **butternut squash** into small bite-sized pieces.
- Peel and finely chop the **red onion**.
- Finely slice the **red chilli**.
- Pick and finely chop the **coriander**, stems included.
- Drain and rinse the **chickpeas**.
- Crush the **plum tomatoes** into a bowl.

Tip! Sensitive to spice? Deseed the chilli and use only a small amount.



2. Make curry

- Heat a large pot with a lid over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion** with a pinch of **salt**. Fry for 5 min until softened.
- Add the **butternut squash**, **coriander cumin powder**, **ginger garlic paste**, **turmeric**, **chilli (spicy!)**, **curry powder**, **fenugreek**, and **coconut milk**.
- Cook for 1 min until coated.
- Add the **plum tomatoes**, **chickpeas**, 1 **stock cube**, and **measured water**.
- Bring to a boil and cover.
- Simmer for 15-20 min until the **butternut squash** is cooked through.



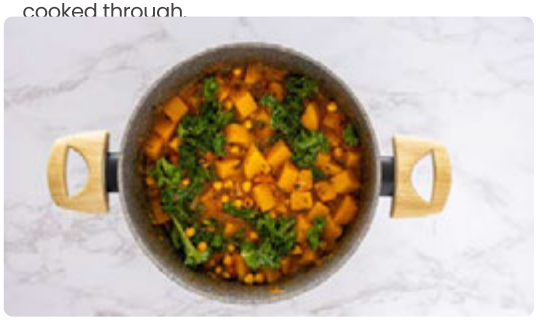
3. Make rice

- Meanwhile, rinse the **rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 12-14 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from the heat.
- Keep covered until serving.



4. Make salad

- Chop the **cucumber**.
- Slice the **lime** in wedges.
- In a bowl, combine the **cucumber**, a drizzle of **olive oil**, a pinch of **salt**, and half the **fresh coriander**, reserving some for garnish.
- Squeeze some **lime** to taste.



5. Finish stew

- Strip the **kale** off of the stems, and roughly tear into small bite-sized pieces.
- Add to the **curry**.
- Cook for 5 min further until wilted.
- Stir in the remaining **fresh coriander leaves**.

Tip! If the stew has thickened up, add a bit more water to your desired consistency.



6. Serve

- Serve the **Butternut Squash and Coconut Chickpea Curry** on **Rice** with the **Cucumber Salad** alongside.

Crispy Seabream and Curry Rice

with Boiled Eggs and Peas

This recipe is inspired by the traditional Kedgeree. Our version is light and and full of textures.

hello chef

582 calories | 55 protein | 81 carbs | 10 fat

Calorie Smart

cook: 20 min

R3687-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2434 / 582
Fats (g)	10.3
of which saturated (g)	3
Carbohydrates (g)	81
of which sugars (g)	2.9
Fibers (g)	6
Proteins (g)	54.9
Salt (g)	0.7

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Seabream	
Seabream 6*	660 Grams
Cumin powder	4 Grams
Salt	1 Tsp
Olive oil	2 Tbsp
Lemon	2 Piece

Curry rice	
Basmati rice	300 Grams
Curry powder	10 Grams
Coriander powder	4 Grams
Vegetable stock cube 15*	1 Piece
Salt	1 Tsp
Water	600 ML
Green peas	200 Grams

To serve	
Organic Eggs 5*	4 Piece
Fresh coriander	30 Grams

Allergens: *6 Fish, *15 Celery, *5 Eggs

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1. Boil rice

Rinse the **basmati rice**. Add the **rice**, 1 **stock cube**, **curry powder**, **coriander powder**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, fold the **peas** into the **rice**. Remove the pan from the heat and keep covered until serving.



2. Boil eggs

Meanwhile, cook the **eggs** in boiling water for 7-8 min or until cooked to your liking. Drain, run under cold water and peel once cooled.

Tip! If you like your eggs slightly runny, cook them for 5-7 min instead.



3. Fry seabream

Meanwhile, pat the **seabream** fillets dry with kitchen paper and season on both sides with the **cumin** and a pinch of **salt**. Heat a large non-stick pan with a drizzle of **oil** over a medium-high heat. Once hot, add the **seabream**, skin-side down and fry for 4 min or until crispy. Once crispy, flip and cook for 1-2 min further.



4. Serve

Slice the **eggs** into quarters. Slice the **lemon** into wedges. Finely chop the **coriander** leaves. Divide the **seabream**, **rice** and **peas** among plates. Top the **rice** with the **eggs** and **coriander**. Finish off with a squeeze of **lemon**.

Chicken and Mushroom Stroganoff

with Rice

This tasty one-pot stew is a flavorful spin on the classic East European dish, with a rich gravy of mushrooms, Dijon mustard, and sour cream.

hellochef

707 calories | 58 protein | 80 carbs | 14 fat

Family Friendly

cook: 35 min

R4361-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2954 / 707
Fats (g)	14.4
of which saturated (g)	8
Carbohydrates (g)	80
of which sugars (g)	8.6
Fibers (g)	3.2
Proteins (g)	58
Salt (g)	3.9

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04-825-44-00

hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stroganoff	
Chicken breast	600 Grams
Chestnut mushrooms	500 Grams
White onion	1 Piece
Garlic cloves	2 Piece
Fresh parsley	15 Grams
Vegetable oil	2 Tbsp
Butter 4*	10 Grams
Plain flour 10*,11*	20 Grams
Black pepper	0.5 Tsp
Chicken stock cube 4*,5*,9*,15*	1 Piece
Worcestershire sauce 6*,11*	30 ML
Water	450 ML
Dijon mustard 13*	12 Grams
Sour cream 4*	120 Grams

Rice	
Long grain rice	300 Grams
Salt	2 Tsp
Water	600 ML

Allergens: *4 Milk, *10 Wheat, *11 Gluten, *5 Eggs, *9 Soya, *15 Celery, *6 Fish, *13 Mustard

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1. Cook rice

- Rinse the **rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 12-14 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from the heat.
- Keep covered until serving.



2. Prep

- Clean the **mushrooms** with a cloth, knife or brush (don't wash them with **water**).
- Slice the **mushrooms**.
- Peel and finely chop or slice 1 **white onion**.
- Peel and finely chop the **garlic**.
- Pick and finely chop the **parsley**.
- Chop the **chicken** into bite-sized pieces.



3. Start stew

- Heat a pot over medium-high heat with a drizzle of **oil**.
- Add the **mushrooms**.
- Fry for 3-4 min or until browned.
- Add the **onion** and **garlic**.
- Fry for 3-4 min.
- Add the **butter**, **chicken**, 1 tsp of **flour**, a pinch of **pepper**.
- Fry for 3-4 min further.



4. Make stew

- Add 1 **chicken stock cube**, **Worcestershire**, and **measured water**, and bring to a boil.
- Cover and reduce heat to medium.
- Cook for 12-15 min until the **chicken** is cooked through.



5. Finish stew

- Once thickened, add half the **parsley**, then stir in the **sour cream** and **dijon mustard**.
- Turn to low, and keep warm.



6. Serve

- Serve the **Chicken and Mushroom Stroganoff** with **Rice**.
- Sprinkle over any remaining **parsley**.

Banoffee Pie

No-Bake Banana and Toffee Pie with a Biscuit Base

Our take on the British classic. A delicious, easy and rich dessert!

hellochef

450 calories | 3 protein | 39 carbs | 31 fat

cook: 60 min

R4805-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1866 / 450
Fats (g)	31.3
of which saturated (g)	15.2
Carbohydrates (g)	39
of which sugars (g)	24.3
Fibers (g)	2
Proteins (g)	3.3
Salt (g)	0.6

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What You'll Need

- Whisk
- Food processor

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04-825-44-00
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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Base	
Butter 4*	30 Grams
Digestive biscuits 10*	75 Grams

Toffee	
Butter 4*	30 Grams
Brown sugar	40 Grams
Water	15 ML
Cooking cream 4*	100 ML
Salt	0.25 Tsp

Toppings	
Icing sugar	10 Grams
Banana	1 Piece
Belgian dark chocolate 9*	10 Grams
Whipping cream 4*	100 ML
Vanilla essence	5 ML

Allergens: *4 Milk, *10 Wheat, *9 Soya

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1. Make biscuit base

- Melt **30g butter** in a small pot over a low heat. Use a food processor to blitz the **digestive biscuits** to a fine crumb.
- In a large bowl, combine the melted **butter** and **biscuit crumbs** to form a texture similar to wet sand.
- Add the **crumb** to a round, loose-bottom tin.
- Use the back of a spoon or cup to compact the **crumb** to the base and sides of the tin. Reserve the pot.

Tip! Don't have a food processor? Crush the digestive biscuits in a large ziplock bag using a rolling pin.



2. Make toffee

- Return the reserved pot to a medium heat, add the **brown sugar** and **measured water** and stir to dissolve.
- Add the remaining **30g butter** and mix until melted and fully incorporated.
- Cook the **butter** for 1 min, then carefully add the **cooking cream**.
- Cook the caramel for 3-4 min, stirring constantly until it bubbles and thickens.
- Remove from the heat and allow to cool slightly.

Tip! The toffee is ready when it coats the back of a spoon.



3. Layer toffee

- Pour and spread the **toffee** over the prepared biscuit base.
- Refrigerate for 1 hour (or freeze for 20 min) until the **toffee** and **base** have set.

Tip! The toffee will be liquid and runny when hot. As it cools, it will thicken and set.



4. Prep

- Peel and slice the **bananas** into rounds.
- Using a knife, chop the **dark chocolate** into fine pieces.
- In a separate large bowl, add the **whipping cream**, **icing sugar** and **vanilla essence**.
- Using a whisk or electric beater, whip to form stiff peaks.

Tip! Stiff peaks refers to when you remove the whisk or beaters the peak that forms will keep its shape.



5. Finish pie

- Place the **sliced bananas** in an even layer over the **toffee**.
- Spoon over the **whipped cream**. Sprinkle over the **chocolate** shavings.



6. Serve

- Slice the **Banoffe Pie** into portions and serve!

Egg and Cheese Crust Pizza

Greek Style

A gluten-free alternative to pizza.

650 calories | 57 protein | 24 carbs | 40 fat

Low Carb

cook: 30 min

R2460-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2716 / 650
Fats (g)	40.4
of which saturated (g)	20.5
Carbohydrates (g)	24
of which sugars (g)	10.8
Fibers (g)	6.9
Proteins (g)	56.7
Salt (g)	7

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Crust	
Organic Eggs 5*	8 Pieces
Grated mozzarella 4*	300 Grams

Toppings	
Small zucchini	5 Pieces
Red onion	2 Pieces
Olive oil	4 Tbsp
Tomato paste	210 Grams
Dried oregano	4 Grams
Feta cheese 4*	200 Grams
Chilli flakes	2 Grams
Kalamata olives	80 Grams

To serve	
Cherry tomatoes	300 Grams
Rocket	40 Grams

Allergens: *5 Eggs, *4 Milk

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1. Mix crust

Preheat the oven to 220°C/200°C fan. Crack the **eggs** into a bowl and add the **grated mozzarella cheese**. Whisk until combined.



2. Bake crust

Use a spatula to spread the **cheese** and egg batter over a lined baking tray (make two round circles or make one large pizza). Bake in the oven for 15 min or until the pizza crust turns golden. Remove from the oven and let cool for 2-3 min.



3. Cut and fry veggies

Meanwhile, thinly slice the **zucchini**. Peel and thinly slice the **onion**. Heat a drizzle of **oil** in a pan over a medium heat. Fry the vegetables for 5-6 min until softened.



4. Top crust

Spread the **tomato paste** over the crust and sprinkle with **oregano**. Top with the **zucchini** and **onion** mix, **feta cheese**, **chilli flakes** and **olives**. Bake the pizza for 5-10 minutes until nicely browned.



5. Prep toppings

Meanwhile, slice the **cherry tomatoes**. Was and dry the **rocket** leaves.



6. Serve

Top the hot pizza with the **cherry tomatoes** and the **rocket** leaves.

Fillet Steak in Blue Cheese Sauce

with Garlic Mushrooms

Enjoy with your special someone and your favourite grape.

hello chef

768 calories | 69 protein | 21 carbs | 47 fat

Gourmet | Low Carb

cook: 40 min

R2238-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3204 / 768
Fats (g)	46.6
of which saturated (g)	26.5
Carbohydrates (g)	21
of which sugars (g)	8.2
Fibers (g)	5.5
Proteins (g)	68.6
Salt (g)	2.9

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steak & sauce	
Fillet steak	1000 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp
Cooking cream 4*	200 ML
Water	200 ML
Blue cheese 4*	120 Grams

Garlic mushrooms	
Mushroom	1000 Grams
Garlic cloves	4 Piece
Fresh parsley	15 Grams
Butter 4*	40 Grams
Worcestershire sauce 6*,11*	30 ML
Black pepper	1 Tsp

Side	
Green beans	500 Grams

Allergens: *4 Milk, *6 Fish, *11 Gluten

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1. Prep

- Preheat the oven to 220°C/200°C fan.
- Remove the **steaks** from the fridge.
- Trim the **green beans**.



2. Prep mushrooms

- Melt the **butter** in a baking dish in the microwave for 30 sec.



3. Bake mushrooms

- Roughly chop or tear the **mushrooms**.
- Peel and mince the **garlic**.
- Chop the **parsley**.
- Add the **mushrooms**, **garlic**, **parsley**, **Worcestershire sauce** and **pepper** to the baking dish with the melted **butter**.
- Mix well.
- Bake for 15-20 min until browned.



4. Fry steaks

- Meanwhile, pat the **steaks** dry with kitchen paper, rub them with **oil** and season with **salt**.
- Heat a large pan over a high heat.
- Once very hot, add the **steaks** and fry them for 3 min on each side.
- Place on a baking tray and finish cooking them in the oven for 8-10 min or until cooked to your liking.
- Transfer the **steaks** to a plate and leave them to rest for 10 min.
- Once rested, season generously with **salt** and **pepper**.



5. Make sauce

- Return the same pan, without washing it, to a medium heat.
- Add the 200 ml **cream**, **measured water** and **blue cheese**.
- Bring to a simmer, then reduce the heat to low.
- Return the **steaks** to the pan and cook them in the **sauce** for 4 min.
- Flip the **steaks** and cook for a final 3 min or until cooked to your liking.
- The **sauce** should have thickened nicely.
- Add a splash of **water** if it looks too thick.



6. Boil green beans

- Meanwhile, cook the **green beans** in a pot of salted boiling water for 3-4 min or until tender.
- Drain once cooked.
- Serve the **Fillet Steaks**, **Blue Cheese Sauce** and **Garlic Mushrooms** with **Green Beans** on the side.

Red Pepper and Blue Cheese Frittata

with Wedge Salad

We like to think of frittatas as stuffed Italian omelettes!

hello chef

707 calories | 42 protein | 6 carbs | 57 fat

Low Carb

cook: 30 min

R2829-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2943 / 707
Fats (g)	57.1
of which saturated (g)	34.3
Carbohydrates (g)	6
of which sugars (g)	4.9
Fibers (g)	0
Proteins (g)	41.9
Salt (g)	4.7

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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04-383-93-99

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Frittata	
Red onion	4 Pieces
Olive oil	2 Tbsp
Salt	1 Tsp
Parmesan 4*	60 Grams
Blue cheese 4*	120 Grams
Roasted peppers	300 Grams
Organic Eggs 5*	12 Pieces
Cooking cream 4*	200 ML
Black pepper	1 Tsp

Salad	
Balsamic vinegar 14*	30 ML
Olive oil	4 Tbsp
Dijon mustard 13*	12 Grams
Honey	40 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Baby gem lettuce	4 Pieces

Allergens: *4 Milk, *5 Eggs, *14 Sulphur Dioxide, *13 Mustard

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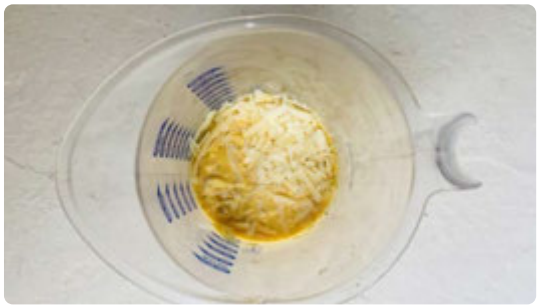
1. Saute onion

Peel and finely slice the **red onions**. Heat a generous drizzle of **oil** in a pan over a medium-low heat. Add the **onion** with a pinch of **salt** and fry for 6 min until soft.



2. Prep cheeses

Meanwhile, grate the **Parmesan**. Crumble the **blue cheese**. Chop the **roasted peppers** roughly.



3. Whisk

Crack the **eggs** into a large bowl or jug and whisk thoroughly. Add the **cooking cream**, grated **Parmesan** and a generous grind of **black pepper**.



4. Cook frittata

Once the **onion** is soft, add the **roasted peppers** to the pan and pour the egg mixture over. Shake the pan to evenly distribute the mixture. Dot with the crumbled **blue cheese**. Cook the frittata, covered, without stirring, for 5-6 min or until it begins to set.



5. Prep salad

Meanwhile, place the **balsamic vinegar**, **olive oil**, **Dijon**, **honey**, **salt** and **pepper** in a bowl and whisk until combined - this is your dressing. Wash the little **gem lettuce** and chop each **lettuce** into 4 wedges. Set aside.



6. Flip, slide and serve

Once the fritatta is almost set, place a large plate or second frying pan over the top. Quickly flip the frittata onto the plate or frying pan. Slide the frittata back into the original pan, uncooked side down. Cook for 5 min further or until fully set. Transfer the frittata to a serving plate and let cool for 5 min before serving. Drizzle the **lettuce** wedges with the dressing and serve on the side.

Mixed Veg and Three Cheese Pasta Bake

–

–

868 calories 50 protein 120 carbs 24 fat

cook: 30 min

R4578-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3639 / 868
Fats (g)	24.3
of which saturated (g)	16.4
Carbohydrates (g)	120
of which sugars (g)	14.7
Fibers (g)	13.7
Proteins (g)	50.1
Salt (g)	2.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Bake	
Yellow pepper	2 Piece
Small zucchini	4 Piece
Cherry tomatoes	300 Grams
Peeled plum tomatoes	800 Grams
Vegetable stock cube [15*]	2 Piece
Dried oregano	4 Grams
Fresh basil	15 Grams
Balsamic vinegar [14*]	30 ML
Tomato paste	140 Grams
Garlic onion powder	8 Grams
Farfalle pasta [10*]	500 Grams
Grated orange cheddar [4*]	120 Grams
Grated mozzarella [4*]	120 Grams
Parmesan [4*]	60 Grams

Allergens: *15 Celery, *14 Sulphur Dioxide, *10 Wheat, *4 Milk

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1. Boil pasta

Preheat the oven to 180C fan.



2. Prep

Boil the measured water. Deseed and chop the **yellow pepper** into **small** bite-sized pieces. Chop the **zucchini** into **small** bite-sized pieces. Chop the **cherry tomatoes** in half. In a jug, combine the boiled measured water, **stock cube**, **dried basil** and **balsamic vinegar**. Pick the **fresh basil** and chop half of it.



3. Fry

Heat a large frying pan over a medium-high heat with a drizzle of oil. Fry the **peppers** and **zucchini** for 4 min until they begin to soften.



4. Make sauce

Add the **stock**, **cherry tomatoes**, **peeled plum tomatoes** (breaking them up), **tomato paste** and **garlic onion powder**. Mix and cook for 3-4 min. Add the cooked penne and chopped **basil**.



5. Bake

Add half of the **pasta** to an oven-proof baking dish and sprinkle over the **grated cheddar** and half of the **grated parmesan**. Top with the remaining half of the **pasta**. Top with the **mozzarella** and remaining **parmesan**. Bake for 8-10 min until golden and bubbling.



6. Serve

Kung Pao Chicken Stir-fry

with Jasmine Rice

Skip the restaurant take-out in favour of this tasty Chinese supper.

hello chef

812 calories | 53 protein | 115 carbs | 21 fat

Tips for Kids

cook: 30 min

R2185-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3398 / 812
Fats (g)	20.7
of which saturated (g)	3
Carbohydrates (g)	115
of which sugars (g)	22.1
Fibers (g)	7.5
Proteins (g)	52.6
Salt (g)	13.7

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stir-fry	
Chicken breast	600 Grams
Corn starch	40 Grams
Yellow pepper	2 Piece
Spring onion	80 Grams
Snow peas	300 Grams
Vegetable oil	2 Tbsp
Water	100 ML
Black pepper	1 Tsp

Sauce	
Sweet chilli sauce	80 ML
Ginger garlic paste	30 Grams
Hoisin sauce 3*,9*,10*	60 Grams
Soy sauce 9*,10*,11*	40 ML
Rice vinegar	30 ML
Sesame oil 3*,9*	30 ML
Sriracha sauce	28 Grams
Water	100 ML

Jasmine rice	
Jasmine rice	300 Grams
Water	600 ML
Salt	1 Tsp

To serve	
Chilli flakes	4 Grams
Salted peanuts 1*	80 Grams

Allergens: *3 Sesame Seeds, *9 Soya, *10 Wheat, *11 Gluten, *1 Peanuts

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1. Boil rice

- Rinse the **jasmine rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pan with a lid and bring to a boil over a high heat.
- Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pan from heat and keep covered until serving.



2. Start sauce

- Meanwhile, to a pan, add the **sweet chilli sauce**, **ginger garlic paste**, **hoisin sauce**, **soy sauce**, **rice vinegar**, **sesame oil**, **sriracha** (spicy!) and a pinch of **chilli flakes** (spicy!).
- Reserve the remaining **chilli flakes**.
- In a separate small glass, whisk 2 tsp of **corn starch** with the **measured water**.
- Add the **starch mix** to the pan.

Tip! if cooking for kids, cook the sauce as instructed leaving out the sriracha and chilli flakes. Once cooked, set aside a portion and add the sriracha and chilli flakes to the remaining sauce



3. Simmer sauce

- Place the sauce pan over a medium heat and cook, whisking continuously, until the mixture starts to bubble.
- Once bubbling, reduce the heat to low and cook, stirring, for 2 min further or until glossy and thickened.
- Set aside.
- This is your **stir-fry sauce**.



4. Prep

- Meanwhile, chop the **chicken** into bite-sized pieces and add them to a large bowl with the remaining **corn starch** and toss until coated.
- Deseed and roughly chop the **pepper**.
- Trim and finely slice the **spring onion**.
- Trim and slice the **snow peas** in half.



5. Fry

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Add the **chicken**.
- Fry for 5 min. Transfer to a plate.
- Return the pan to a medium-high heat. Fry the **pepper** for 3 min.
- Add the **snow peas**. Fry for 3 min.
- Add the **spring onion**.
- Return the **chicken** to the pan. Fry for a final 2 min or until the **chicken** is cooked through.

Tip! If cooking for kids, set aside a portion of the chicken, pepper and snow peas before adding the spring onion.



6. Serve

- Add the **stir-fry sauce** and the **salted peanuts** to the pan and toss.
- Serve the **Kung Pao Chicken Stir-fry** with **Jasmine Rice**.
- Garnish with a pinch of the remaining **chilli flakes** (spicy!).

Tip! If cooking for kids, serve the rice, plain chicken, pepper, snow peas, peanuts, spring onion and the milder sauce separately.

Garlic Parmesan Chicken

-

903 calories 71 protein 76 carbs 35 fat

Family Friendly

cook: 60 min

R4600-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3764 / 903
Fats (g)	34.7
of which saturated (g)	18.3
Carbohydrates (g)	76
of which sugars (g)	13.8
Fibers (g)	9.9
Proteins (g)	71.1
Salt (g)	2.8

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Olive oil	1 Tbsp
Paprika powder	4 Grams
Garlic onion powder	4 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Chilli flakes	4 Grams

Garlic butter	
Butter 4*	100 Grams
Fresh parsley	30 Grams
Garlic cloves	4 Piece
Parmesan 4*	60 Grams

To serve	
Pitta bread 4*,5*,9*,10*,11*	4 Piece
Tomatoes	2 Piece
Romaine lettuce	400 Grams

Dressing	
Dijon mustard 13*	18 Grams
Lemon	2 Piece
Natural yogurt 4*	340 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten, *13 Mustard

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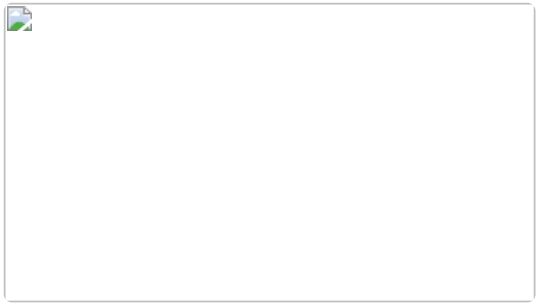
1. Prep chicken



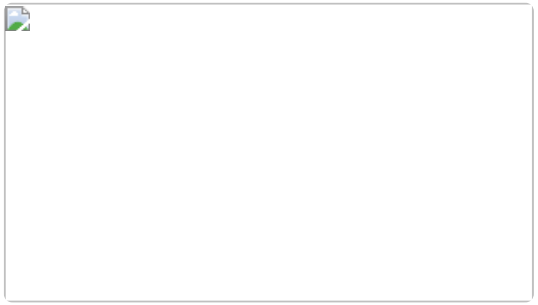
2. Make garlic butter



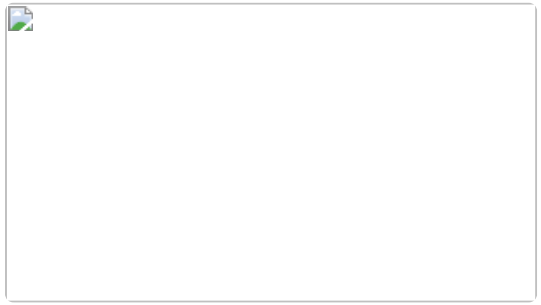
3. Baste chicken



4. Prep salad



5. Make dressing



6. Serve

Italian Meatballs

with Caponata Vegetables

If you love classic Italian flavours, this one's for you! It's packed with them.

hello chef

1078 calories | 54 protein | 44 carbs | 80 fat

Low Carb

cook: 40 min

R2819-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4509 / 1078
Fats (g)	80.1
of which saturated (g)	25.6
Carbohydrates (g)	44
of which sugars (g)	22.6
Fibers (g)	15.4
Proteins (g)	53.5
Salt (g)	3.7

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What You'll Need

- Box grater

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

For meatballs	
Beef mince	700 Grams
Parmesan 4*	90 Grams
Fresh basil	15 Grams
Fresh parsley	15 Grams
Dijon mustard 13*	12 Grams
Salt	2 Tsp
Black pepper	1 Tsp
Olive oil	4 Tbsp
Organic Eggs 5*	2 Piece
Almond flour 1*,2*	80 Grams
Shallots	2 Piece

Caponata	
Eggplant	2 Piece
Red onion	2 Piece
Cherry tomatoes	500 Grams
Olive oil	8 Tbsp
Salt	1 Tsp
Tomato paste	70 Grams
Water	200 ML
Brown sugar	10 Grams
Green olives	100 Grams
Capers	40 Grams
Black pepper	1 Tsp

To serve	
Pine nuts 2*	20 Grams

Allergens: *4 Milk, *13 Mustard, *5 Eggs, *1 Peanuts, *2 Tree Nuts

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1. Make meatballs

- Grate half of the **Parmesan**.
- Peel and chop the **shallots** very finely.
- Chop the **fresh basil** and **parsley**.
- Add the **beef mince**, **Parmesan**, half the **basil** and **parsley**, **eggs**, **almond flour**, **Dijon**, **shallots**, **salt** and **pepper** to a bowl.
- With clean hands, knead until tender.
- Shape into **meatballs**.
- Refrigerate.

Tip! Wet your hands when shaping the meatballs! This way the meat won't stick to them.



2. Prep

- Chop the **eggplant** into small cubes.
- Peel and chop the **red onion**.
- Rinse the **cherry tomatoes**.
- Lightly toast the **pine nuts** in a hot dry pan.
- Set aside.



3. Fry vegetables

- Heat a large pan over a medium heat with a generous drizzle of **oil**.
- Once hot, add the **eggplant**.
- Fry with a pinch of **salt** for 5 min.
- Add the **onion**.
- Fry for 5-7 min further or until the **eggplant** has browned and softened.
- Don't hurry this step and don't skimp on the **oil**.



4. Simmer

- Add the **cherry tomatoes**, **tomato paste**, **measured water**, **brown sugar**, **olives**, **capers** and **black pepper**.
- Cover with a lid.
- Simmer over a low heat for 15 min.
- Once done, add the remaining **fresh basil** and **parsley**.
- Season with **salt** and **pepper** if needed.



5. Fry meatballs

- Meanwhile, heat a second pan over a medium-high heat with a drizzle of **olive oil**.
- Once hot, add the **meatballs**.
- Fry for 5-6 min or until browned all over and cooked through.



6. Serve

- Serve the **Italian Meatballs** with **Caponata Vegetables**.
- Shave or grate the remaining **Parmesan** over the top.
- Sprinkle with the toasted **pine nuts**.
- Drizzle with good quality **olive oil** and finish with a grind of **black pepper**.

Almond-Crusted Salmon

with Roasted Vegetables and Bulgur Wheat Risotto

Savor the nutty almond crunch that perfectly compliments the salmon, paired with a generous medley of vegetables and rich, buttery bulgur wheat for a satisfying and hearty meal.

hellochef

774 calories | 47 protein | 79 carbs | 34 fat

Family Friendly

cook: 50 min

R4695-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3237 / 774
Fats (g)	33.7
of which saturated (g)	9
Carbohydrates (g)	79
of which sugars (g)	12.6
Fibers (g)	20.1
Proteins (g)	46.5
Salt (g)	1.7

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What You'll Need

Oven | Box grater

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salmon	
Skin-on salmon fillet 6*	700 Grams
Dried thyme	4 Grams
Almond slivers 2*	60 Grams
Lemon	2 Piece
Olive oil	4 Tbsp
Smoked paprika powder	4 Grams
Panko bread crumbs 10*,11*,12*	40 Grams
Vegetable seasoning 2*,10*,11*,13*	4 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp

Vegetables	
Small zucchini	2 Piece
Red pepper	2 Piece
Carrot	2 Piece
Red onion	2 Piece
Olive oil	4 Tbsp
Salt	2 Tsp
Black pepper	0.5 Tsp

Bulgur Wheat	
Bulgur wheat 10*,11*	240 Grams
Butter 4*	20 Grams
Chicken stock cube 4*,5*,9*,15*	1 Piece
Water	850 ML
Fresh parsley	15 Grams

Allergens: *6 Fish, *2 Tree Nuts, *10 Wheat, *11 Gluten, *12 Lupin, *13 Mustard, *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Cook bulgur wheat

- Meanwhile, rinse and drain the **bulgur wheat**.
- In a pot over medium heat, add the **butter** and **bulgur wheat** and cook for 1 min until the grains are coated.
- Crumble in 1 **stock cube**, and pour in the **measured water**.
- Lower the heat to medium low, cover and cook for 25 min, stirring often until the **water** is absorbed and the **bulgur wheat** has softened.
- Pick and finely chop the **parsley**, and stir in towards the end of cooking.



2. Prep

- Preheat the oven to 200°C/180°C fan, and line a baking tray with parchment paper
- Slice the **zucchini** into half moons.
- Deseed and chop the **red pepper**.
- Peel the **carrots** and cut them into coins.
- Peel the **onion**, and slice into wedges.



3. Roast vegetables

- Add the **red pepper**, **carrots**, **onion**, and **zucchini** to the tray.
- Drizzle with **olive oil**, half the **dried thyme**, and season with **salt** and **pepper**.
- Roast for 15 min until halfway cooked through.



4. Prep salmon

- Meanwhile, roughly chop the **almond slivers**.
- Zest the **lemon** with a grater, being careful to avoid its bitter white pith. Then sllice into wedges.
- Portion the **salmon** and place on a plate, skin side down.
- In a small bowl, combine the **olive oil**, **lemon zest** and a squeeze of **juice**, **smoked paprika**, **panko bread crumbs**, **almond slivers**, **vegetable seasoning**, remaining **thyme**, and a pinch of **salt** and **pepper**.
- Spoon the mixture onto the **salmon** and press down.



5. Roast salmon

- After 15 min, move the **vegetables** to the side.
- Add the **salmon** to the tray bake, and roast for an additional 10-12 min until flakey and cooked through.



6. Serve

- Serve the **Almond-Crusted Salmon** with **Roasted Vegetables and Bulgur Wheat Risotto**, with a squeeze of **lemon**.

Italian Sausage Sandwich

with Tomato and Basil Salad

Our delicious take on the classic!

hello chef

1263 calories | 59 protein | 79 carbs | 75 fat

Quick Prep | Speedy

prep: 5 min | cook: 25 min | R4351-4



Nutritional information

	per serving*
Energy (kJ/kcal)	5301 / 1263
Fats (g)	75
of which saturated (g)	8.1
Carbohydrates (g)	79
of which sugars (g)	5.7
Fibers (g)	6.8
Proteins (g)	59.4
Salt (g)	9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Sandwich	
Italian sausage 10*	800 Grams
Salt	1 Tsp
Black pepper	0.5 Tsp
Yellow pepper	2 Piece
Ciabatta 10*,11*	4 Piece
Olive oil	1 Tbsp
Grated mozzarella 4*	120 Grams
Gherkins	80 Grams
Dijon mustard 13*	12 Grams
Mayonnaise 5*,9*,13*	120 Grams
Rocket	40 Grams

Salad	
Fresh basil	15 Grams
Cherry tomatoes	300 Grams
Black olive slices	80 Grams
Balsamic vinegar 14*	30 ML
Olive oil	2 Tbsp
Salt	0.5 Tsp
Black pepper	0.5 Tsp

Allergens: *10 Wheat, *11 Gluten, *4 Milk, *13 Mustard, *5 Eggs, *9 Soya, *14 Sulphur Dioxide

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1. Prep

- Remove the skin from the **sausages** and transfer the contents into a bowl.
- Season the **sausage meat** with a pinch of **salt** and **pepper**.
- Using clean hands form the **sausage meat** into 8 **patties**.
- Deseed and slice the **pepper** into strips.



2. Make salad

- Pick and roughly tear the **basil leaves**.
- Chop the **cherry tomatoes** into quarters.
- In a bowl, combine the **basil**, **tomatoes** and **olives**.
- Add the **balsamic vinegar**, a drizzle of **olive oil**, **salt** and **pepper**.
- Mix well.
- Set **salad** aside.



3. Toast bread

- Cut the **ciabattas** in half.
- Drizzle each side with a small amount of **oil**.
- Heat a large frying pan over a medium-high heat.
- Add the **bread** cut side down.
- Toast for 1-2 min until golden and crisp.
- Once toasted, remove the **bread** and reserve the pan.



4. Fry sausage

- Heat the reserved pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **patties**.
- Fry for 2-3 mins each side.
- When you flip the **patties** the first time add the **peppers**. Cook for the remaining time.
- Top the **patties** with the **mozzarella**, cover, cook until melted.

Tip! Drain some of the excess oil during frying the patties to make a less oily meal!



5. Make mustard mayo

- Meanwhile finely chop half the **gherkins** (saving some for serving).
- In a small bowl, combine the chopped **gherkins**, **mustard** and **mayonnaise**.



6. Serve

- Spread the **mustard mayo** on the toasted **ciabatta**.
- Stack the **peppers**, **sausage patties**, **rocket** and remaining **gherkins** on top.
- Serve the **Italian Sausage Sandwich** with **Tomato and Basil Salad** on the side.

Buttery Shortbread Biscuits Sandwiches

with a Chocolate Buttercream Filling

An easy recipe to get the kids in the kitchen!

hello chef

369 calories | 3 protein | 42 carbs | 21 fat

Family Friendly

cook: 40 min

R4632-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1534 / 369
Fats (g)	20.8
of which saturated (g)	13.3
Carbohydrates (g)	42
of which sugars (g)	28.1
Fibers (g)	0.3
Proteins (g)	2.5
Salt (g)	0.3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven | Whisk

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 8 servings

Biscuits	
Butter 4*	100 Grams
Caster sugar	75 Grams
Plain flour 10*,11*	150 Grams
Vanilla essence	5 ML

Chocolate buttercream	
Butter 4*	100 Grams
Icing sugar	150 Grams
Cocoa powder	15 Grams
Vanilla essence	5 ML
Water	15 ML

Allergens: *4 Milk, *10 Wheat, *11 Gluten

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1. Make buttercream

- Remove **butter** from the fridge to soften.
- Use a wooden spoon or electric beater to beat 100g **butter** for 3-4 min until pale and creamy.
- Add half the **icing sugar** and half the **cocoa powder**. Beat for 1-2 min.
- Add the remaining **icing sugar** and **cocoa powder**. Beat for 1-2 min.
- Add the **vanilla** and 1 Tbsp **water** and beat for 1-2 min until fluffy.
- Cover and refrigerate until ready to use.



2. Cream butter and sugar

- In a medium bowl, use a wooden spoon or electric beater to beat together **butter** and **caster sugar** for 3-4 min until pale and fluffy.
- Use a spatula or spoon to scrape down the sides of the bowl.

Tip! Creaming in baking is beating together the butter and sugar to incorporate air and create a tender texture.



3. Make dough

- Preheat oven to 180°C.
- Add the **flour** and **vanilla essence** and beat for 30 sec to incorporate.
- Use a spatula or spoon to scrape down the sides of the bowl to ensure everything is well mixed.
- Use clean hands to bring the mixture together to form a stiff **dough**. Avoid kneading the dough too much, as it changes the consistency.

Tip! Dough can be refrigerated until ready to use.



4. Shape biscuits

- Divide the **dough** into 4 portions. Divide each portion into 4 again to form 16 balls.
- Flatten the balls between your hands and place onto a lined baking tray, ensuring there is enough space between each portion.
- Use a fork to create an imprint in the surface of each biscuit, to enhance texture.

Tip! Dip the fork in flour before pressing the dough, to avoid it sticking.



5. Bake

- Bake for 10-12 min until the edges are starting to brown.
- Once baked, remove from the oven and allow to cool completely before adding the **buttercream**.
- Remove the **buttercream** from the fridge while the **biscuits** bake, so that it softens for easy spreading.



6. Serve

- Mix the **chocolate buttercream** well with a whisk or spatula until it is smooth and fluffy again.
- Spread a spoonful of **buttercream** onto half of the **biscuits**.
- Top with the remainder of the **biscuits** and enjoy.
- **Buttery Shortbread Biscuits** can be enjoyed individually or as a sandwich, with or without **Chocolate Buttercream**.

Speedy Masala Chicken

with Coriander Rice and Garlic Mint Yogurt

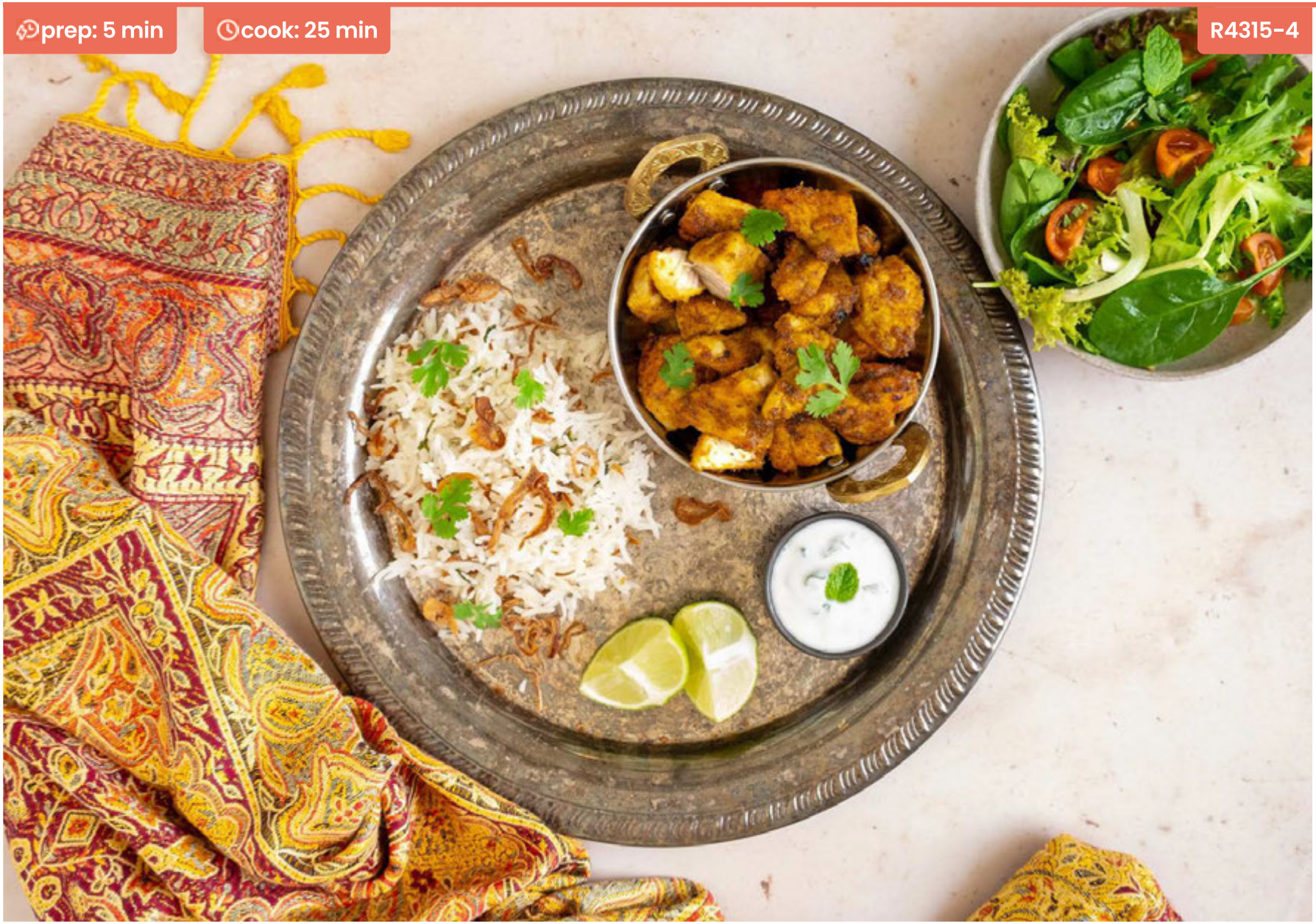
Who says flavour needs time! 25 mins is all it takes to whip up this delicious meal.

hello chef

681 calories | 59 protein | 90 carbs | 8 fat

Quick Prep | Speedy

prep: 5 min | cook: 25 min | R4315-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2847 / 681
Fats (g)	7.7
of which saturated (g)	2.6
Carbohydrates (g)	90
of which sugars (g)	9.8
Fibers (g)	5.5
Proteins (g)	59
Salt (g)	1.9

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Garam masala	4 Grams
Tandoori masala	4 Grams
Curry powder	4 Grams
Turmeric powder	4 Grams
Corn starch	40 Grams
Salt	0.5 Tsp
Black pepper	0.25 Tsp
Vegetable oil	2 Tbsp

Rice	
Fresh coriander	30 Grams
Long grain rice	300 Grams
Salt	1 Tsp
Water	600 ML
Crispy onions	40 Grams

Mint yogurt	
Fresh mint	10 Grams
Lime	1 Piece
Natural yogurt 4*	340 Grams
Garlic paste	15 Grams

Salad	
Cherry tomatoes	300 Grams
Crispy bionda lettuce	200 Grams

Allergens: *4 Milk

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1. Cook rice

- Pick the **coriander leaves**.
- Rinse the **rice**.
- To a saucepan, add the **rice**, **coriander** (saving some for garnish), **salt** and **measured water**.
- Bring to a boil over a medium-high heat.
- Once boiling, lower the heat, cover and simmer for 12-14 min.
- When all of the **water** is absorbed and the **rice** is tender turn off the heat and leave the **rice** covered until serving.
- Just before serving mix the **crispy onions** through the **rice**.



2. Prep

- Meanwhile, chop the **chicken** into bite-sized pieces.
- In a large bowl, combine the **chicken**, **garam masala**, **tandoori masala** (spicy!), **curry powder**, **turmeric**, **corn starch**, **salt**, **pepper**, and a drizzle of **oil**.
- Mix well and set aside.
- Chop the **tomatoes** into quarters.

Tip! Sensitive to spice? Go easy on the tandoori masala.



3. Fry chicken

- Heat a large non-stick frying pan over a medium-high heat with a drizzle of **oil**.
- Fry the **chicken** for 5-7 min, or until the **chicken** is crisp and cooked through.
- Once cooked, remove from the pan and set aside to rest.



4. Make mint yogurt

- Meanwhile, pick and finely chop the **mint leaves**.
- Chop the **lime** into wedges.
- In a bowl, combine half of the **mint**, the **yogurt**, **garlic paste** and a squeeze of **lime juice** to taste (saving the rest for the salad).



5. Mix salad

- In a separate bowl, mix the **lettuce mix** and **tomatoes** with the remaining **mint** and a squeeze of **lime juice** to taste.



6. Serve

- Serve the **Speedy Masala Chicken** with **Coriander Rice** and **Garlic Mint Yogurt**, and **Salad** on the side.
- Garnish with the remaining **coriander**.

Smoked Salmon Gratin

with Roasted Potatoes and Greens

-

467 calories | 39 protein | 55 carbs | 12 fat

Quick Prep | Family Friendly | Calorie Smart

prep: 5 min | cook: 30 min | R4011-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1955 / 467
Fats (g)	12
of which saturated (g)	6.8
Carbohydrates (g)	55
of which sugars (g)	7.8
Fibers (g)	8.8
Proteins (g)	38.5
Salt (g)	1.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Gratin	
Smoked Salmon Slices 6*	400 Grams
Whole milk 4*	400 ML
Plain flour 10*,11*	30 Grams
Butter 4*	20 Grams
Dijon mustard 13*	12 Grams
Panko bread crumbs 10*,11*,12*	90 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Garlic onion powder	8 Grams

Roasted potatoes	
Potatoes	900 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Greens	
Spinach	450 Grams
Green peas	200 Grams
Spring onion	80 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp

Allergens: *6 Fish, *4 Milk, *10 Wheat, *11 Gluten, *13 Mustard, *12 Lupin

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1. Roast potatoes

Preheat the oven to 200°C/180°C fan. Chop the **potatoes** (skins on) into small bite-sized pieces. Add them to a baking tray with a drizzle of **vegetable oil** and a generous pinch of **salt**. Roast for 30 min.



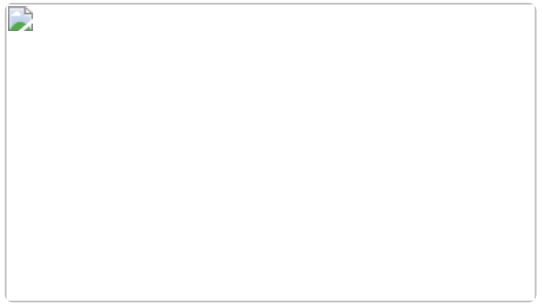
2. Make bechamel

Meanwhile, heat a pot with the **butter**. Once melted, the **flour** and stir for 1-2 min or until a sandy paste forms. Gradually whisk in the **milk**, **mustard**, **garlic onion powder**, a pinch of **salt** and **pepper**. Cook, stirring, for 1-2 min or until the sauce has thickened up.



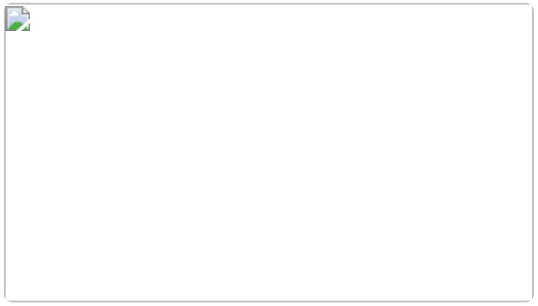
3. Bake gratin

Separate the **salmon slices** and Roughly break them into bite-sized pieces. Add the **salmon** to a baking dish and pour over the bechamel. Top with the **bread crumbs** and bake for 15-20 min or until golden.



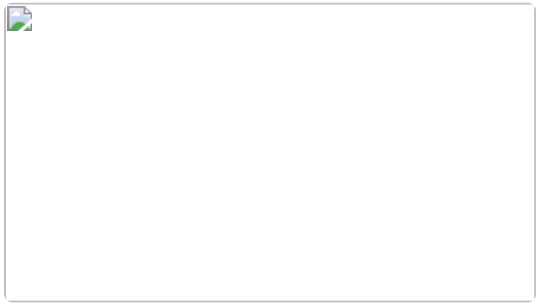
4. Prep

Meanwhile, trim and roughly chop the **spinach**. Trim and finely chop the **spring onion**.



5. Fry green

Heat a small non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **spring onions** and fry for 1 min. Add the **spinach** with a pinch of **salt** and fry for 3-5 min or until soft and wilted. Add the **green peas** and fry for 1 min further.



6. Serve

Divide the **smoked salmon gratin** among plates. Serve the roasted **potatoes** and **greens** alongside.

Double Belgian Chocolate Mousse

Deliciously light and creamy layers of Belgian dark and white chocolate mousse, the perfect treat!

hellofresh

825 calories | 7 protein | 36 carbs | 72 fat

Family Friendly

cook: 30 min

R4802-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3423 / 825
Fats (g)	72.3
of which saturated (g)	12.8
Carbohydrates (g)	36
of which sugars (g)	34.5
Fibers (g)	0.2
Proteins (g)	6.6
Salt (g)	0.6

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What You'll Need

- Whisk

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 2 servings

Mousse	
Belgian dark chocolate 9*	50 Grams
Belgian white chocolate 4*,9*	50 Grams
Whipping cream 4*	300 ML
Vanilla essence	5 ML

To serve	
Milk chocolate 4*,9*	20 Grams

Allergens: *9 Soya, *4 Milk

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1. Melt dark chocolate

- Heat a small saucepan of water filled only 1/4 way, over medium heat to a gentle simmer.
- To a large bowl, add the **Belgian dark chocolate** and **1 Tbsp cream**.
- Place the bowl over the saucepan, making sure the base of the bowl does not touch the water.
- With the water gently simmering, melt the **chocolate**, stirring to combine it with the **cream**.
- Once melted and fully combined, remove the bowl from the saucepan. Reserve the saucepan of water.

Tip! Only add enough water to simmer but take care that the bowl does not touch the water.



2. Melt white chocolate

- To a separate large bowl, add the **Belgian white chocolate** and **1 Tbsp cream**.
- Place the bowl over the saucepan, making sure the base of the bowl does not touch the water.
- With the water gently simmering, melt the **chocolate**, stirring to combine it with the **cream**.
- Once melted and fully combined, remove the bowl from the saucepan.



3. Whip cream

- Meanwhile, chill a large bowl to be used for whipping the **cream** (optional).
- Keep the **cream** refrigerated until right before whipping.
- In the large, chilled bowl, combine the **whipping cream** and **vanilla essence**.
- Using a whisk or electric beater, whip the **cream** for 7-8 min until it reaches stiff peaks stage.

Tip! Stiff peaks refers to the peak of cream that forms when the whisk is removed from bowl and indicates a stiffly beaten cream that holds its shape.



4. Make mousse

- Add one spoonful at a time of **whipped cream** to each bowl of **melted chocolate**.
- Use a spatula or metal spoon to gently fold together the **cream** and **melted chocolate**, until fully incorporated and an even colour is achieved.
- Continue to divide the **whipped cream** evenly among the bowls of **mousse** until all the **cream** is used.

Tip! Folding is combining ingredients with a gentle over-and-under mixing action without losing the air.



5. Portion

- Gather individual containers or glasses.
- Evenly divide the **dark chocolate mousse** between the containers to form the first layer.
- Evenly divide the **white chocolate mousse** between the containers and create a second layer on top of the **dark chocolate mousse**.
- Cover each container with cling film and refrigerate for 2 hours or overnight.

Tip! Don't have individual containers? Create one large layered mousse in a bigger container of your choice.



6. Serve

- Grate or finely chop the **milk chocolate**.
- Serve the **Double Belgian Chocolate Mousse** topped with the grated **milk chocolate**.

One-pan Spicy Moroccan Chicken
and Rice Skillet

This skillet is spiced with popular North African spices which are commonly found in Morocco.

hello chef

720 calories | 64 protein | 105 carbs | 13 fat

Global Eats | Quick Prep

prep: 5 min | cook: 35 min | R3946-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3011 / 720
Fats (g)	12.7
of which saturated (g)	1.5
Carbohydrates (g)	105
of which sugars (g)	13
Fibers (g)	8.8
Proteins (g)	63.6
Salt (g)	2.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Rice skillet	
Yellow pepper	2 Piece
Small zucchini	2 Piece
Ras el hanout	10 Grams
Coriander cumin powder	8 Grams
Smoked paprika powder	4 Grams
Golden raisins 14*	60 Grams
Garlic onion powder	8 Grams
Tomato paste	70 Grams
Harissa paste	40 Grams
Basmati rice	300 Grams
Water	600 ML

Lemon dressing	
Lemon	2 Piece
Fresh parsley	15 Grams
Olive oil	4 Tbsp
Salt	1 Tsp

Garnish	
Almond flakes 1*,2*	60 Grams

Allergens: *14 Sulphur Dioxide, *1 Peanuts, *2 Tree Nuts

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1. Prep

Deseed and finely chop the **pepper**. Slice the **zucchini** into half moons. Chop the **chicken** into bite-sized pieces.



2. Fry

Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken** with a pinch of **salt** and fry for 5 min. Add the **peppers** and **zucchini** and fry for 3 min further.



3. Simmer

Add the **ras el hanout**, **coriander cumin powder**, **smoked paprika**, **raisins** and **garlic onion powder**, **tomato paste**, **harissa** (spicy!), **rice** and the **measured water**. Simmer, covered, for 15-18 min or until the **rice** is cooked through and the water is absorbed.



4. Prep

Meanwhile, slice the **lemon** into wedges. Finely chop **parsley** leaves. Add a generous squeeze of **lemon** to a small bowl with the **parsley**, **olive oil** and a pinch of **salt** - This is your **lemon parsley dressing**.



5. Serve

Serve the skillet amongst bowls and drizzle over the **lemon parsley dressing** and top with the **almond flakes**.

Tip! Toast the almond flakes in a hot, dry pan first for extra flavour.

Linguine Primavera

with Roasted Vegetables and Garlic Butter Sauce

This lemon garlic pasta delivers bold, vibrant and fresh flavours.

hellóchef

713 calories | 24 protein | 121 carbs | 19 fat

Calorie Smart

cook: 30 min

R3231-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2981 / 713
Fats (g)	19.4
of which saturated (g)	9.5
Carbohydrates (g)	121
of which sugars (g)	10.1
Fibers (g)	14.1
Proteins (g)	23.5
Salt (g)	0.7

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pasta	
Linguine 10*,11*	500 Grams
Garlic cloves	4 Piece
Red onion	2 Piece
Small zucchini	4 Piece
Cherry tomatoes	300 Grams
Yellow pepper	2 Piece
Lemon	2 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Water	200 ML
Vegetable stock cube 15*	2 Piece
Baby spinach	180 Grams
Salted vegan butter	80 Grams
Black pepper	1 Tsp
Chilli flakes	4 Grams

Garnish	
Fresh basil	15 Grams

Allergens: *10 Wheat, *11 Gluten, *15 Celery

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1. Boil pasta

- Bring a large pot of salted water to the boil.
- Once boiling, add the **linguine**.
- Cook for 8-10 min until 'al dente' or cooked to your liking.
- Drain.

Tip! Drizzle the cooked pasta with a bit of oil to prevent it from sticking.



2. Prep

- Meanwhile, peel and mince the **garlic**.
- Peel and finely slice the **red onion**.
- Using a peeler, peel the **zucchini**, then continue peeling until you are left with a pile of **zucchini** ribbons.
- Chop the **cherry tomatoes** in half.
- Deseed and finely slice the **yellow pepper**.
- Slice the **lemon** into wedges.



3. Fry veg

- Heat a large pan over a medium-high heat with a drizzle of **olive oil**.
- Once hot, add the **onion** with a pinch of **salt**.
- Fry for 3 min.
- Add the **zucchini ribbons**, **peppers** and **tomatoes**.
- Fry for 3 min further.
- Add the **garlic**.
- Fry for 1 min further.
- Add the **measured water** and the **vegetable stock cube**.
- Simmer for 3 min further.



4. Make sauce

- Add the **spinach**.
- Cook for 2-3 min.
- Reduce the heat to low and add the **vegan butter**.
- Mix well until the **vegan butter** has melted and the **lemon garlic butter sauce** starts to slightly thicken.



5. Add pasta

- Add the cooked **pasta**, a squeeze of **lemon juice** to taste (reserve the rest for garnish) and toss.
- Remove from the heat and season with **salt**, **pepper** and a pinch of the **chilli flakes (spicy!)**.

Tip! Sensitive to spice? Go easy on the chilli flakes.



6. Serve

- Pick the **basil** leaves and tear over the **pasta**.
- Serve the **Linguine Primavera** with **Roasted Vegetables** and **Garlic Butter Sauce**.
- Drizzle any remaining **lemon garlic butter sauce** on top.
- Garnish with the remaining **lemon wedges**.

Sticky BBQ Chicken Wings

with Ranch-style Dip

Air fryer friendly - these sticky and delicious wings are bound to hit the spot!

hello chef

514 calories | 34 protein | 10 carbs | 37 fat

Family Friendly | Speedy | Quick Prep

cook: 25 min

R4825-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2152 / 514
Fats (g)	36.8
of which saturated (g)	10.1
Carbohydrates (g)	10
of which sugars (g)	7.9
Fibers (g)	0.3
Proteins (g)	34.2
Salt (g)	1.4

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken wings	
Chicken wings	500 Grams
Barbecue sauce 11*,13*	80 Grams
BBQ spice 15*	4 Grams
Dijon mustard 13*	6 Grams
Garlic powder	2 Grams
Olive oil	2 Tbsp

Ranch dip	
Sour cream 4*	60 Grams
Mayonnaise 5*,9*,13*	50 Grams
Lemon pepper seasoning 13*,15*	2 Grams
White vinegar	15 ML

Allergens: *11 Gluten, *13 Mustard, *15 Celery, *4 Milk, *5 Eggs, *9 Soya

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1. Prep

- If using an oven, preheat to 220°C/200°C fan.
- If using an air fryer, preheat to 180°C.
- In large bowl, combine the **barbecue sauce**, **BBQ spice**, **Dijon mustard** and **garlic powder** with a generous drizzle of **olive oil**.
- Add the **chicken wings** to the marinade and coatwell.

Tip! Have spare time? Marinade the chicken wings 12-24 hours before cooking.



2. If using an oven

- Place the **chicken wings** onto a lined baking tray.
- Roast for 15-20 min or until the **chicken wings** are golden-brown and sticky.

Tip! Having a barbecue? Place the chicken wings over an indirect heat and grill for 10-15 min, turning occasionally.



3. If using an air fryer

- Place the **chicken wings** in a lined air fryer basket.
- Air fry for 12-15 min or until the **chicken wings** are golden-brown and sticky.

Tip! Be careful not to overcrowd your air fryer basket - air fry them in batches instead.



4. Make dip

- In a small bowl, combine the **sour cream**, **mayonnaise**, **lemon pepper seasoning** with a dash of **white vinegar** to taste.



5. Serve

- Serve the **BBQ Chicken Wings** with the **Ranch-style Dip** alongside.

Sweet Chilli Chicken and Noodle

Stir-fry

An Asian feast for the whole family to enjoy!

hellochef

859 calories | 54 protein | 115 carbs | 20 fat

Family Friendly

cook: 30 min

R2787-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3593 / 859
Fats (g)	20.2
of which saturated (g)	3.6
Carbohydrates (g)	115
of which sugars (g)	26.5
Fibers (g)	12.4
Proteins (g)	53.5
Salt (g)	15.3

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stir-fry	
Red pepper	2 Piece
Carrot	2 Piece
Sugar snap peas	200 Grams
Spring onion	80 Grams
Soy sauce 9*,10*,11*	60 ML
Brown sugar	20 Grams
Oyster sauce 8*,10*	40 Grams
Salt	1 Tsp
Wheat noodles 10*,11*	400 Grams
Vegetable oil	4 Tbsp
Water	100 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Salted peanuts 1*	80 Grams
Black pepper	1 Tsp

Pulled chicken	
Chicken breast	600 Grams
Vegetable oil	2 Tbsp
Salt	2 Tsp
Water	100 ML
Chilli powder	4 Grams
Sweet chilli sauce	80 ML

To serve	
Lime	2 Piece
Sesame oil 3*,9*	30 ML

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *8 Molluscs, *4 Milk, *5 Eggs, *15 Celery, *1 Peanuts, *3 Sesame Seeds

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Egg, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur dioxide and Celery.**



1. Fry chicken

- Heat a pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **chicken** with a pinch of **salt**.
- Cook for 3 min on each side until golden.
- Add the **measured water**.
- Cover the pan with a lid.
- Reduce the heat to low.
- Cook for 10 min.

Tip! Don't feel like pulling the chicken? Cut the chicken into strips before frying.



2. Prep vegetables

- Meanwhile, de-seed and finely slice the **pepper**.
- Peel and chop the **carrot** into matchsticks.
- Trim the **sugar snap peas** and halve each one on the diagonal.
- Slice the **spring onion** into thin sticks.
- In a small bowl, combine the **soy sauce**, **brown sugar** and **oyster sauce**.
- Mix until the **sugar** has fully dissolved.



3. Pull chicken

- Once the **chicken** is cooked, drain any excess water.
- Using two forks, pull the **chicken** and add a pinch of **chilli powder (spicy!)** and **sweet chilli sauce**.
- Cook for 1 min further.
- Cover to keep warm.



4. Boil noodles

- Bring a pot of salted water to the boil.
- Once boiling, add the **noodles**.
- Cook for 4 min.
- Once tender, drain and run under cold water to keep the **noodles** from sticking together.
- Then submerge in cold water.
- Set aside.



5. Stir-fry

- Meanwhile, heat a second pan over a high heat with a drizzle of **vegetable oil**.
- Stir-fry the **pepper** and **carrot** for 2 min.
- Add the **sugar snap peas** and **spring onion**.
- Fry for 1 min further.
- Add the **sugar soy mix**, **water** and 1 **stock cube**.
- Stir for 1 min or until dissolved.
- Add the drained **noodles** and **peanuts**.
- Cook for a final 1 min.
- Season with **salt** and **pepper** to taste.



6. Serve

- Slice the **lime** into wedges.
- Serve the **Sweet Chilli Chicken** and **Noodle Stir-fry** with the **pulled chicken** on top.
- Add a squeeze of **lime** juice and the **sesame oil**.
- Garnish with any remaining **lime** wedges.

One-pan Spicy Moroccan Chicken

and Cauliflower Rice Skillet

This skillet is spiced with popular North African spices which are commonly found in Morocco.

hello chef

493 calories | 61 protein | 44 carbs | 12 fat

Low Carb | Calorie Smart | Global Eats

cook: 40 min

R3945-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2058 / 493
Fats (g)	12.3
of which saturated (g)	1.6
Carbohydrates (g)	44
of which sugars (g)	16.5
Fibers (g)	11.3
Proteins (g)	60.6
Salt (g)	3.1

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Food processor

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Cauliflower skillet	
Cauliflower	800 Grams
Yellow pepper	2 Piece
Small zucchini	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Ras el hanout	10 Grams
Coriander cumin powder	8 Grams
Smoked paprika powder	4 Grams
Garlic onion powder	8 Grams
Tomato paste	70 Grams
Harissa paste	40 Grams
Golden raisins 14*	60 Grams
Water	100 ML

Lemon dressing	
Lemon	1 Piece
Fresh parsley	15 Grams
Olive oil	4 Tbsp
Salt	1 Tsp

Garnish	
Almond flakes 1*,2*	60 Grams

Allergens: *14 Sulphur Dioxide, *1 Peanuts, *2 Tree Nuts

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1. Prep

Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains. Deseed and finely chop the **pepper**. Slice the **zucchini** into half moons. Chop the **chicken** into bite-sized pieces.



2. Fry cauli 'rice'

Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **cauliflower** with a pinch of **salt** and stir fry for 5 min. Transfer the **cauliflower** rice to a plate and reserve the pan. Wipe the pan clean removing any **cauliflower rice**.



3. Fry

Return the non-stick pan over a medium-high heat with another drizzle of **oil**. Once hot, add the **chicken** with a pinch of **salt** and fry for 5 min. Add the **peppers** and **zucchini** and fry for 5 min further.



4. Add spices

Add the **ras el hanout**, **coriander cumin powder**, **smoked paprika**, **garlic onion powder**, **tomato paste**, **harissa** (spicy!) and **golden raisins**. Fry for 1 min. Add the **measured water** and simmer, covered, for 5 min or until the **chicken** is cooked through.

Tip! Sensitive to spice? Go easy on the harissa paste.



5. Make dressing

Meanwhile, slice the **lemon** into wedges. Finely chop **parsley** leaves. Add a generous squeeze of **lemon** to a small bowl with the **parsley**, **olive oil** and a pinch of **salt**.



6. Serve

Return the **cauliflower** rice to the pan and mix until combined. Divide the **cauliflower** skillet among bowls and top with the **almond flakes** and drizzle over the **lemon parsley** dressing.

Tip! Toast the almond flakes in a hot, dry pan first for extra flavour.

Cajun Salmon with Herby Rice
and Creamy Cucumber Salad

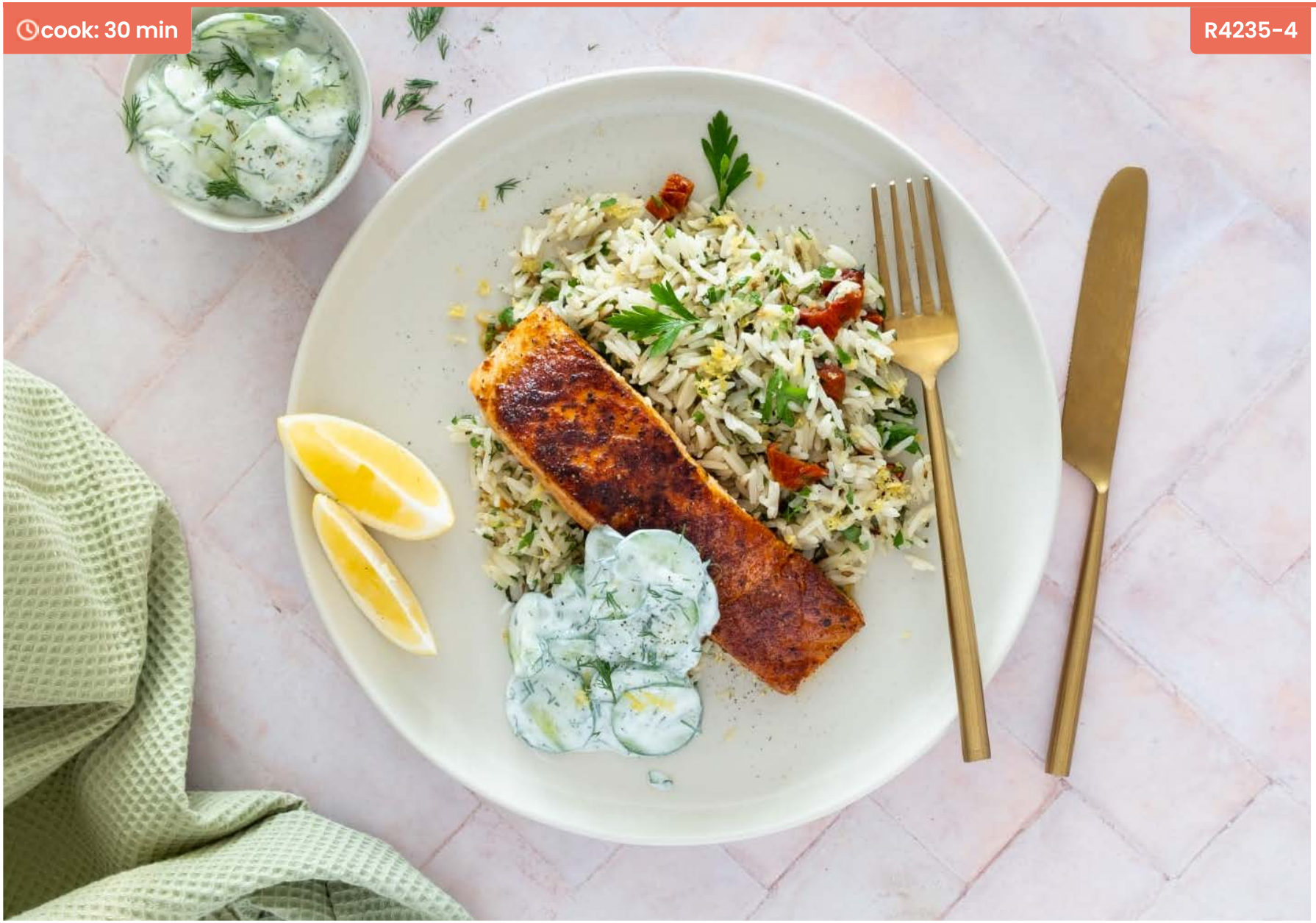
A simple salmon supper that is packed with flavour, colour and is nutrient dense.

773 calories | 48 protein | 96 carbs | 29 fat

Family Friendly

cook: 30 min

R4235-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3235 / 773
Fats (g)	29.4
of which saturated (g)	6.7
Carbohydrates (g)	96
of which sugars (g)	14.3
Fibers (g)	6.8
Proteins (g)	47.8
Salt (g)	0.7

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Herby rice	
Basmati rice	300 Grams
Cumin seeds	4 Grams
Vegetable stock cube 15*	1 Piece
Salt	0.5 Tsp
Water	600 ML
Sun dried tomatoes	60 Grams
Fresh parsley	15 Grams
Fresh mint	10 Grams
Lemon	1 Piece

Salmon	
Skin-on salmon fillet 6*	700 Grams
Cajun spice	8 Grams
Salt	0.5 Tsp
Olive oil	1 Tbsp

Salad	
Cucumber	2 Piece
Fresh dill	15 Grams
Natural yogurt 4*	340 Grams
Salt	0.25 Tsp
Black pepper	0.5 Tsp

Allergens: *15 Celery, *6 Fish, *4 Milk

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1. Boil rice

- Rinse the **rice**.
- In a small pot with a lid, toast the **cumin seeds** over medium heat for 30 sec until fragrant.
- Add **rice**, 1 **stock cube**, a pinch of **salt** and the **measured water** to the same pot and bring to a boil over high heat.
- Lower heat, cover and cook for 12-14 min until the water is absorbed and the **rice** is cooked.
- Remove pot from the heat and keep covered until serving.



2. Prep

- Meanwhile, thinly slice the **cucumber** and roughly chop the **sun dried tomatoes**, **dill**, **parsley** and **mint**.
- Zest the **lemon**.



3. Fry salmon

- Cut the **salmon** into equal portions.
- Sprinkle with **cajun spice (spicy!)** and a pinch of **salt**, evenly coating top and bottom of the portion.
- Heat a pan over a medium-high heat with a drizzle of **oil**.
- Fry the **salmon** skin-side down and cook for 3-4 min.
- Flip and cook for 3-4 min further or until cooked through.

Tip! Salmon can also be baked in a preheated oven at 200°C/180°C fan for 10-12 min until the salmon is cooked through.



4. Finish the rice

- Once the **rice** is cooked, stir through the **sun dried tomatoes**, **parsley**, half the **mint**, half the **lemon zest** and a pinch of **salt**.
- Cover and set aside.

Tip! The mint may darken in the heat of the rice. If undesired, add just before serving.



5. Prepare salad

- Combine the **cucumber**, **dill**, **yogurt**, reserved **mint** and **lemon** zest in a bowl and add a pinch of **salt** and **pepper**.



6. Serve

- Divide the **herby rice** between the plates, top with a portion of **salmon** and add a spoonful of the **cucumber salad**.
- Cut the **lemon** into wedges and finish with a squeeze of **lemon** over each plate.
- Serve immediately.

Beef Chilli Enchiladas

with Fresh Tomatoes and Cheddar

Add a bit of spice to your life!

hellochef

916 calories | 59 protein | 73 carbs | 44 fat

Family Friendly

cook: 35 min

R3700-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3829 / 916
Fats (g)	43.9
of which saturated (g)	22.5
Carbohydrates (g)	73
of which sugars (g)	12.6
Fibers (g)	6.4
Proteins (g)	59
Salt (g)	4.7

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

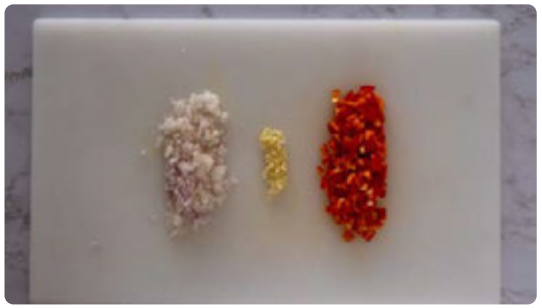
Beef chilli	
Lean beef mince	700 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Red pepper	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Tomato paste	100 Grams
Taco seasoning	20 Grams
Smoked paprika powder	4 Grams
Black pepper	1 Tsp
Water	100 ML

To assemble	
8" tortilla wraps 10*,11*	8 Piece
Mild tomato salsa	240 Grams
Grated orange cheddar 4*	120 Grams

To serve	
Fresh coriander	15 Grams
Tomatoes	2 Piece
Sour cream 4*	120 Grams

Allergens: *10 Wheat, *11 Gluten, *4 Milk

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1. Prep vegetables

Preheat the oven to 200°C/180°C fan. Peel and finely chop the **onion**. Peel and mince the **garlic**. De-seed and finely chop the **red pepper**.



2. Fry beef

Heat a non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **beef mince**, **onion** and a pinch of **salt**. Fry for 5 min. Add the **pepper**. Fry for 3-5 min until the mince is browned and the **red pepper** is softened. Add the **garlic** and fry for 1 min further.



3. Make filling

Add the **tomato paste** to the **beef**. Fry for 1 min. Add the **taco seasoning**, **smoked paprika powder**, **salt** and **pepper**. Add the **measured water** and simmer for 2-4 min.



4. Bake enchiladas

Divide the filling into the **tortilla wraps** evenly. Fold the **enchiladas** tightly and place onto a lined baking tray. Top with the **salsa** and the **grated cheddar**. Bake in the oven for 10-12 minutes or until the **cheddar** has melted and the **enchiladas** have become golden and crisp.

Tip! Bake the enchiladas on the top rack for extra crisp tortillas.



5. Serve

Meanwhile, finely chop the **coriander** and **tomatoes**. Finally, serve the **enchiladas** with the freshly chopped **coriander**, **tomatoes** and a dollop of **sour cream**.

Chicken Roast

with Stuffing and Gravy

Enjoy this stripped back version of a classic English roast dinner.

858 calories | 60 protein | 88 carbs | 30 fat

Family Friendly

cook: 50 min

R2924-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3580 / 858
Fats (g)	30
of which saturated (g)	18.6
Carbohydrates (g)	88
of which sugars (g)	20.3
Fibers (g)	15
Proteins (g)	59.8
Salt (g)	4.5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Roast	
Chicken breast	600 Grams
Potatoes	1200 Grams
Carrot	4 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Stuffing	
Water	200 ML
Spring onion	80 Grams
Chicken stock cube 4*,5*,9*,15*	2 Piece
Butter 4*	100 Grams
Dried thyme	4 Grams
Panko bread crumbs 10*,11*,12*	120 Grams
Garlic powder	10 Grams

Gravy & Sides	
Butter 4*	20 Grams
Plain flour 10*,11*	20 Grams
Water	400 ML
Worcestershire sauce 6*,11*	30 ML
Black pepper	1 Tsp
Green peas	375 Grams
Cranberry sauce	100 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *10 Wheat, *11 Gluten, *12 Lupin, *6 Fish

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1. Boil potatoes

- Preheat the oven to 200°C/180°C fan.
- Bring a pot of salted water to a boil.
- Peel the **potatoes** and chop any large ones in half.
- Add them to a pot of boiling salted water.
- Cook over a high heat for 15 min.
- Drain.
- Reserve the pot.

Tip! Prepping ahead? Boil the potatoes and make the stuffing balls beforehand. Roast both in time for dinner.



2. Prep stuffing

- Meanwhile, boil the **measured water** for the stuffing.
- Peel the **carrots** and slice them into chunky **fries**.
- Trim and finely slice the **spring onion**.
- In a large bowl, dissolve the 1 **chicken stock cube** with the boiled **water**.
- Add the 50/50/100g **butter** to the **stock**.
- Once melted, add the **spring onion**, **dried thyme**, **bread crumbs** and **garlic powder**.
- Stir until the mixture comes together.
- Set the **stuffing** aside.

Tip! The stuffing mixture should hold its form when pressed together.



3. Roast potatoes

- Add the cooked **potatoes** to a lined baking tray.
- Drizzle the **potatoes** with **oil** and a generous pinch of **salt**.
- Bake for 30 min or until the **potatoes** are crispy and browned.



4. Roast

- Meanwhile, divide the **stuffing** mixture into 12 balls.
- Place them onto one half of a second, lined baking tray and flatten them slightly.
- Place the **carrots** on the other side of the tray with a drizzle of **oil**. Season with **salt** and **pepper**.
- Roast for 20 min.
- Add the **chicken** onto the tray.
- Bake for 8-10 min further or until the **chicken** is cooked through.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready!



5. Make gravy

- Meanwhile, heat a pan over a medium heat with the remaining **butter**.
- Add the **flour**.
- Stir for 1 min until a paste forms.
- Gradually whisk in the **measured water**, **Worcestershire sauce** and the remaining 1 **chicken stock cube**.
- Cook for 2-3 min until thickened.
- Season generously with **black pepper**.
- Set the **gravy** aside.



6. Serve

- Once the **chicken** has 5 min left, return the reserved pot with salted water.
- Bring to a boil.
- Once boiling, cook the **peas** for 2-3 min.
- Drain.
- Slice the **chicken breast**.
- Serve the **Chicken Roast** with **Stuffing** and **Gravy** alongside the **vegetables**.
- Add a dollop of **cranberry sauce**.

Butternut Squash Soup

with Warm Bread, Crispy Sage and Pecans

Autumn in a bowl! Enjoy this heart-warming butternut soup with delicious toppings.

hello chef

813 calories | 21 protein | 123 carbs | 31 fat

cook: 45 min

R3516-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3418 / 813
Fats (g)	30.5
of which saturated (g)	7.1
Carbohydrates (g)	123
of which sugars (g)	17.2
Fibers (g)	15.3
Proteins (g)	21.4
Salt (g)	2.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Oven
- Box grater
- Blender

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04-825-44-00
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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Butternut soup	
Butternut squash	1200 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Brown onion	2 Piece
Garlic cloves	4 Piece
Ginger	60 Grams
Turmeric powder	4 Grams
Water	500 ML
Mushroom stock cube	2 Piece
Almond milk 2*	480 ML
Nutritional yeast	8 Grams

Crispy sage	
Fresh sage	15 Grams
Salted vegan butter	40 Grams

To serve	
Ciabatta 10*,11*	4 Piece
Pecan nuts 2*	80 Grams
Pumpkin seeds	40 Grams
Black pepper	2 Tsp

Allergens: *2 Tree Nuts, *10 Wheat, *11 Gluten

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1. Roast butternut squash

- Preheat the oven to 200°C/180°C.
- Peel the **butternut squash** and chop it into small chunks.
- Add the **squash** to a lined baking tray, drizzle with **oil** and season with **salt**.
- Roast for 25 min.
- After 25 min, add the **ciabatta** to the tray.
- Cook for 10 min further.

Tip! Hate waste? Use the seeds from the butternut squash too! Fry them along with the pumpkin seeds in step 2.



2. Prep

- Meanwhile, toast the **pecan nuts** and **pumpkin seeds** in a dry pan for 5 min or until fragrant.
- Transfer to a plate.
- Reserve the pan.
- Peel and finely chop the **onions** and **garlic**.
- Peel and grate the **ginger**.
- Pick the **sage** leaves.

Tip! Use a spoon to peel the ginger.



3. Fry sage

- Heat the reserved pan over a medium heat with the **vegan butter**.
- Add a pinch of **salt**.
- Once the **butter** has melted, add half of the **sage** (save the rest for step 5).
- Fry for 2-3 min or until the **sage** turns crispy and the **butter** starts to turn brown.
- Once crispy, remove the pan from the heat.
- Carefully fish out the **sage** leaves using kitchen tongs and set aside.
- Leave the **butter** in the pan.



4. Fry

- Return the reserved pan to a medium heat with the **sage butter**.
- Add the **onions** with a pinch of **salt**.
- Fry for 3 min.
- Add the **garlic**, **turmeric** and **ginger**.
- Cook for 2 min further.



5. Blend

- Once the **squash** is roasted, transfer it to a blender (reserve some pieces for topping).
- Boil the **measured water**.
- Add the fried **onions**, **garlic** and **ginger** to the blender.
- Add the **mushroom stock cube**, remaining **fresh sage**, boiled **water**, **almond milk** and **nutritional yeast**.
- Blitz until smooth.



6. Serve

- Serve the **Butternut Squash Soup** with **Warm Bread** to the side.
- Top with the toasted **pumpkin seeds** and **Pecans**.
- Garnish with the **Crispy Sage**, reserved **butternut** chunks and a crack of **black pepper**.

Seabream Piccata

with Sweet Potato Mash

Enjoy this seabream supper, served with a classic lemon, butter and caper sauce.

helló chef

659 calories | 46 protein | 87 carbs | 17 fat

Low Carb

cook: 35 min

R3214-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2750 / 659
Fats (g)	16.5
of which saturated (g)	9.3
Carbohydrates (g)	87
of which sugars (g)	18
Fibers (g)	14.2
Proteins (g)	46.1
Salt (g)	1.6

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What You'll Need

- Potato masher

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Piccata	
Seabream 6*	660 Grams
Garlic cloves	4 Piece
Red onion	2 Piece
Lemon	2 Piece
Fresh parsley	15 Grams
Corn starch	60 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Vegetable oil	4 Tbsp
Vegetable stock cube 15*	2 Piece
Water	300 ML
Capers	40 Grams
Butter 4*	50 Grams

Mash	
Sweet potatoes	1200 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *6 Fish, *15 Celery, *4 Milk

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1. Make mash

- Peel and chop the **sweet potatoes** into bite-sized pieces.
- Add them to a pan of salted boiling water.
- Cook for 15 min or until soft.
- Once soft, drain the **potatoes** and return them to the pan.
- Mash until smooth.
- Season with **salt** and **black pepper**.



2. Prep

- Meanwhile, peel and mince the **garlic**.
- Peel and finely chop the **red onion**.
- Wash the **lemon** thoroughly and grate its **zest** with a fine blade, taking care to avoid its bitter white pith.
- Juice half of the **lemon** and slice the remaining **lemon** into round slices.
- Finely chop the **parsley**.



3. Prep fish

- Add the **corn starch** to a plate and season it with **salt** and **pepper**.
- Turn the **seabream** in the seasoned **corn starch**.



4. Fry fish

- Heat a non-stick pan over a medium heat with a generous drizzle of **vegetable oil**.
- Once hot, add the **seabream**.
- Fry for 2-3 min on each side until browned and cooked through.
- Transfer to a plate and set aside.
- Reserve the pan (just wipe it clean, don't wash it!).



5. Make sauce

- Return the pan to a medium-low heat with a second drizzle of **oil**.
- Once hot, add the **onion**, **garlic** and a pinch of **salt**.
- Cook for 1-2 min.
- Add the **stock cube** and **measured water**.
- Bring to a simmer and cook for 3 min.

Tip! Add a splash of water if the sauce begins to thicken too quickly.



6. Serve

- Add the **capers** and **lemon** slices to the pan.
- Remove the pan from the heat and immediately add the **butter**, **parsley**, 2 tbsp of **lemon juice** and 1 tsp of **lemon zest**.
- Whisk until the sauce begins to thicken.
- Return the **seabream** to the pan, skin-side up.
- Season with a pinch of **black pepper**.
- Serve the **Seabream Piccata** with **Sweet Potato Mash**.

Tip! Finishing the sauce with butter once taken off the heat creates a beautifully thick, glossy texture.

Peruvian Chicken with Coriander Rice

and Creamy Green sauce

Peruvian flavours

hello chef

836 calories | 61 protein | 78 carbs | 32 fat

Global Eats

cook: 30 min

R4396-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3497 / 836
Fats (g)	32
of which saturated (g)	7.2
Carbohydrates (g)	78
of which sugars (g)	7.2
Fibers (g)	3.3
Proteins (g)	60.7
Salt (g)	3.8

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Skin-on, bone-in chicken thighs	900 Grams
Garlic paste	20 Grams
Soy sauce 9*,10*,11*	30 ML
Lime	2 Piece
Olive oil	1 Tbsp
Cumin powder	4 Grams
Paprika powder	4 Grams
Dried oregano	4 Grams
Black pepper	0.5 Tsp

Green sauce	
Fresh coriander	30 Grams
Spring onion	80 Grams
Jalapeno slices	60 Grams
Garlic cloves	2 Piece
Mayonnaise 5*,9*,13*	100 Grams
Natural yogurt 4*	340 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Olive oil	2 Tbsp

Rice	
Medium grain rice	300 Grams
Vegetable stock cube 15*	1 Piece
Fresh coriander	15 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *5 Eggs, *13 Mustard, *4 Milk, *15 Celery

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1. Prep

Juice the **lime** and cut in half. In a large bowl, combine the **garlic paste**, **soy sauce**, **lime** juice, **olive oil**, **cumin**, **paprika**, **oregano**, **black pepper**. Add the **chicken thighs** and cover with cling film. Set aside.

Tip! Allow to marinate while you prepare the other ingredients or overnight



2. Prep green sauce



3. Boil rice



4. Grill chicken



6. Serve

Classic Beef Stew
with Dumplings

Traditionally made with suet, we've used butter in our dumplings to keep things simple!

hello chef

991 calories | 52 protein | 97 carbs | 47 fat

Family Friendly

cook: 30 min

R3162-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4127 / 991
Fats (g)	47.3
of which saturated (g)	25.8
Carbohydrates (g)	97
of which sugars (g)	19.1
Fibers (g)	9.4
Proteins (g)	52
Salt (g)	3.7

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stew	
Pulled beef	400 Grams
Garlic cloves	4 Piece
Carrot	2 Piece
Brown onion	2 Piece
White cabbage	600 Grams
Tomato paste	70 Grams
Plain flour 10*,11*	30 Grams
Butter 4*	20 Grams
Red vinegar	30 ML
Dijon mustard 13*	12 Grams
Brown sugar	10 Grams
Marmite 11*,15*	16 Grams
Chicken jus 15*	300 ML
Worcestershire sauce 6*,11*	30 ML
Water	350 ML
Dried bay leaves	2 Piece
Black pepper	1 Tsp

Dumplings	
Butter 4*	100 Grams
Grated cheddar 4*	120 Grams
Plain flour 10*,11*	280 Grams
Baking powder	10 Grams
Water	50 ML

Garnish	
Fresh parsley	15 Grams

Allergens: *10 Wheat, *11 Gluten, *4 Milk, *13 Mustard, *15 Celery, *6 Fish

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1. Make dumplings

- Preheat the oven to 200°C/180°C fan.
- Place the large **butter**, **cheese**, large bag of **flour** and **baking powder** in a bowl.
- Using your fingertips, rub the mixture until it resembles breadcrumbs.
- Add the cold **measured water** and bring the mixture together into a soft dough.
- Shape into 16 **dumplings**.
- Refrigerate until step 4.



2. Prep

- Peel and mince the **garlic**.
- Peel and finely dice the **carrot** and **onion**.
- Finely shred the **cabbage**.



3. Fry base

- Heat a pan over a medium heat with a drizzle of oil.
- Once hot, add the **carrot**, **cabbage** and **onion** with a pinch of salt.
- Cook for 5-6 min or until softened.
- Add the **garlic**, **tomato paste**, small **flour** and small **butter**.
- Fry for 1 min further.

Tip! If you have an oven proof casserole dish, you can use it to both fry the base and bake the stew!



4. Stew

- Add the **pulled beef**, **red vinegar**, **dijon mustard**, **sugar**, **marmite**, **chicken jus**, **Worcestershire sauce**, **measured water**, **bay leaves**, **salt** and **pepper**.
- Transfer the lot to an ovenproof dish.
- Top with the **dumplings**.
- Place the **stew** in the oven.
- Bake for 20 min or until the **dumplings** have puffed up.



5. Serve

- Serve the **Classic Beef Stew with Dumplings**.
- Garnish with the **fresh parsley** and serve immediately.

Roasted Tandoori Tofu and Vegetable Traybake

with Crispy Chickpeas and Avocado Herb Chutney

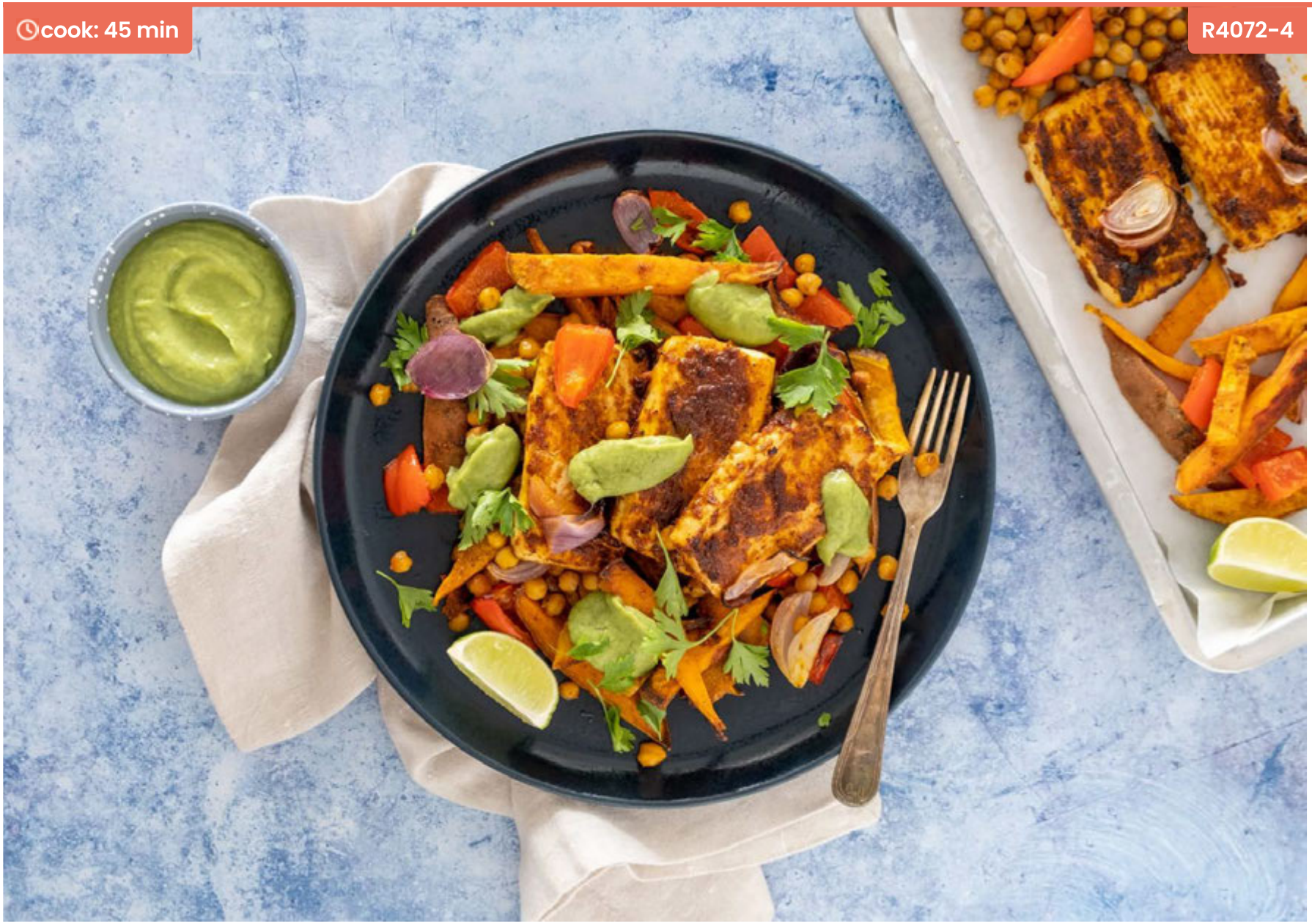
Dinner made easy with this Indian-inspired flavour combo. Simply satisfying, and full of plant-based protein and fibre.

hello chef

857 calories | 44 protein | 113 carbs | 34 fat

cook: 45 min

R4072-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3586 / 857
Fats (g)	34.3
of which saturated (g)	4.5
Carbohydrates (g)	113
of which sugars (g)	22.5
Fibers (g)	29.7
Proteins (g)	43.7
Salt (g)	2.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven | Blender

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Tofu bake

Firm tofu 9*	600 Grams
Chickpeas	480 Grams
Ginger garlic paste	20 Grams
Tomato paste	70 Grams
Sweet potatoes	800 Grams
Red pepper	2 Piece
Red onion	2 Piece
Olive oil	2 Tbsp

Avocado chutney

Lime	3 Piece
Fresh mint	10 Grams
Garlic cloves	2 Piece
Avocado	2 Piece
Agave syrup	20 ML
Fresh coriander	15 Grams
Salt	1 Tsp

Spice mix

Garam masala	4 Grams
Coriander cumin powder	8 Grams
Smoked paprika powder	4 Grams
Curry powder	4 Grams
Black salt	4 Grams
Tandoori masala	2 Grams

Allergens: *9 Soya

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1. Make spice mix

- Preheat the oven to 220°C/200°C fan.
- In a small bowl, combine the **garam masala**, **coriander cumin powder**, **smoked paprika**, **curry powder**, **black salt**, and a pinch of **tandoori masala (spicy!)**.
- This is the **Spice Mix**.

Tip! Sensitive to spice? Go easy on the tandoori masala powder.



2. Marinate tofu

- Drain and cut the **tofu** into 1 cm thick slabs or cubes and place on a plate.
- In a small bowl, combine the **ginger garlic paste**, **tomato paste**, a generous drizzle of **olive oil**, and half the amount of the **Spice Mix** (reserving the other half for step 4).
- Mix into a **paste** and brush over the **tofu**.
- Set aside.

Tip! For a crispier tofu texture, remove as much water as possible by lightly pressing on the tofu with paper towels.



3. Prep vegetables

- Drain and rinse the **chickpeas**.
- Peel and chop the **sweet potatoes** into wedges.
- Deseed and chop the **red pepper** into small chunks.
- Peel and slice the **red onion** into wedges.



4. Roast

- Line a baking tray with parchment paper.
- Add the **sweet potatoes** to one side, the **tofu** in the middle, and the **chickpeas** to the other side.
- Drizzle **olive oil** all over, and sprinkle the remaining **Spice mix** over the **sweet potatoes** and **chickpeas**.
- Roast for 15 min, then add the **red pepper** and **onion**, and roast for 10-15 min further until the **sweet potatoes** are golden brown, and the **tofu** and **chickpeas** are slightly crispy.

Tip! Too crowded? Use two roasting pans; one for the tofu, the other for the vegetables.



5. Make Avocado Chutney

- Meanwhile, zest and juice one **lime**, reserving the rest for garnish.
- Pick the **mint** leaves. Peel the **garlic**.
- Cut the **avocado** in half lengthwise, discard the seed and scoop out the flesh with a spoon.
- To a blender or food processor, add the **avocado**, the **lime zest** and **juice**, **garlic**, **agave syrup**, **mint** leaves, **fresh coriander** (stems included), and a generous pinch of **salt**.
- Add a splash of water. Blend on high speed for 1 min, scraping in between, until you get a smooth consistency.
- Transfer to a small bowl.



6. Serve

- Slice the remaining **lime** into wedges.
- Serve the **Roasted Tofu and Vegetables** topped with the **Avocado Chutney**.
- Serve with **lime wedges** on the side.

Bolognese with Bulgur Wheat

and a Cherry Tomato and Rocket Salad

A classic dish packed with protein served with a high in fibre grain without the guilt of carbs. Bulgur wheat is high in nutrients and minerals. It promotes digestion and gut health.

hello chef

673 calories | 51 protein | 77 carbs | 19 fat

Tips for Kids

cook: 25 min

R3743-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2819 / 673
Fats (g)	19.3
of which saturated (g)	7.4
Carbohydrates (g)	77
of which sugars (g)	19.3
Fibers (g)	18.3
Proteins (g)	50.8
Salt (g)	6.1

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Box grater

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Bolognese	
Lean beef mince	700 Grams
Bulgur wheat 10*,11*	240 Grams
Water	500 ML
Red onion	2 Piece
Garlic cloves	3 Piece
Carrot	2 Piece
Fresh basil	15 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Tomato paste	70 Grams
Tomato passata	500 Grams
Water	100 ML
Dried oregano	4 Grams
Brown sugar	10 Grams
Soy sauce 9*,10*,11*	30 ML
Worcestershire sauce 6*,11*	30 ML
Beef stock cube 4*,5*,9*,11*,15*	1 Piece
Black pepper	1 Tsp

Salad	
Cherry tomatoes	300 Grams
Rocket	60 Grams
Balsamic vinegar 14*	30 ML
Olive oil	3 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *10 Wheat, *11 Gluten, *9 Soya, *6 Fish, *4 Milk, *5 Eggs, *15 Celery, *14 Sulphur Dioxide

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1. Cook bulgur wheat

- Rinse the **bulgur** under cold **water** and drain.
- Add the **bulgur** to a pot with a lid with the **measured water** and a pinch of **salt**.
- Bring to the boil over a medium-high heat.
- Once boiling, cover and lower the heat.
- Simmer for 15-20 min until the **bulgur** is tender.
- Once cooked drain any remaining **water**, cover and set aside.



2. Prep

- Meanwhile, peel and finely chop the **red onion**.
- Peel and mince the **garlic**.
- Peel and grate the **carrot**.
- Pick and finely chop the **basil leaves**.

Tip! Use a fine grater for the carrot so that it blends in better with the mince once fried.



3. Fry

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onions**, **carrot** and **garlic** with a pinch of **salt**.
- Fry for 6-8 min until softened.
- Add the **beef mince**.
- Cook for 4-5 min further, breaking it up with a spatula.



4. Simmer

- Add the **tomato paste**, **tomato passata**, **measured water**, **dried oregano**, **brown sugar**, **soy sauce**, **Worcestershire sauce** and crumbled 1 **beef stock cube**.
- Mix well, reduce heat to medium.
- Simmer for 5 min.
- Stir through the **basil**, and season with **salt** and **black pepper**.
- Remove from the heat and set aside.

Tip! If cooking for kids, reserve a portion of the bolognese and set aside before adding the basil.



5. Toss salad

- Meanwhile, halve the **cherry tomatoes**.
- In a medium bowl, add the **cherry tomatoes**, **rocket**, **balsamic vinegar**, drizzle of **olive oil**, **salt** and **black pepper** and toss.

Tip! If cooking for kids, reserve a portion of the rocket and tomatoes before tossing in the balsamic dressing.



6. Serve

- Serve the **Bolognese** with **Bulgur Wheat** and a **Cherry Tomato and Rocket Salad** on the side.

Tip! Plate a portion of the bolognese and serve the bulgur wheat and the plain rocket and cherry tomatoes to the side for your kids.

Rump Steak and Cajun Sauce

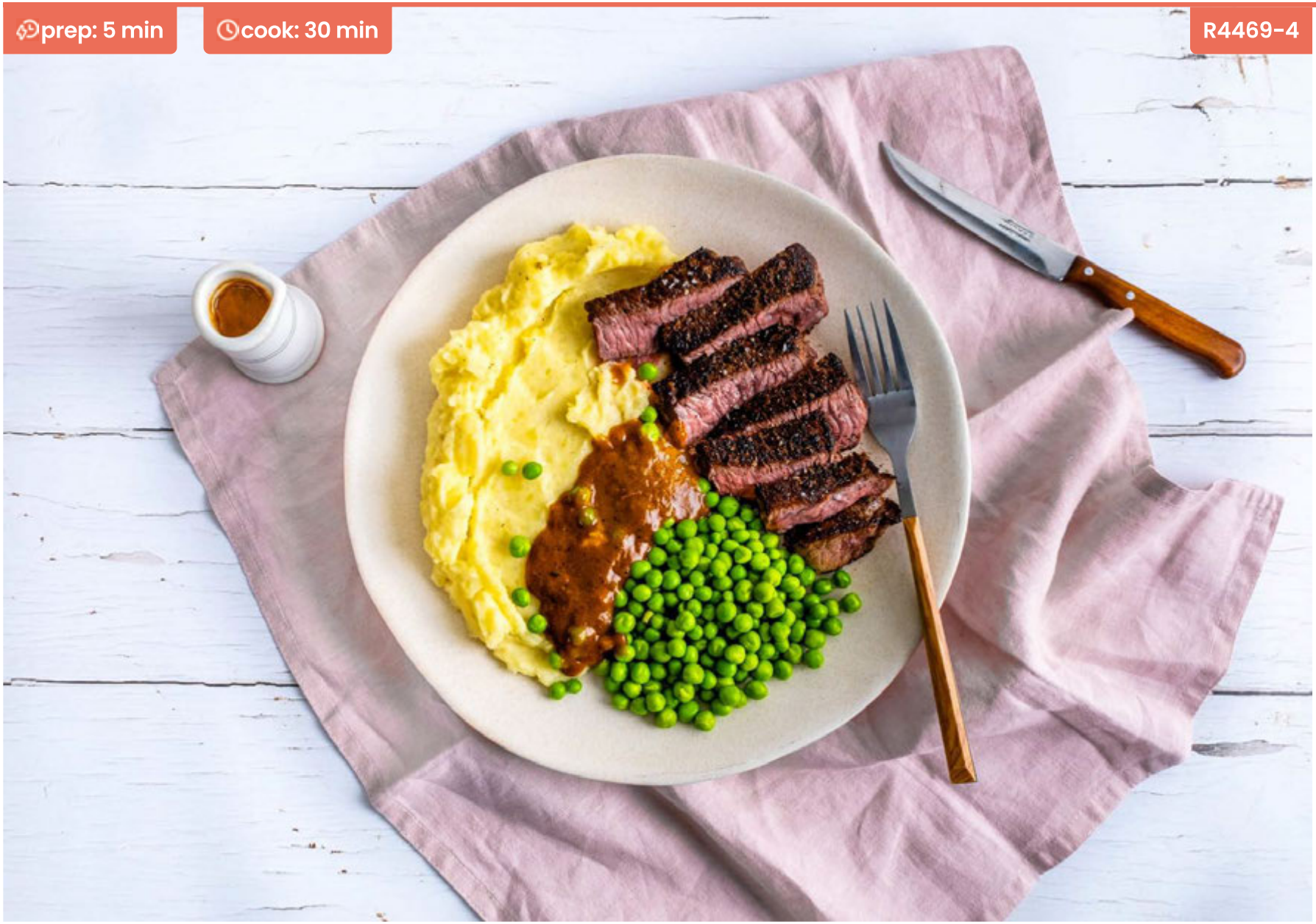
with Mash and Peas

Cajun spices add a sweet and spicy flavour to the sauce!

559 calories | 51 protein | 48 carbs | 19 fat

Calorie Smart | Quick Prep

prep: 5 min | cook: 30 min | R4469-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2334 / 559
Fats (g)	19.2
of which saturated (g)	10.2
Carbohydrates (g)	48
of which sugars (g)	6.8
Fibers (g)	8.8
Proteins (g)	51
Salt (g)	1.1

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Potato masher

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steak	
Rump steak	800 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Vegetable oil	2 Tbsp

Mash	
Potatoes	1200 Grams
Whole milk 4*	200 ML
Butter 4*	30 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp

Sauce	
Plain flour 10*,11*	15 Grams
Cajun spice	12 Grams
Water	400 ML
Worcestershire sauce 6*,11*	30 ML
Black pepper	0.25 Tsp

Peas	
Green peas	300 Grams
Salt	0.25 Tsp

Allergens: *4 Milk, *10 Wheat, *11 Gluten, *6 Fish

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1. Boil potatoes

- Peel and chop the **potatoes** into bite-sized pieces.
- Add them to a pan of boiling water with a generous pinch of **salt**.
- Cook over medium heat for 20 min or until soft.



2. Fry steak

- Pat dry the steaks.
- Season with **salt** and **pepper** on both sides.
- Heat a pan with a drizzle of **oil** over a high heat.
- Once very hot, add the steaks.
- Fry them for 2-4 min on each side or until cooked to your liking.
- Transfer the steaks to a plate.
- Leave them to rest for 5 min.
- Reserve the pan.



3. Make cajun sauce

- Return the reserved pan to the heat with half of the **butter**.
- Once melted, add the **flour** and **cajun spice** (spicy!), mix and cook for 1-2 min.
- Add the **measured water** and **Worcestershire sauce**.
- Cook for 3-5 min until reduced.
- Season with **pepper** to taste.



4. Boil peas

- Meanwhile, bring a kettle of water to a boil.
- In a large bowl, add the **peas** with a good pinch of **salt**.
- Pour enough boiling water over to keep them submerged for up to 5 min.
- Drain once ready to serve.



5. Make mash

- Once the **potatoes** are soft, drain and return them to the pan with the remaining **butter**.
- Mash until smooth.
- Gradually add **200 ml milk** until it reaches your desired consistency.
- Season with **salt** and **pepper** to taste.



6. Serve

- Serve the **Rump Steak** with **Mash and Peas** drizzled with the **Cajun Sauce**.

Scandi Fish Cakes

with Remoulade and Buttery New Potatoes

French in origin, remoulade is both creamy and tangy all at once – ours is packed with zingy capers and fragrant curry powder.

hellofresh

920 calories | 50 protein | 105 carbs | 36 fat

Family Friendly

cook: 45 min

R3422-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3829 / 920
Fats (g)	36.2
of which saturated (g)	19.4
Carbohydrates (g)	105
of which sugars (g)	18.7
Fibers (g)	13.9
Proteins (g)	49.8
Salt (g)	2.1

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Food processor

hello@hellochef.com
04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fish cakes	
Cod fillet 6*	700 Grams
Organic Eggs 5*	2 Piece
Plain flour 10*,11*	100 Grams
Vegetable stock cube 15*	2 Piece
Whole milk 4*	200 ML
Onion powder	8 Grams
Butter 4*	100 Grams

Potatoes	
New potatoes	1000 Grams
Fresh parsley	15 Grams

Salad	
Honey	30 Grams
Lemon	1 Piece
Dijon mustard 13*	12 Grams
Olive oil	4 Tbsp
Romaine lettuce	400 Grams
Fresh dill	15 Grams
Carrot	2 Piece
Cucumber	2 Piece

Remoulade	
Capers	40 Grams
Mayonnaise 5*,9*,13*	16 Grams
Sour cream 4*	120 Grams
Curry powder	2 Grams
Turmeric powder	2 Grams
Black pepper	1 Tsp

Allergens: *6 Fish, *5 Eggs, *10 Wheat, *11 Gluten, *15 Celery, *4 Milk, *13 Mustard, *9 Soya

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1. Potatoes

Chop the **potatoes** into bite-sized pieces. Cook them in a pot of salted boiling water for 12-15 min or until tender.



2. Blend

Meanwhile, roughly chop the **cod**. Add the **cod**, **eggs**, **flour**, crumbled **stock cube**, a pinch of **pepper**, 4 tbsp of **milk** and **onion powder** to a food processor. Blitz until smooth. Refrigerate.



3. Remoulade

Roughly chop the **capers**. Add the **capers**, **mayonnaise** and **sour cream** to a bowl with a pinch of **curry powder** and **turmeric**. Season with **salt** and **pepper**. Add a splash of water to loosen. Mix. Refrigerate.



4. Make salad

In a salad bowl, combine the **honey**, a squeeze of **lemon** juice, a pinch of salt and **Dijon** with the **olive oil**. Roughly chop the **romaine lettuce** and **dill**. Grate the carroy. Slice the **cucumbers**. Add the **romaine**, **carrot**, **dill** and **cucumbers** to the bowl. Toss.



5. Fry fish cakes

Heat a non-stick pan over a medium heat with a generous drizzle of **vegetable oil** and half of the **butter**. Once hot, scoop 1 heaped tbsp of the **batter** into the pan. Gently spread the mixture into a flat circular shape. Repeat until the mixture runs out. Fry the **fish cakes** for 3 min on each side or until golden brown and crispy on both sides.



6. Serve

Chop the **parsley**. Once the **potatoes** are cooked, drain and place them in a serving bowl with the remaining **butter**. Allow it to melt onto the **potatoes** and garnish with the **parsley**. Serve the **fish cakes** with the **remoulade** and **salad** to the side.

Classic Veggie Noodle Stir-fry

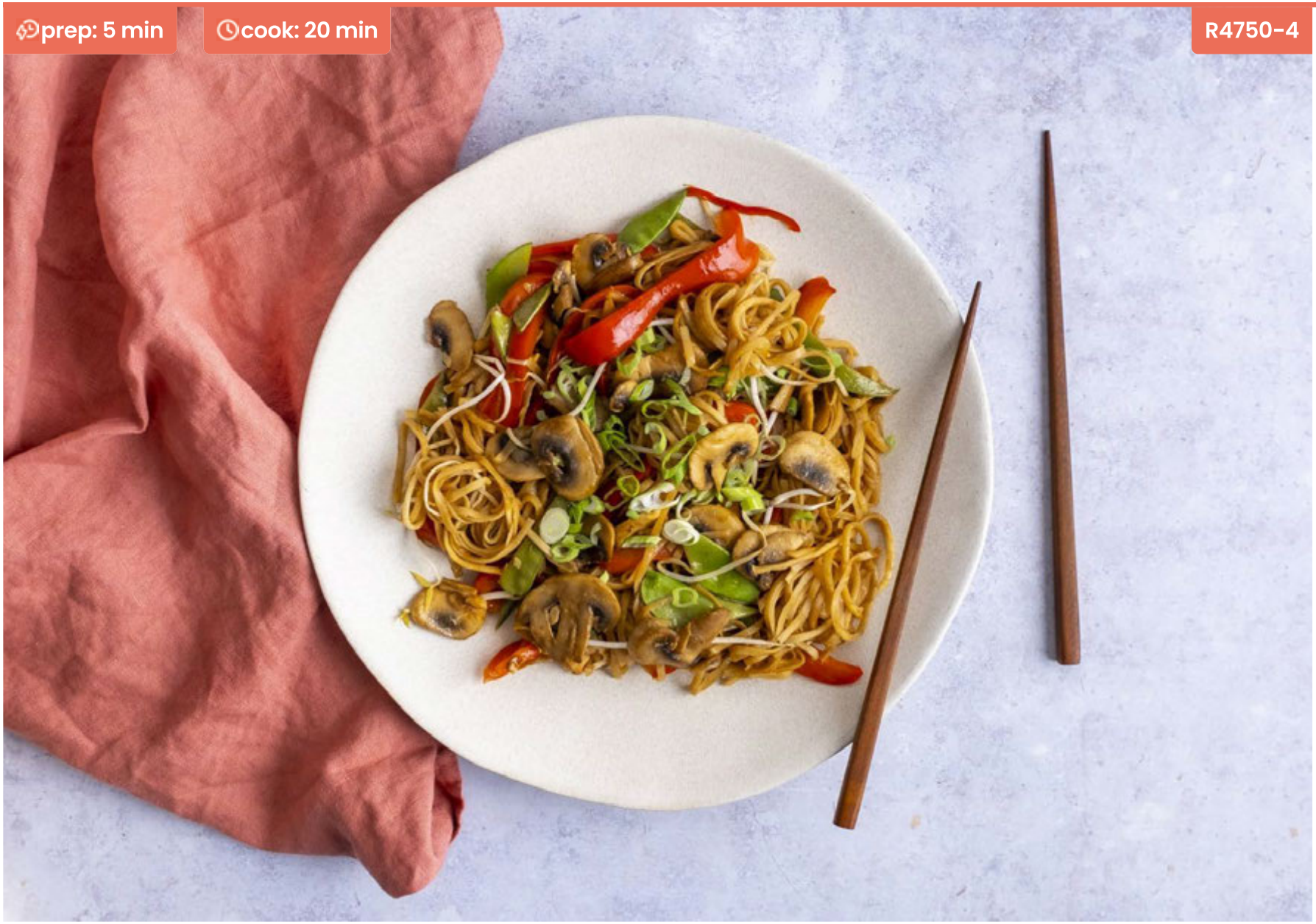
A takeaway classic that's on the table in no time!

hello chef

460 calories | 18 protein | 73 carbs | 11 fat

Family Friendly | Calorie Smart

prep: 5 min | cook: 20 min | R4750-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1956 / 460
Fats (g)	10.9
of which saturated (g)	1.7
Carbohydrates (g)	73
of which sugars (g)	22.8
Fibers (g)	8.3
Proteins (g)	18.1
Salt (g)	4.9

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hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stir-fry	
Egg noodles 5*,10*,11*	200 Grams
Snow peas	200 Grams
Chestnut mushrooms	500 Grams
Red pepper	2 Piece
Fresh baby corn	200 Grams
Spring onion	80 Grams
Large red chilli	2 Piece
Vegetable oil	2 Tbsp
Ginger garlic paste	30 Grams
Soy sauce 9*,10*,11*	60 ML
Rice vinegar	30 ML
Hoisin sauce 3*,9*,10*	90 Grams
Bean sprouts	100 Grams
Sweet soy sauce 9*,10*,11*,14*	30 ML
Sesame oil 3*,9*	30 ML

Allergens: *5 Eggs, *10 Wheat, *11 Gluten, *9 Soya, *3 Sesame Seeds, *14 Sulphur Dioxide

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1. Boil noodles

Bring a large pot of salted water to a boil. Add the **noodles** and cook for 5-6 min. Drain well and rinse under cold water to prevent the **noodles** from sticking together.



2. Prep

Meanwhile, trim and slice the **snow peas** into bite-sized pieces. Deseed and finely slice the **peppers**. Finely chop the **red chilli**. Trim and finely slice the **spring onion**. Slice the **mushrooms**.

> **Tip!** Sensitive to spice? Carefully remove the seeds of the red chilli, if you prefer a milder flavour.



3. Fry mushrooms

Heat a large non-stick pan over a high heat with a drizzle of **oil**. Fry the **mushrooms** for 4-6 min until most of the moisture has been removed.



4. Fry veg

Add the **pepper** and **snow peas** and fry for 2-3 min. Add the **ginger garlic paste** and fry for 30 sec further.



5. Finish

Add the **soy sauce**, **rice vinegar**, **hoisin sauce**, **bean sprouts**, **noodles**, **sweet soy sauce** and the **red chilli (spicy!)** to the pan and fry for 2 min. Toss until everything is coated. Remove the pan from the heat and add the **sesame oil**. Toss.

> **Tip!** Sensitive to spice? Go easy on the red chilli.



6. Serve

Divide the **noodles** among bowls and garnish with the **spring onion**.

500 | SERVER ERROR

One Pot American Beefaroni

with Parsley Parmesan Cheese

No need to cook the pasta separately. Loaded with hidden veggies and finished with sour cream, this just might be your next favourite weeknight dinner!

940 calories | 63 protein | 104 carbs | 31 fat

Family Friendly

cook: 45 min

R4246-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3942 / 940
Fats (g)	31.4
of which saturated (g)	14.3
Carbohydrates (g)	104
of which sugars (g)	21.4
Fibers (g)	14.8
Proteins (g)	63.1
Salt (g)	3.8

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hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beefaroni	
Lean beef mince	700 Grams
Red onion	2 Piece
Red pepper	2 Piece
Carrot	2 Piece
Garlic cloves	4 Piece
Peeled plum tomatoes	800 Grams
Olive oil	2 Tbsp
Salt	2 Tsp
Smoked paprika powder	4 Grams
Dried oregano	4 Grams
Fajita seasoning	20 Grams
Tomato paste	70 Grams
Ketchup	24 Grams
Macaroni pasta 10*,11*	375 Grams
Chicken stock cube 4*,5*,9*,15*	2 Piece
Water	600 ML
Sour cream 4*	120 Grams

To serve	
Parmesan 4*	60 Grams
Fresh parsley	30 Grams

Allergens: *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs, *9 Soya, *15 Celery

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Egg, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur dioxide and Celery.**



1. Prep

- Peel and finely chop the **onion**.
- Deseed and chop the **red pepper** into small bite-sized pieces.
- Peel and grate the **carrot**.
- Peel and finely chop the **garlic**.
- Crush the **peeled plum tomatoes** into a bowl.

Tip! Alternatively, use a food processor to finely chop the onion, red pepper, carrot and garlic. It'll save you time and be less visible in the sauce for your fussy eaters!



2. Fry vegetables

- Heat a large pot over a medium high heat with a drizzle of **olive oil**.
- Add the **onion**, **garlic**, **carrot**, and **red pepper** with a pinch of **salt**.
- Fry for for 5-7 min until the **vegetables** have softened and reduced in volume.

Tip! The longer the veggies cook, the deeper their flavour will be in the sauce.



3. Add beef

- Add the **beef**. Fry for 5-8 minutes until browned.
- Add the **smoked paprika**, **dried oregano**, and **fajita seasoning**.
- Fry for 2 min further until fragrant.
- Add the **tomato paste**, and **ketchup**.
- Fry for 2 min further.
- Add the **peeled plum tomatoes**.
- Cook for 2 min further.



4. Add pasta

- Once the **vegetables** are tender, add the **pasta**, the 2 **stock cube**, and **measured water**.
- Turn the heat to medium-low, stir and cover.
- Cook for 12-14 min until the **pasta** is cooked.
- Make sure to stir once in a while to avoid it from sticking to the bottom of the pot.
- Once the **pasta** is done, stir in the **sour cream**.

Tip! Adjust the thickness of the pasta sauce to your desired consistency by adding a splash of water towards the end if needed.



5. Make parsley parmesan

- Meanwhile, grate the **parmesan** cheese into a bowl.
- Pick and finely chop the **parsley**, and add to the bowl.



6. Serve

- Serve the **One Pot American Beefaroni** with **Parsley Parmesan Cheese** sprinkled over.

One-pan Cajun Chicken Thighs
and Mexican Rice with Sour Cream

Did someone say one-pan wonder, please?

hello chef

882 calories | 72 protein | 110 carbs | 21 fat

Global Eats

cook: 40 min

R3673-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3689 / 882
Fats (g)	21.2
of which saturated (g)	7.7
Carbohydrates (g)	110
of which sugars (g)	13.1
Fibers (g)	9
Proteins (g)	71.9
Salt (g)	4.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken thighs	
Skin-on, bone-in chicken thighs	1200 Grams
Vegetable oil	2 Tbsp
Cajun spice	8 Grams
Salt	1 Tsp

Rice	
Salt	1 Tsp
Chicken stock cube 4*,5*,9*,15*	2 Piece
Water	500 ML
Brown onion	2 Piece
Garlic cloves	6 Piece
Sweet corn kernels	244 Grams
Tomatoes	2 Piece
Taco seasoning	20 Grams
Smoked paprika powder	4 Grams
Chipotle powder	4 Grams
Cumin powder	4 Grams
Basmati rice	300 Grams
Orange pepper	2 Piece

To serve	
Fresh coriander	15 Grams
Lime	2 Piece
Sour cream 4*	120 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Marinate chicken

- In a large bowl, combine a drizzle of **oil** with the **cajun spice** and a pinch of **salt**.
- Add the **chicken thighs** and toss to coat.
- Set aside.

Tip! Marinate the chicken thighs for up to 24 hours in advance.



2. Fry chicken

- Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **thighs** skin-side down.
- Fry for 3-5 min or until browned.
- Transfer the **chicken** to a plate.
- The **chicken** does not need to be cooked through at this point.
- Reserve the pan, no need to clean it.



3. Prep

- Meanwhile, boil the **measured water**.
- Add the **chicken stock cube** and boiled **water** to a jug.
- Set this **stock** aside.
- Peel and finely chop the **onion**.
- Peel and mince the **garlic**.
- Deseed and finely chop the **pepper**.
- Roughly chop the **tomatoes**.
- Drain the **corn**.



4. Fry veg

- Return the pan to a medium-high heat.
- Once hot, add the **onion** and **pepper** with a pinch of **salt**.
- Fry for 5 min.
- Add the **garlic**, **taco seasoning** (spicy!), **smoked paprika**, a pinch of **chipotle** (spicy!) and **cumin powder**.
- Fry for 1 min further.
- Add the **rice** and stir to coat the grains in the **spices**.

Tip! Sensitive to spice? Go easy on the taco seasoning and chipotle.



5. Simmer

- Meanwhile, add the **tomatoes**, **corn** and **stock**.
- Stir through and bring to a boil.
- Once boiling, reduce the heat to medium-low.
- Top the **rice** with the **chicken thighs**, skin side up.
- Simmer, covered, for 15 min or until the **chicken** and **rice** are cooked through.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready.



6. Serve

- Meanwhile finely chop the **coriander** leaves.
- Slice the **lime** into wedges.
- Serve the **One-pan Cajun Chicken Thighs** and **Mexican Rice** with a dollop of **Sour Cream** on top.
- Garnish with the **coriander** and a squeeze of **lime** juice.

Chicken paella

with Tomatoes, Peppers and Zucchini

The bright and flavourful Spanish classic!

hellochef

703 calories | 65 protein | 111 carbs | 7 fat

Family Friendly

cook: 50 min

R4423-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2941 / 703
Fats (g)	6.7
of which saturated (g)	2.6
Carbohydrates (g)	111
of which sugars (g)	11.8
Fibers (g)	12.1
Proteins (g)	64.9
Salt (g)	5.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Paella	
Chicken breast	800 Grams
Water	1400 ML
Chicken stock cube *4*,*5*,*9*,*15*	3 Piece
Brown onion	2 Piece
Garlic cloves	4 Piece
Cherry tomatoes	300 Grams
Tomato paste	100 Grams
Smoked paprika powder	12 Grams
Paprika powder	8 Grams
Dried bay leaves	2 Piece
Arborio rice	320 Grams
Saffron Splash	40 ML
Olive oil	1 Tbsp
Small zucchini	2 Piece
Dried thyme	4 Grams
Green peas	200 Grams
Fresh parsley	15 Grams
Yellow pepper	2 Piece
Lemon	1 Piece

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Prep

- Boil the measured **water**.
- Chop the **chicken** into bite-sized pieces.
- Peel and finely chop the **onion** and **garlic**.
- Deseed and slice the **yellow pepper** into strips.
- Halve the **cherry tomatoes**.
- Cut the **zucchini** into half moons.
- In a jug, combine the boiled **measured water** and **stock cubes**.



2. Fry

- Heat a large frying pan over a medium-high heat with a drizzle of **oil**.
- Fry the **chicken** and **onion** for 5-6 min until softened.
- Add the **garlic**, **pepper**, **cherry tomatoes** and **zucchini**.
- Fry for 3-5 min further.
- Add the **tomato paste**, **bay leaves**, **thyme**, **paprika** and **smoked paprika**.



3. Add rice

- Add the **rice**.
- Fry for 1 min.



4. Cook

- Add the **saffron splash** and **stock**.
- Mix and bring to a light boil.
- Reduce the heat.
- Simmer for 20-25 mins uncovered, until the **rice** is tender and all of the **water** has been absorbed.

Tip! If all of the stock has been used and the rice is still undercooked, add more water a splash at a time until the rice is tender.



5. Finish

- With 5 min left of cooking, scatter the **peas** over the top of the **rice**.
- Continue to cook for the remaining time.



6. Serve

- Meanwhile, pick and finely chop the **parsley**.
- Cut the **lemon** into wedges.
- Serve the **Chicken Paella** with **Tomatoes**, **Peppers** and **Zucchini**.
- Garnish with a sprinkle of **parsley** and a squeeze of **lemon** juice.

Tex-Mex Chicken Strips with Cowboy Caviar Dip
and Corn Chips

Also known as Texas Caviar, this fresh dip is packed with simple ingredients like beans, corn, and tomatoes, and is a favourite at potlucks all over the South!

hellofresh

901 calories | 66 protein | 80 carbs | 34 fat

Speedy | Family Friendly

cook: 25 min

R4370-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3770 / 901
Fats (g)	34
of which saturated (g)	5.5
Carbohydrates (g)	80
of which sugars (g)	16
Fibers (g)	17.5
Proteins (g)	65.7
Salt (g)	2.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Lime	2 Piece
Vegetable oil	2 Tbsp
Fajita seasoning	20 Grams
Dried oregano	4 Grams
Coriander cumin powder	8 Grams
Smoked paprika powder	4 Grams
Brown sugar	10 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp

Salad	
Sweet corn kernels	244 Grams
Red kidney beans	480 Grams
Red pepper	2 Piece
Tomatoes	2 Piece
Spring onion	80 Grams
Fresh coriander	30 Grams
Mayonnaise 5*,9*,13*	100 Grams
Taco seasoning	20 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Nachos	160 Grams

Allergens: *5 Eggs, *9 Soya, *13 Mustard

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1. Marinate chicken

- Slice the **lime** into wedges.
- Slice the **chicken** into long strips.
- In a large bowl, combine the **chicken**, **vegetable oil**, **fajita seasoning**, **oregano**, **coriander cumin powder**, **smoked paprika**, **brown sugar**, **salt**, **pepper**, and a good squeeze of **lime**.



2. Prep

- Meanwhile, drain and rinse the **corn** and **red kidney beans**.



3. Prep vegetables

- Deseed and finely chop the **red pepper**.
- Finely chop the **tomatoes**.
- Trim and finely chop the **spring onion**.
- Pick and chop the **coriander**.



4. Fry

- Heat a large pan with a drizzle of **oil** over a medium high heat.
- Fry the **chicken** for 5-7 min until browned.
- Add a splash of water in between to loosen.



5. Make salad

- In a large bowl, combine the **mayonnaise**, **taco seasoning** (spicy!), and another squeeze of **lime** juice.
- Add the **corn**, **red kidney beans**, **spring onion**, **red pepper**, **tomatoes**, and **fresh coriander**.
- Mix well to combine.
- Season with **salt** and **pepper** to taste.

Tip! If cooking for kids, leave the taco seasoning out as it could be slightly spicy.



6. Serve

- Serve the **Tex-Mex Chicken Strips** with **Cowboy Caviar** with the **Corn Chips**.
- Garnish with any remaining **lime** wedges.

Thai Red Curry with Prawns
and Jasmine Rice

Prawns are the perfect protein to go with this fragrant curry!

hello chef

678 calories | 36 protein | 97 carbs | 20 fat

Family Friendly

cook: 30 min

R3115-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2838 / 678
Fats (g)	20.1
of which saturated (g)	10.9
Carbohydrates (g)	97
of which sugars (g)	10.9
Fibers (g)	10.4
Proteins (g)	36.3
Salt (g)	4

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Prawns 7*	700 Grams
Snow peas	200 Grams
Red pepper	2 Piece
Red onion	2 Piece
Lemongrass	1 Piece
Vegetable oil	2 Tbsp
Ginger garlic paste	20 Grams
Red curry paste 7*	40 Grams
Tamarind paste	30 Grams
Fish sauce 6*,10*	20 ML
Coconut milk	400 ML
Water	200 ML
Coconut sugar	10 Grams
Lime leaves	6 Piece
Fresh coriander	15 Grams
Lime	2 Piece

Rice	
Jasmine rice	300 Grams
Water	600 ML
Salt	1 Tsp

Allergens: *7 Crustaceans, *6 Fish, *10 Wheat

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1. Prep

- Trim the **snow peas** and slice them diagonally.
- Deseed and finely slice the **pepper**.
- Peel and finely chop the **onion**.
- Finely slice half of the **lemongrass**.
- Keep the rest whole.



2. Cook rice

- Rinse the **jasmine rice**.
- Add the **rice**, **measured water** and a pinch of **salt** to a pan with a lid and bring to a boil.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pan from heat and keep covered until serving.



3. Start curry

- Meanwhile, heat a pan over a medium heat with a drizzle of **vegetable oil**.
- Once hot, add the **onion** with a pinch of **salt**.
- Cook for 5 min.
- Add the **ginger garlic paste**, sliced **lemongrass** and **red curry paste** (spicy!).
- Cook for 2 min.
- Add the **pepper**.
- Cook for 2 min further.



4. Simmer

- Add the **tamarind paste**, **fish sauce**, **coconut milk**, **measured water**, **coconut sugar**, **lime leaves** and the remaining **lemongrass**.
- Simmer (don't boil) over a low heat for 10 min.



5. Cook prawns

- Meanwhile, heat a second pan over a medium high heat with a drizzle of **oil**.
- Once hot, add the **prawns** and **snow peas**.
- Cook for 2-3 min, flipping the **prawns** halfway.



6. Serve

- Add the cooked **prawns** and **snow peas** to the **curry**.
- Serve the Thai **Red Curry** with **Prawns** and **Jasmine Rice**
- Garnish with the **fresh coriander** and **lime** wedges.

Creamy Artichoke-Stuffed Portabellos

with Linguine in Rosé Sauce

These stuffed mushrooms are packed with flavours of the Mediterranean with artichokes, feta, and sun-dried tomatoes.

781 calories | 36 protein | 104 carbs | 29 fat

cook: 45 min

R4715-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3258 / 781
Fats (g)	28.9
of which saturated (g)	5.8
Carbohydrates (g)	104
of which sugars (g)	15.5
Fibers (g)	15.5
Proteins (g)	35.7
Salt (g)	3.9

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com

04-825-44-00

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stuffed Portabello	
Portabello mushroom	4 Piece
Artichoke hearts	240 Grams
Red onion	1 Piece
Olive oil	2 Tbsp
Dried thyme	4 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Feta cheese **4***	100 Grams
Panko bread crumbs **10*,11*,12***	20 Grams
Parmesan **4***	60 Grams
Vegetable oil	3 Tbsp
Salt	0.5 Tsp

Rosé Sauce	
Garlic cloves	4 Piece
Fresh basil	15 Grams
Sun dried tomatoes	90 Grams
Salt	1 Tsp
Plain flour **10*,11***	15 Grams
Tomato paste	70 Grams
Water	200 ML
Whipping cream **4***	200 ML

Linguine	
Broccoli	400 Grams
Linguine **10*,11***	250 Grams
Salt	1 Tsp

Allergens: *4 Milk, *10 Wheat, *11 Gluten, *12 Lupin

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1. Prep

- Preheat the oven to 200°C/180°C fan.
- Pop the **stems** off the **portabello mushrooms** (if there are any) and set aside.
- Using the tip of a teaspoon, carefully scrape off and discard the inside gills of the **portabello mushrooms**.
- Drain and roughly chop the **artichoke hearts**.
- Finely chop the **portabello stems**.
- Peel and finely chop the **onion** and **garlic**.
- Pick and roughly chop the **basil**.
- Roughly chop the **sun dried tomatoes**.



2. Make filling

- Heat a large pan over a medium high heat with a drizzle of **olive oil**.
- Add the **onion** and fry for 2-3 min until softened.
- Add the chopped **portabello stems**, **artichoke hearts**, **thyme**, and a pinch of **salt** and **pepper**.
- Fry for 1-2 min further until warmed through.
- Transfer the **mixture** to a large bowl, and reserve the pan.



3. Stuff and bake

- To the bowl, stir in the **feta cheese**.
- Season each **portabello mushroom** with a small drizzle of **olive oil**, and a pinch of **salt**.
- Stuff each **portabello mushroom** with the **filling**.
- Top with **panko bread crumbs**, and grate some **parmesan cheese** over, reserving the rest for the **sauce**.
- Bake the **portabello** for 15-20 min until golden brown on top.



4. Boil

- Meanwhile, bring a large pot of salted water to a boil.
- Trim the **broccoli** into florets.
- Add the **linguine** and cook for 12-15 min until 'al dente' or until cooked to your liking.
- During the last 5 min, add the **broccoli**, and cook until blanched.
- Drain and set aside.



5. Make sauce

- Meanwhile, heat the reserved pan over medium heat with another drizzle of **olive oil**.
- Add the **garlic** and **sun dried tomatoes**, and fry for 1 min until fragrant.
- Add 2 tsp **flour** and **tomato paste**, and fry for 1 min.
- Whisk in the **measured water** and **whipping cream**, and cook until the **sauce** thickens.
- Grate over the remaining **parmesan cheese** and stir in the **basil**.



6. Serve

- Serve the **Creamy Artichoke-Stuffed Portabellos** with **Broccoli** and **Linguine** in **Rosé Sauce**.

Salmon Teriyaki

with Snow Pea Cauliflower Rice

Sticky, sweet, flaky salmon - what's not to like?!

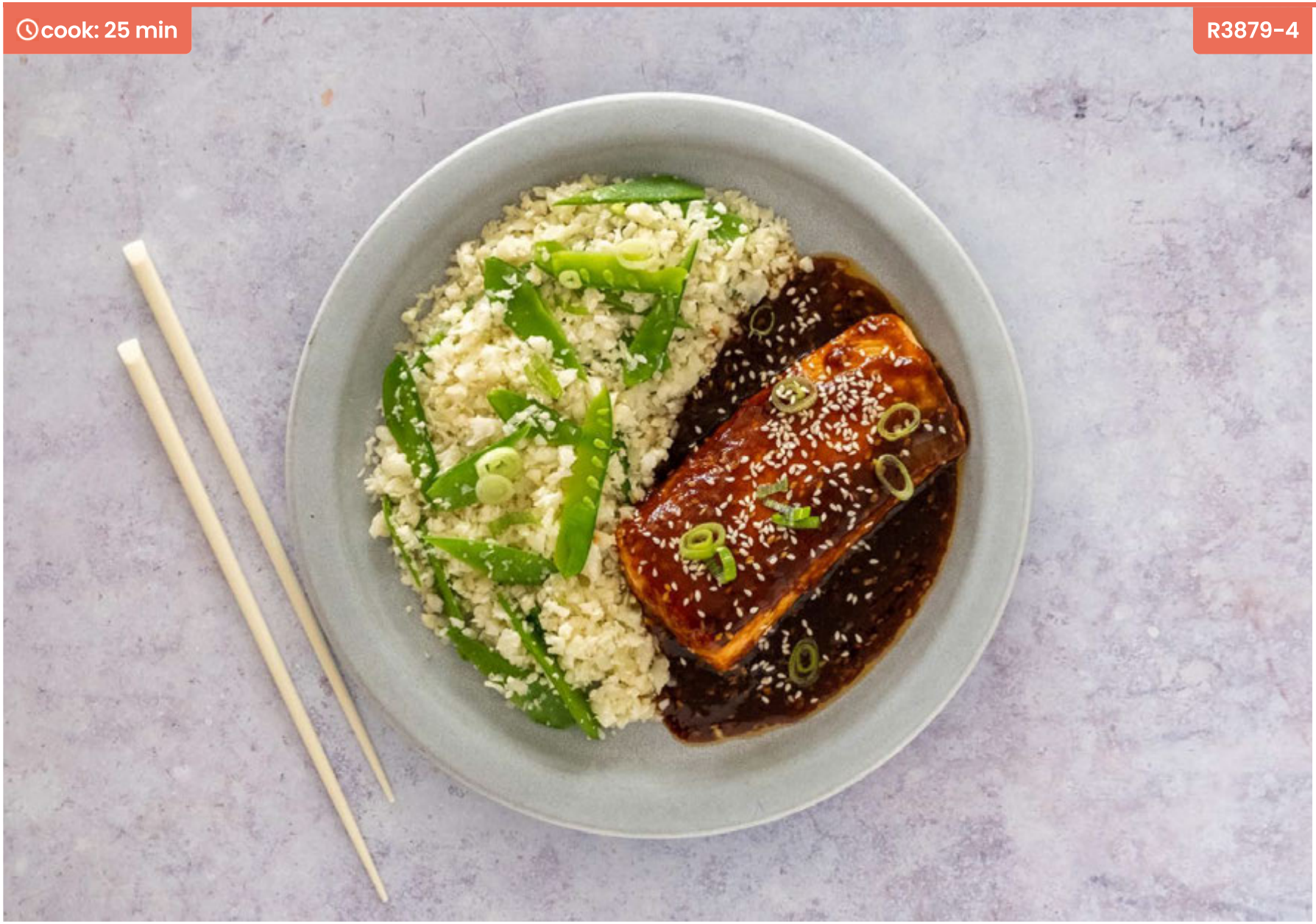
hellofresh

523 calories | 46 protein | 40 carbs | 21 fat

Low Carb | Calorie Smart

cook: 25 min

R3879-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2167 / 523
Fats (g)	21.4
of which saturated (g)	5.3
Carbohydrates (g)	40
of which sugars (g)	26
Fibers (g)	7
Proteins (g)	45.8
Salt (g)	4

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Teriyaki salmon

Skinless salmon fillet 6*	700 Grams
Spring onion	80 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Ginger garlic paste	30 Grams
Teriyaki sauce 8*,9*,10*	80 ML
Honey	30 Grams
Hoisin sauce 3*,9*,10*	90 Grams
Soy sauce 9*,10*,11*	20 ML
White vinegar	30 ML
Sesame oil 3*,9*	30 ML
Sesame seeds 3*	20 Grams

Rice

Snow peas	200 Grams
Cauliflower	800 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Allergens: *6 Fish, *8 Molluscs, *9 Soya, *10 Wheat, *3 Sesame Seeds, *11 Gluten

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1. Prep

Trim and halve the **snow peas**. Trim and finely slice the **spring onions**. Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains.



2. Fry salmon

Portion the **salmon**. Heat a large pan over a medium heat with a drizzle of **oil**. Once hot, add the **salmon** with a pinch of **salt** and fry for 3-4 min on each side or until cooked through. Once the **salmon** is cooked, transfer it to a plate. Wipe and reserve the pan.

Tip! Cook your salmon for a couple of min less for a medium finish. Keeping it slightly pink inside will ensure it doesn't dry out.



3. Make sauce

Meanwhile, in a small bowl, combine the **ginger garlic paste**, **teriyaki sauce**, **honey**, **hoisin sauce**, **soy sauce**, **white vinegar**, **sesame oil** and half of the **sesame seeds** (reserve the rest for garnish) - this is your **teriyaki sauce**.



4. Fry cauli rice

Heat a second large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **cauliflower** and **snow peas** with a pinch of **salt** and fry for 5-7 min.



5. Glaze salmon

Meanwhile, return the reserved pan to a medium heat. Once hot, add the **teriyaki sauce** and simmer for 1-2 min. Remove the pan from the heat and return the cooked **salmon fillets** to it. Turn the **salmon** in the **sauce** until coated.



6. Serve

Divide the **snow pea** and **cauliflower rice** among bowls. Top with the **teriyaki salmon** and garnish with the **spring onions** and remaining **sesame seeds**.

Sloppy Joes: Saucy Minced Beef Buns

with Potato Wedges and Rainbow Coleslaw

Classic American-style beefy and messy comfort food! Grab a bunch of napkins and dig in.

hello chef

1026 calories | 62 protein | 129 carbs | 32 fat

Tips for Kids

cook: 40 min

R4106-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4296 / 1026
Fats (g)	31.6
of which saturated (g)	11.3
Carbohydrates (g)	129
of which sugars (g)	31.5
Fibers (g)	21.2
Proteins (g)	62.3
Salt (g)	3.6

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What You'll Need

Oven

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef mix	
Lean beef mince	700 Grams
Red pepper	2 Piece
Red onion	2 Piece
Garlic cloves	2 Piece
Vegetable oil	2 Tbsp
Fajita seasoning	20 Grams
Smoked paprika powder	4 Grams
Tomato paste	60 Grams
Worcestershire sauce 6*,11*	30 ML
Dijon mustard 13*	12 Grams
Ketchup	16 Grams
Tomato passata	400 Grams
Water	250 ML
Brown sugar	15 Grams
Burger bun 3*,4*,10*,11*	8 Piece
White balsamic vinegar 14*	30 ML
Salt	1 Tsp
Black pepper	1 Tsp

Coleslaw	
Carrot	2 Piece
Red cabbage	450 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Sour cream 4*	120 Grams

Potato wedges	
Potatoes	900 Grams
Vegetable oil	2 Tbsp
Dried thyme	4 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *6 Fish, *11 Gluten, *13 Mustard, *3 Sesame Seeds, *4 Milk, *10 Wheat, *14 Sulphur Dioxide

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1. Prep

- Preheat the oven to 220°C/200°C fan.
- Deseed and finely chop the **red pepper**.
- Peel and finely chop the **onions**.
- Peel and finely chop the **garlic**.

Tip! If cooking for kids, reserve a few slices of red pepper to the side.



2. Make meat sauce

- Heat a large pot over medium-high heat with a drizzle of **oil**.
- Fry the **garlic**, **onions**, and **red pepper** for 3-4 min until soft.
- Add the **beef** and fry for 3-5 min until browned.
- Add the **fajita seasoning**, **smoked paprika**, and **tomato paste**. Fry for 1-2 min.
- Add the **Worcestershire**, **white balsamic vinegar**, **dijon mustard**, **ketchup**, **tomato passata**, **measured water**, and **brown sugar**.
- Lower the heat, cover, and simmer for 20-25 min until the **beef** is tender and the **sauce** has thickened.



3. Bake wedges

- Meanwhile, line a baking tray with parchment paper.
- Slice the **potatoes** (skins on) into wedges.
- Add the **potatoes** with a drizzle of **oil**, the **dried thyme**, and a good pinch of **salt** and **pepper**.
- Bake for 20-25 min until golden and crispy.



4. Make coleslaw

- Peel and grate the **carrots**.
- Finely shred the **red cabbage**.
- To a large mixing bowl, add most of the **sour cream**, (reserving about 2 tsp later for the **meat sauce**) and a pinch of **salt** and **pepper**.
- Whisk until smooth.
- Add the **carrots** and **red cabbage** and mix to combine.
- Set aside in the fridge to chill.

Tip! If cooking for kids, reserve a plain portion of the grated carrots to the side.



5. Toast buns

- Cut the **burger buns** in half and drizzle a touch of **oil** on the cut side.
- Heat another pan to low, and place the cut side of the **burger buns** down.
- Toast for 1-2 min until lightly golden and crispy.
- Once the **meat sauce** has reduced and thickened, stir in the remaining **sour cream**.
- Turn off the heat and set aside.

Tip! Alternatively, you may warm the burger buns in the microwave for a softer texture.



6. Serve

- Divide the **burger buns** amongst plates and add a generous scoop of **meat sauce** on top.
- Serve the **Sloppy Joes** with **Potatoes Wedges** and **Coleslaw** alongside.

Tip! If cooking for kids, serve the meat sauce, potatoes, grated carrots, and red peppers separately.

Zucchini Cannelloni

Stuffed with Bolognese

Cannelloni is a tube-shaped pasta which is stuffed and topped with sauce. To keep things low-carb, we're replacing pasta with zucchini.

hello chef

792 calories | 58 protein | 35 carbs | 46 fat

Low Carb

cook: 45 min

R2658-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3306 / 792
Fats (g)	46.1
of which saturated (g)	24.6
Carbohydrates (g)	35
of which sugars (g)	20.3
Fibers (g)	4.9
Proteins (g)	58.4
Salt (g)	6.2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven | Whisk

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Bolognese	
Lean beef mince	700 Grams
Red onion	2 Piece
Olive oil	2 Tbsp
Garlic paste	20 Grams
Dried oregano	4 Grams
Brown sugar	10 Grams
Beef stock cube 4*,5*,9*,11*,15*	1 Piece
Tomato passata	500 Grams
Water	100 ML
Worcestershire sauce 6*,11*	30 ML

Other	
Large zucchini	2 Piece
Butter 4*	50 Grams
Plain flour 10*,11*	50 Grams
Whole milk 4*	400 ML
Salt	1 Tsp
Black pepper	1 Tsp
Grated mozzarella 4*	120 Grams
Grated cheddar 4*	120 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *11 Gluten, *15 Celery, *6 Fish, *10 Wheat

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1. Prep

- Preheat the oven to 200°C/180°C fan.
- Peel and finely chop the **onion**.
- Using a peeler, carefully shave the **zucchini** until you are left with a pile of **zucchini** ribbons.



2. Fry mince

- Heat a non-stick pan over a medium heat with a drizzle of **olive oil**.
- Once hot, add the **beef mince**.
- Fry for 5 min or until browned.



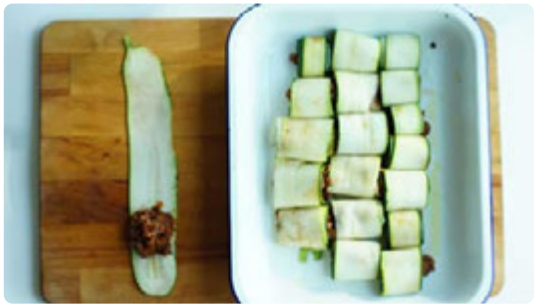
3. Simmer

- Once browned, add the **onion** and **garlic paste**.
- Cook for 4 min further.
- Add the **dried oregano**, **brown sugar**, 1 **beef stock cube**, **tomato passata**, **measured water** and **Worcestershire sauce**.
- Simmer for 10 min or until very thick.
- Set aside to cool.



4. Make bechamel

- Meanwhile, heat a saucepan over a medium heat.
- Once hot, add the **butter** and **flour** and cook, stirring, for 1 min or until a sandy paste has formed.
- Once a paste has formed, whisk in the **milk**.
- Cook for 3-5 min further or until thickened.
- Add the **salt**, **pepper** and **mozzarella**, set aside.



5. Roll

- Using two teaspoons, divide the slightly cooled **bolognese sauce** between the **zucchini** strips.
- Roll the stuffed **zucchini** strips up and arrange them in an oiled baking dish, seam-side down.

Tip! Making rolls too fussy? Make a lasagna instead! Layer the zucchini strips and bolognese in a baking dish and top with the bechamel.



6. Bake

- Pour the **bechamel sauce** over the **zucchini cannelloni** and top with the **grated cheddar cheese**.
- Bake in the oven for 15 min or until the **cheese** is golden and bubbling.
- Serve the **Zucchini Cannelloni Stuffed with Bolognese**.

Korean-style Cauliflower Bites

with Sushi Rice and Sesame Slaw

Enjoy this delicious Korean inspired supper with crispy cauliflower and sticky sushi rice!

788 calories | 22 protein | 122 carbs | 28 fat

Global Eats

cook: 35 min

R4392-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3072 / 788
Fats (g)	28.1
of which saturated (g)	2.6
Carbohydrates (g)	122
of which sugars (g)	27.1
Fibers (g)	13
Proteins (g)	21.6
Salt (g)	3.2

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What You'll Need

- Box grater

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Rice	
Sushi rice	300 Grams
Salt	1 Tsp
Water	600 ML
Rice vinegar	30 ML

Fried cauliflower	
Cauliflower	800 Grams
Corn starch	30 Grams
Vegetable oil	2 Tbsp
Garlic cloves	3 Piece
Gochujang 9*	20 Grams
Soy sauce 9*,10*,11*	40 ML
Ketchup	16 Grams
Agave syrup	30 Grams
Water	60 ML

Sesame slaw	
Carrot	2 Piece
Cucumber	2 Piece
Spring onion	80 Grams
Lime	2 Piece
Sweet soy sauce 9*,10*,11*,14*	30 ML
Tahini 3*	40 Grams
Vegan mayonnaise	50 Grams
Sesame oil 3*,9*	30 ML
Edamame beans 9*	200 Grams
Black sesame seeds 3*	20 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *3 Sesame Seeds

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1. Cook rice

- Rinse the **sushi rice** in cold water.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pan with a lid and bring to a boil over a high heat.
- Once boiling, reduce the heat to low, cover, and cook for 15 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pan from the heat and let cool slightly.
- Once cooled, fold in the **rice vinegar**.



2. Prep cauliflower

- Meanwhile, chop the **cauliflower** into bite-sized pieces.
- Place in a large bowl.
- Add the **corn starch** and a pinch of **salt**.
- Toss until coated.



3. Fry

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Fry the coated **cauliflower** for 2-3 min.
- Cover and cook for 3-4 min on each side until crispy and cooked through.



4. Make salad

- Meanwhile, peel and thinly slice or grate the **carrot**.
- Chop the **cucumber** into thin sticks.
- Finely chop the **spring onion**.
- Cut the **lime** into wedges.
- In a large bowl, combine the **sweet soy sauce**, **tahini**, **mayonnaise**, **sesame oil** and a squeeze of **lime juice** to taste.
- Add the **carrot**, **cucumber** and **edamame beans** to the bowl with the dressing.
- Toss to coat.



5. Finish cauliflower

- Peel and mince the **garlic**.
- Add the **garlic**, **Gochujang** (spicy!), **soy sauce**, **ketchup**, **agave** and a splash of **water** to the pan with the **cauliflower**.
- Toss until the **cauliflower** is coated in the **sauce**.



6. Serve

- Serve the **Korean-style Cauliflower Bites** with the **Sushi Rice** and **Sesame Slaw** on the side.
- Garnish with **sesame seeds** and a squeeze of **lime juice**.

Classic Cheese Burger

with Potato Wedges

This burger comes with the entire works - lettuce, tomato and cheese!

hello chef

1264 calories | 48 protein | 75 carbs | 87 fat

Family Friendly | Weekly classic

cook: 40 min

R3390-4



Nutritional information

	per serving*
Energy (kJ/kcal)	5291 / 1264
Fats (g)	86.6
of which saturated (g)	28.2
Carbohydrates (g)	75
of which sugars (g)	7.5
Fibers (g)	11.4
Proteins (g)	48
Salt (g)	2.7

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What You'll Need

Oven | Rolling pin

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Burgers	
Beef mince	700 Grams
Salt	2 Tsp
Garlic onion powder	8 Grams
Vegetable oil	2 Tbsp

Fries	
Potatoes	1200 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Smoked paprika powder	4 Grams

Sauce	
Fresh chives	15 Grams
Mayonnaise 5*,9*,13*	100 Grams
Ketchup	32 Grams
Dijon mustard 13*	12 Grams
Salt	0.5 Tsp

To serve	
Tomatoes	2 Piece
Grated cheddar 4*	120 Grams
Crispy onions	40 Grams
Burger bun 3*,4*,10*,11*	4 Piece
Crispy bionda lettuce	200 Grams

Allergens: *5 Eggs, *9 Soya, *13 Mustard, *4 Milk, *3 Sesame Seeds, *10 Wheat, *11 Gluten

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1. Make wedges

- Preheat the oven to 200°C/180°C fan.
- Slice the **potatoes** (skins on) into **wedges**.
- Add the **wedges** to a large baking tray with a drizzle of **vegetable oil**.
- Toss the **wedges** in the **oil** until fully coated.
- Bake for 30 min or until crisp.
- Once crisp, season with a generous pinch of **salt** and the **smoked paprika**.
- Bake for 5 min further.



2. Make patties

- Meanwhile, add the **beef mince**, **salt** and **garlic onion powder** to a bowl.
- With clean hands, knead the mixture until fully combined.
- Divide into 8 equal pieces and roll into balls.
- Place the balls between two sheets of baking paper and roll them into flat **patties** with a rolling pin (see pro tip!).
- Refrigerate.

Tip! Cooking for kids? Give them a single patty and freeze the rest for a future barbecue.



3. Prep

- Slice the **tomatoes**.
- Very finely chop the **chives**.



4. Make burger sauce

- In a bowl, combine the **mayonnaise**, **ketchup**, chopped **chives** and **Dijon mustard** with a pinch of **salt**



5. Fry patties

- Heat a pan over a medium-high heat with a drizzle of **oil**.
- Fry the **patties** for 3 min on each side until browned and cooked through.
- Once browned, top with the **grated cheddar**, cover with a lid and cook for 1 min further or until the **cheese** has melted.
- Once melted, sprinkle with the **crispy onions**.



6. Assemble

- Meanwhile, place the **burger buns** in the hot oven for 3-4 min or until warmed through.
- Load the warmed **burger buns** with a handful of **crispy lettuce**, the sliced **tomatoes**, **burger patties** and **burger sauce**.
- Serve the **Classic Cheese Burger** with a side of **Potato Wedges**.

Salmon Teriyaki

with Veggie Cauliflower Rice

Sticky, sweet, flaky salmon - what's not to like?!

hellofresh

470 calories | 45 protein | 32 carbs | 20 fat

Low Carb | Calorie Smart | Speedy

cook: 25 min

R4318-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1947 / 470
Fats (g)	19.5
of which saturated (g)	4.7
Carbohydrates (g)	32
of which sugars (g)	17
Fibers (g)	7.5
Proteins (g)	44.8
Salt (g)	2.4

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What You'll Need

- Food processor

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Teriyaki salmon	
Skinless salmon fillet 6*	700 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Olive oil	1 Tbsp
Teriyaki sauce 8*,9*,10*	80 ML
White vinegar	30 ML
Sesame oil 3*,9*	30 ML
Water	30 ML
Soy sauce 9*,10*,11*	20 ML
Brown sugar	10 Grams
Ginger powder	4 Grams
Garlic powder	4 Grams

Rice	
Carrot	2 Piece
Cauliflower	800 Grams
Vegetable oil	1 Tbsp
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Green peas	200 Grams

To serve	
Sesame seeds 3*	10 Grams

Allergens: *6 Fish, *8 Molluscs, *9 Soya, *10 Wheat, *3 Sesame Seeds, *11 Gluten

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1. Prep cauli rice

- Peel and finely chop the **carrot** into small bite-sized pieces.
- Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains.

Tip! Alternatively, grate the carrot to save time.



2. Cook cauli rice

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **cauliflower** and **carrot** with a pinch of **salt** and **pepper**.
- Fry for 5-7 min.
- Add the **peas** for the final minute to heat through.



3. Make sauce

- Meanwhile, in a small bowl, combine **teriyaki sauce**, **white vinegar**, **sesame oil**, **measured water**, **soy sauce**, **brown sugar** and **ginger** and **garlic powders**.
- Reserve **sauce** for later.



4. Fry salmon

- Portion the **salmon**.
- Season with **salt** and **pepper**.
- Heat a large non-stick pan over a medium heat with a drizzle of **oil**.
- Once hot, fry the **salmon** for 3-4 min on each side or until cooked through.

Tip! Cook your salmon for a couple of minutes less for a medium finish. Keeping it slightly pink inside will ensure it does not dry out.



5. Glaze salmon

- Once the **salmon** is cooked to your liking, add the reserved **sauce**.
- Cook for 1-2 min, coating the **salmon**.



6. Serve

- Serve the **Salmon Teriyaki** on **Veggie Cauliflower Rice**.
- Garnish with **sesame seeds**.

Mapo-style Beef: Chilli Beef with Jasmine Rice and Pickled Cucumber

This dish takes inspiration from the Sichuan Province in China.

hello chef

717 calories | 48 protein | 99 carbs | 19 fat

Tips for Kids | Speedy

cook: 25 min

R3954-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3001 / 717
Fats (g)	19.4
of which saturated (g)	7.4
Carbohydrates (g)	99
of which sugars (g)	11.8
Fibers (g)	4.6
Proteins (g)	47.5
Salt (g)	3.8

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stir-fry	
Lean beef mince	700 Grams
Small red chilli	2 Piece
Yellow pepper	2 Piece
Corn starch	10 Grams
Water	200 ML
Vegetable oil	2 Tbsp
Chilli flakes	4 Grams
Ginger garlic paste	30 Grams
Gochujang 9*	20 Grams
Soy sauce 9*,10*,11*	60 ML
Honey	30 Grams
Bean sprouts	100 Grams
Black pepper	1 Tsp

Pickled cucumber	
Rice vinegar	60 ML
Brown sugar	10 Grams
Salt	1 Tsp
Cucumber	4 Piece

Jasmine rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML

To serve	
Spring onion	80 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten

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1. Boil rice

- Rinse the **rice**.
- Add the **rice** with a pinch of **salt** and **measured water** to a pot with a lid.
- Bring to a boil.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from the heat.
- Keep covered until serving.



2. Prep pickle

- Meanwhile, in a large bowl, combine the **rice vinegar** and **brown sugar** with a pinch of **salt**.
- Chop the **cucumber** into batons.
- Add to the large bowl.
- Mix well.

Tip! If cooking for kids, set aside a plain portion of chopped cucumber.



3. Prep

- Finely slice the **small red chilli**.
- Deseed and finely slice the **yellow pepper**.
- Trim and finely slice the **spring onion**.
- In a small bowl, combine 2 tsp of **corn starch** with the **measured water**.

Tip! Sensitive to spice? Carefully remove the seeds of the red chilli, if you prefer a milder flavour.



4. Fry

- Heat a large pan over a high heat with a drizzle of **oil**.
- Once hot, add the the **beef mince**.
- Fry for 5-7 min until browned.
- Reduce the heat to medium-high, add the **chilli flakes** (spicy!), **ginger garlic paste**, **red chilli** (spicy!), **gochujang** (spicy!), **soy sauce** and **peppers**.
- Fry for 1-2 min further until the **beef** starts to crisp.

Tip! If cooking for kids, fry a portion of the beef and peppers first and set aside.



5. Simmer

- Reduce the heat to medium.
- Add the **corn starch mixture** and **honey** to the pan.
- Simmer for 2-3 min or until the **sauce** thickens.
- Remove from the heat.
- Stir through the **bean sprouts**, half of the **spring onion** (reserve the rest for garnish).
- Season generously with **pepper** to taste.



6. Serve

- Serve the **Mapo-style Beef: Chilli Beef** on **Jasmine Rice** with **Pickled Cucumber** alongside.
- Garnish with the remaining **spring onion**.

Tip! If cooking for kids, serve the cooked rice, beef, cucumbers and peppers separately. Serve the spring onion as 'sprinkles' to the side.

Beef Kofta Patties in a Tangy Tomato Sauce

with Garlic Roasted Vegetables and Rocket Salad

Warming spices, tangy pomegranate molasses, and fresh herbs; this meal is packed with Middle-Eastern flavours, and makes great leftovers.

hello chef

600 calories | 44 protein | 53 carbs | 24 fat

Tips for Kids | Calorie Smart

cook: 40 min

R4022-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2513 / 600
Fats (g)	23.6
of which saturated (g)	8.4
Carbohydrates (g)	53
of which sugars (g)	20.1
Fibers (g)	10.3
Proteins (g)	44.4
Salt (g)	3.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef Patties	
Lean beef mince	700 Grams
Fresh mint	10 Grams
Coriander cumin powder	8 Grams
Paprika powder	4 Grams
Allspice powder	4 Grams
Garlic onion powder	8 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Tomato Sauce	
Tomato passata	500 Grams
Pomegranate molasses	40 Grams
Brown sugar	20 Grams
Chicken stock cube 4*,5*,9*,15*	1 Piece
Water	200 ML

Roast Veggies	
Potatoes	600 Grams
Green pepper	2 Piece
Red onion	2 Piece
Garlic cloves	4 Piece
Fresh parsley	15 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Serve	
Pine nuts 2*	30 Grams
Cucumber	2 Piece
Rocket	125 Grams
White balsamic vinegar 14*	30 ML
Olive oil	1 Tbsp

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *2 Tree Nuts, *14 Sulphur Dioxide

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1. Prep vegetables

- Preheat the oven to 200°C/180°C fan.
- Cut the **potatoes** (skins on) into small bite-sized pieces.
- Deseed and roughly chop the **green pepper** into chunks.
- Peel and slice the **onions** into wedges.
- Peel and finely chop the **garlic**.
- Pick and finely chop the **parsley** leaves.



2. Roast vegetables

- Place the **potatoes**, **green pepper**, and **onions** on a large baking tray with a drizzle of **vegetable oil** and season with **salt**.
- Roast for 20-25 min or until golden and crisp.
- After 20 min, stir in the **garlic** and cook for 2-3 min further.
- Remove the tray from the oven, and sprinkle the **parsley**.
- Mix and set aside.

Tip! If cooking for kids, reserve a plain portion of roasted potatoes to the side.



3. Make patties

- Meanwhile, pick and finely chop the **mint**.
- In a bowl, combine the **beef mince**, **coriander cumin powder**, **paprika**, **allspice**, **garlic onion powder**, **olive oil**, **salt**, **pepper**, and **mint**.
- With clean hands, knead the mixture until fully combined.
- Shape into 12 thin patties and set aside.



4. Cook patties

- Toast the **pine nuts** in a hot, dry pan for 2 min or until starting to brown. Set aside.
- Using the same pan, drizzle **olive oil**.
- Fry the **beef patties** for 2-3 min, turning occasionally, until browned.
- Once browned, add the **tomato passata**, **pomegranate molasses**, **brown sugar**, 1 **stock cube**, and **measured water**.
- Stir, cover and cook for 5-7 min further, until the **beef** is fully cooked through and the **sauce** has thickened.

Tip! If cooking for kids, cook a portion of beef without the sauce as an option.



5. Make salad

- Slice the **cucumber** into half moons.
- To a bowl, add the **rocket**, **cucumbers**, **white balsamic vinegar**, and a drizzle of **olive oil**.
- Mix and set aside.

Tip! If cooking for kids, reserve a portion of plain cucumbers to the side.



6. Serve

- Serve the **Beef Kofta Patties** in a **Tangy Tomato Sauce** with as side of **Garlic Roasted Vegetables** and **Rocket Salad**.
- Top with **pine nuts**.

Tip! If cooking for kids, pick the beef from the sauce, and serve the cucumbers and potatoes separately. Serve the pine nuts as "sprinkles" to the side.

Southwest Sausage and Potato Hash Skillet

with Fried Eggs, Salsa, and Sour Cream

Feel like brunch for dinner? Then this skillet is for you! Easily adaptable as a traybake too.

hellochef

907 calories | 55 protein | 46 carbs | 55 fat

Family Friendly

cook: 30 min

R3991-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3797 / 907
Fats (g)	54.8
of which saturated (g)	5.7
Carbohydrates (g)	46
of which sugars (g)	9.8
Fibers (g)	10.6
Proteins (g)	54.9
Salt (g)	5.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Skillet	
Italian sausage [10]*	800 Grams
Fajita seasoning	10 Grams
Organic Eggs [5]*	4 Piece
Salt	0.25 Tsp
Black pepper	0.25 Tsp

Vegetable Hash	
Potatoes	900 Grams
Red pepper	2 Piece
Red onion	2 Piece
Vegetable oil	2 Tbsp
Coriander cumin powder	8 Grams
Dried thyme	4 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp

To serve	
Fresh coriander	30 Grams
Lime	1 Piece
Mild tomato salsa	200 Grams
Sour cream [4]*	120 Grams

Allergens: *10 Wheat, *5 Eggs, *4 Milk

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1. Prep

- Chop **potatoes** (skins on) into bite-sized cubes or half moons.
- Deseed the **red pepper** and chop into cubes.
- Peel and slice the **red onion** into small chunks.



2. Saute veg

- Heat a large frying pan to medium heat with a drizzle of **oil**.
- Add the **potatoes**.
- Fry for 10 min until lightly browned.
- Add the **onions**, **red pepper**, **coriander cumin powder**, **thyme**, with a pinch of **salt** and **pepper**.
- Fry for 5-7 min until tender.
- Cover to steam cook while you prepare the **sausage**.



3. Fry sausage

- Meanwhile, add the **sausage** to another pan and bring it to a medium-high heat.
- Fry the **sausage** in its fat for 4-6 min until browned and cooked through.
- Transfer most of the **rendered fat** to a small bowl.
- Remove and slice the **sausage** into smaller pieces, then add it back to the pan with the **fajita seasoning**.
- Give it a good mix.
- Transfer it to a plate.
- Reserve the pan for step 5.

Tip! This extra step will help you save the extra calories by removing most of the oil from the pan as the sausage cooks!



4. Combine

- Add the **sausages** to the **cooked vegetables**.
- Give everything a good mix.
- Tear in the **fresh coriander**.
- Keep warm.



5. Fry Eggs

- Meanwhile, reheat the reserved pan on medium high.
- Add some of the **reserved fat**.
- Fry the **eggs** with a pinch of **salt** and **pepper**.



6. Serve

- Slice the **lime** in wedges.
- Serve the **Southwest Sausage and Potato Hash Skillet** with Fried **Eggs**, **Salsa**, and **Sour Cream** on top.
- Squeeze a bit of **lime** over.

Asian Chicken and Mandarin Salad with Crunchy Noodles

and Sesame Dressing

-

hello chef

165 calories | 35 protein | 0 carbs | 2 fat

Family Friendly | Calorie Smart

cook: 30 min

R4268-4



Nutritional information

	per serving*
Energy (kJ/kcal)	690 / 165
Fats (g)	1.8
of which saturated (g)	0.5
Carbohydrates (g)	0
of which sugars (g)	0
Fibers (g)	0
Proteins (g)	34.7
Salt (g)	0.3

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Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken breast	500 Grams

Allergens:

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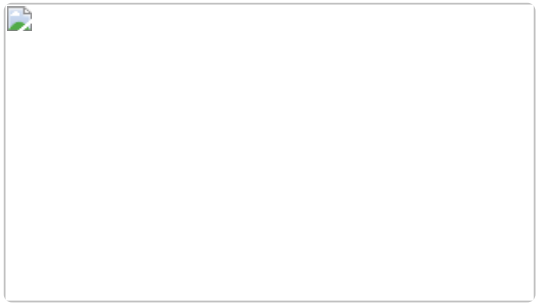
1. Prep



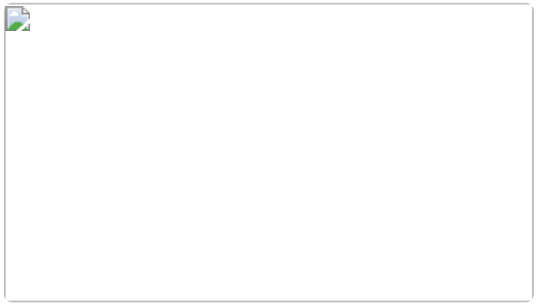
2. Prep



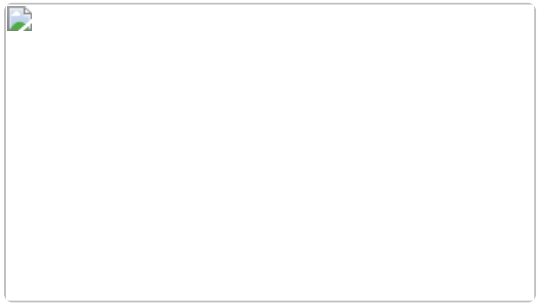
3. Prep



4. Prep



5. Prep



6. Serve

Pulled Chicken Egg Fried Rice

Fried rice was invented sometime during the Sui dynasty in Yangzhou, located within the eastern Jiangsu province of China.

623 calories | 50 protein | 96 carbs | 10 fat

Tips for Kids | Speedy

cook: 25 min

R3861-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2607 / 623
Fats (g)	10.3
of which saturated (g)	3
Carbohydrates (g)	96
of which sugars (g)	13.3
Fibers (g)	5.4
Proteins (g)	49.5
Salt (g)	5.4

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What You'll Need

- Box grater

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fried rice	
Pulled chicken	600 Grams
Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML
Carrot	2 Piece
Sugar snap peas	200 Grams
Spring onion	80 Grams
Vegetable oil	2 Tbsp
Organic Eggs 5*	2 Piece
Soy sauce 9*,10*,11*	60 ML
Sweet soy sauce 9*,10*,11*,14*	30 ML
Sriracha sauce	28 Grams

Allergens: *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide

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1. Boil rice

- Rinse the **rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from heat.
- Reserve until step 5.

Tip! This recipe works best with cold rice that's been cooked the day before. Simply cook the rice, store in the fridge and then add it to the stir-fry the next day.



2. Prep

- Meanwhile, peel and grate the **carrot**.
- Trim and chop the **sugar snap peas** in half.
- Trim and finely slice the **spring onion**.

Tip! If cooking for kids, set aside a portion of the carrots and snow peas to fry separately. Reserve a portion of the spring onion.



3. Scramble egg

- Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **eggs**.
- Stir-fry for 1-2 min, scrambling with a spatula as you go.

Tip! If cooking for kids, set aside a portion of the scrambled egg.



4. Fry veg

- Add the **carrots**, **snap peas** and the **pulled chicken** to the pan with a pinch of **salt**.
- Fry for 5 min or until the **vegetables** begin to soften.

Tip! If cooking for kids, heat a separate pan over a medium heat with a drizzle of oil. Once hot, add a portion of the carrots and snap peas and fry separately for 6 min. After 6 min, transfer the vegetables to a plate. Return the pan to a medium heat and add a portion of the pulled chicken fry for 5 min.



5. Add rice

- Once the **rice** is cooked, add it to the pan followed by the **soy sauce**, **sweet soy sauce**, **sriracha (spicy!)** and **spring onion** (reserve some for garnish).
- Fry for 1 min.
- Toss to coat.

Tip! If cooking for kids, set aside a portion of plain cooked rice before adding to the pan.



6. Serve

- Serve the **Pulled Chicken Egg Fried Rice**.
- Garnish with the remaining **spring onion**.

Tip! If cooking for kids, serve the cooked vegetables, cooked rice, scrambled egg and pulled chicken separately. Serve the spring onion as 'sprinkles' to the side.

Classic Beef Lasagna

with Crispy Lettuce Side Salad

Worth the wait!

hello chef

1089 calories | 77 protein | 84 carbs | 51 fat

Family Friendly | Weekly classic

cook: 60 min

R3375-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4551 / 1089
Fats (g)	51.3
of which saturated (g)	20.7
Carbohydrates (g)	84
of which sugars (g)	24.3
Fibers (g)	9.2
Proteins (g)	76.6
Salt (g)	6.3

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What You'll Need

- Oven
- Box grater
- Whisk

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Bolognese	
Lean beef mince	700 Grams
Red onion	2 Piece
Carrot	2 Piece
Garlic cloves	4 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Dried oregano	4 Grams
Tomato paste	140 Grams
Tomato passata	400 Grams
White sugar	10 Grams
Worcestershire sauce 6*,11*	30 ML
Black pepper	1 Tsp
Beef stock cube 4*,5*,9*,11*,15*	1 Piece
Water	400 ML

Bechamel	
Butter 4*	40 Grams
Plain flour 10*,11*	40 Grams
Whole milk 4*	400 ML
Grated Parmesan 4*	120 Grams
Lasagna sheets 5*,9*,10*,11*	12 Piece
Grated cheddar 4*	120 Grams

Salad	
Crispy bionda lettuce	200 Grams
Olive oil	4 Tbsp
Balsamic vinegar 14*	30 ML

Allergens: *6 Fish, *11 Gluten, *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *10 Wheat, *14 Sulphur Dioxide

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1. Prep

- Preheat the oven to 200°C/ 180°C.
- Peel and finely chop the **onion**.
- Peel and grate the **carrot**.
- Peel and mince the **garlic**.



2. Fry

- Heat a large pan over medium heat with a drizzle of **olive oil**.
- Fry the **onion**, **carrot** and **garlic** with a pinch of **salt** for 7 min until soft.
- Add the **beef mince**, increase the heat to medium-high and cook for 4 min further until brown and **crispy**.

Tip! Adding salt to the onion, carrot and garlic helps to draw out water, allowing them to cook and soften faster!



3. Simmer

- Add the **oregano**, **tomato paste**, **tomato passata**, **sugar**, **Worcestershire sauce**, **pepper**, 1 **stock cube** and **measured water**.
- Simmer for 5 min.



4. Make bechamel

- Meanwhile, melt the **butter** in a saucepan over a medium heat.
- Add the **flour** and stir until a sandy paste has formed.
- Gradually add the **milk** and whisk for 3-4 min until thickened.
- Add the **grated Parmesan** and season with **salt** and **pepper**.



5. Bake

- Pour half of the **beef sauce** over the bottom of an oven-proof dish.
- Top with half of the **lasagna sheets**.
- Repeat.
- Cover with the **béchamel**, top with the **grated cheddar** and bake for 25-30 min or until the **pasta** is cooked.

Tip! You may need to layer the sauce and lasagna sheets differently depending on the size of your dish.



6. Prep salad

- Meanwhile, wash the **lettuce**.
- Whisk together the **balsamic vinegar** and **olive oil**.
- Season with **salt** and **pepper** - this is the **dressing**.
- Serve the **Classic Beef Lasagna** with the **Crispy Lettuce Side Salad**, drizzled with **dressing** over the top.

Indian Spiced Chicken

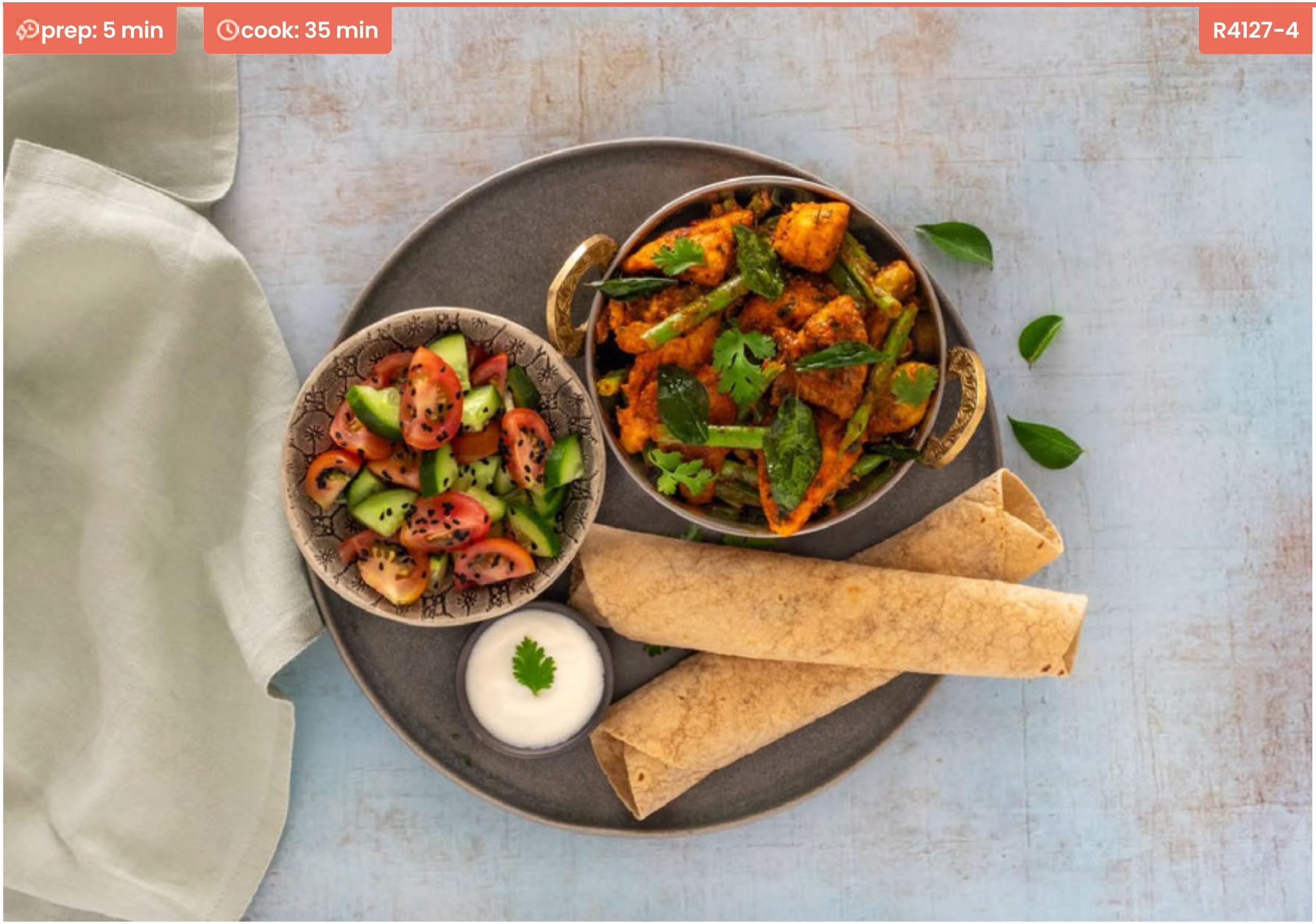
with Nigella Seed Salad and Coriander Yogurt

So flavourful and rich!

667 calories | 69 protein | 72 carbs | 13 fat

Quick Prep

prep: 5 min | cook: 35 min | R4127-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2790 / 667
Fats (g)	13.4
of which saturated (g)	3.9
Carbohydrates (g)	72
of which sugars (g)	15.4
Fibers (g)	11.8
Proteins (g)	69
Salt (g)	2.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Turmeric powder	4 Grams
Garam masala	4 Grams
Chilli powder	4 Grams
Corn starch	40 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp
Curry leaves	12 Grams

Sauce	
Green beans	300 Grams
Ginger garlic paste	20 Grams
Tomato paste	100 Grams
Coriander cumin powder	8 Grams
Fenugreek leaves	4 Grams
Water	300 ML

Salad	
Cucumber	2 Piece
Cherry tomatoes	300 Grams
Lime	2 Piece
Nigella seeds 3*,13*	10 Grams

To Serve	
Fresh coriander	15 Grams
Chapati 10*,11*	8 Piece
Natural yogurt 4*	340 Grams

Allergens: *3 Sesame Seeds, *13 Mustard, *10 Wheat, *11 Gluten, *4 Milk

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1. Coat chicken

- Chop the **chicken** into bite-sized pieces.
- To a large bowl, add the **chicken**, **turmeric**, **garam masala**, a pinch of **chilli powder (spicy!)**, **corn starch**, **salt** and a generous drizzle of **oil**.
- Mix well.
- Set aside.

Tip! Sensitive to spice, use less chilli powder or leave it out completely.



2. Prep

- Trim and chop the **green beans** into thirds.
- Chop the **cucumber** and **tomatoes** into small bite-sized pieces.



3. Make salad

- Slice the **lime** into wedges.
- In a bowl, mix the **cucumber** and **tomato** together with a squeeze of **lime** juice and the **nigella seeds**.
- Set aside for serving.



4. Fry chicken

- Heat a large non-stick pan over a medium-high heat with a generous drizzle of **oil**.
- Once hot, fry the **chicken** in batches for 5-7 min until golden brown and cooked through.
- When the **chicken** is nearly cooked, strip the **curry leaves** and add to the pan.
- Fry until crispy.
- Once this **chicken** is cooked, remove from the pan and set aside on a plate.
- Retain the pan.



5. Make sauce

- Heat the reserved pan over a medium-high heat with another drizzle of **oil**.
- Once hot, add the **green beans**. Fry for 1-2 min.
- Add the **ginger garlic paste**, **tomato paste**, **coriander cumin powder** and **fenugreek**.
- Fry for 1-2 min, until fragrant.
- Add the **measured water** and mix.
- Lower the heat. Simmer for 3-4 min, until the sauce has thickened and the **beans** are tender.
- Add **chicken** and toss to coat in the **sauce**.
- Cook for a further 2-3 min until the **chicken** is warmed through.



6. Serve

- Meanwhile, pick and finely chop the **coriander**.
- Microwave the **chapatis** for 30 secs.
- Serve the **Indian Spiced Chicken** with **Nigella Seed Salad** and **Coriander Yogurt** on the side.
- Garnish with the **coriander**.
- Serve with the **chapatis** on the side.

Tip! Alternatively heat the chapatis up in a pan over a medium high heat with a small drizzle of oil for 1-2 min each side.

Classic Lentil Spaghetti Bolognese
with Parmesan

Probably the best family meal in the world!

802 calories 45 protein 124 carbs 7 fat

cook: 45 min

R4618-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3368 / 802
Fats (g)	6.8
of which saturated (g)	3
Carbohydrates (g)	124
of which sugars (g)	32.8
Fibers (g)	21.2
Proteins (g)	44.5
Salt (g)	2.5

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What You'll Need

- Box grater

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Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pasta	
Spaghetti 5*,10*,11*	500 Grams

Sauce	
Brown onion	2 Piece
Garlic cloves	6 Piece
Carrot	2 Piece
Canned lentils	530 Grams
Olive oil	4 Tbsp
Salt	2 Tsp
Tomato paste	140 Grams
Soy sauce 9*,10*,11*	20 ML
Balsamic vinegar 14*	30 ML
Vegetable stock cube 15*	1 Piece
White sugar	10 Grams
Peeled plum tomatoes	800 Grams
Water	400 ML
Dried oregano	4 Grams
Black pepper	2 Tsp

To serve	
Fresh basil	15 Grams
Parmesan 4*	60 Grams

Allergens: *5 Eggs, *10 Wheat, *11 Gluten, *9 Soya, *14 Sulphur Dioxide, *15 Celery, *4 Milk

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1. Prep vegetables

- Peel and finely chop the **onion** and **garlic**.
- Peel and grate the **carrot**.
- Drain and rinse the **lentils**.



2. Fry vegetables

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Fry the **onion**, **carrot** and **garlic** with a pinch of **salt** for 8 min until softened.
- Add the **tomato paste**, **soy sauce**, **balsamic** and 1 **vegetable stock cube**.
- Cook for 1-2 min further.



3. Simmer

- Add the **sugar**, **peeled plum tomatoes** (breaking them up with a spatula), measured **water**, **dried oregano** and **lentils**.
- Bring to a boil, then reduce the heat to low.
- Simmer, covered, for 15 min.
- Season with **salt** and **pepper** to taste.

Tip! Time permitting, stew the bolognese sauce for longer, even up to 1 hour. Stir occasionally, and add a splash of water, if needed.



4. Boil pasta

- Meanwhile, bring a large pot of salted water to a boil.
- Once boiling, add the **spaghetti**.
- Cook for 8-10 min to "al dente" or until cooked to your liking.
- Drain.



5. Prep toppings

- Meanwhile, pick the **basil leaves**.
- Grate the **parmesan**.



6. Serve

- Serve the **Classic Lentil Spaghetti Bolognese** with a sprinkling of **parmesan** and **basil leaves**.

South West Chicken with Cauliflower Rice
and Tomato Salsa

Comforting Tex-Mex flavours ready in 30 mins!

412 calories | 54 protein | 28 carbs | 10 fat

Low Carb | Calorie Smart

cook: 30 min

R3947-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1719 / 412
Fats (g)	10.3
of which saturated (g)	4.6
Carbohydrates (g)	28
of which sugars (g)	10
Fibers (g)	8.6
Proteins (g)	53.6
Salt (g)	2.4

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What You'll Need

- Food processor

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Taco seasoning	20 Grams
Smoked paprika powder	4 Grams
Garlic paste	20 Grams
Yellow pepper	2 Piece
Tomatoes	2 Piece
Red onion	2 Piece
Coriander cumin powder	8 Grams
Dried oregano	4 Grams

Cauliflower	
Cauliflower	800 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp

Toppings	
Sour cream 4*	120 Grams
Mild tomato salsa	120 Grams
Fresh coriander	15 Grams

Allergens: *4 Milk

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1. Prep

- Deseed and roughly chop the **peppers**.
- Finely chop the **tomatoes**.
- Chop the **chicken** into bite-sized pieces.
- Peel and slice the **onion**.



2. Fry

- Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken** with a pinch of **salt**.
- Fry for 3 min.
- Add the **peppers** and **onion**.
- Fry for 5 min.



3. Make cauli 'rice'

- Meanwhile, using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains.
- Heat a saucepan over a medium heat with a drizzle of **oil**.
- Once hot, add the **cauliflower** with a pinch of **salt**.
- Stir-fry for 5 min.



4. Add spices

- Add the **tomatoes**, **garlic paste**, **taco seasoning**, **smoked paprika**, **coriander cumin powder**, **dried oregano** and a splash of water.
- Fry for 1 min.



5. Prep

- Finely chop the **coriander** leaves.



6. Serve

- Serve the **South West Chicken** on **Cauliflower Rice** topped with **Tomato Salsa** and **sour cream**.
- Garnish with the **fresh coriander**.

One-pot Pulled Beef Tagine

with Butternut Squash and Feta Cheese

Originating from Morocco, this stew is named after the earthenware pot in which it is cooked.

helló chef

648 calories | 40 protein | 74 carbs | 26 fat

Low Carb

cook: 30 min

R3691-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2711 / 648
Fats (g)	25.6
of which saturated (g)	7.9
Carbohydrates (g)	74
of which sugars (g)	31.1
Fibers (g)	15
Proteins (g)	40.1
Salt (g)	6.8

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Tagine	
Pulled beef	400 Grams
Red onion	2 Piece
Butternut squash	1200 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Ginger garlic paste	30 Grams
Harissa paste	40 Grams
Smoked paprika powder	4 Grams
Turmeric powder	4 Grams
Cinnamon powder	2 Grams
Water	300 ML
Tomato passata	500 Grams
Dried apricots 14*	100 Grams
Feta cheese 4*	100 Grams
Fresh coriander	15 Grams
Lemon	2 Piece
Almond flakes 1*,2*	60 Grams

Allergens: *14 Sulphur Dioxide, *4 Milk, *1 Peanuts, *2 Tree Nuts

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1. Prep

- Peel and finely chop the **red onion**.
- Peel the **butternut squash**, slice it in half and, using a spoon, remove the seeds.
- Chop the **squash** into bite-sized pieces.



2. Fry

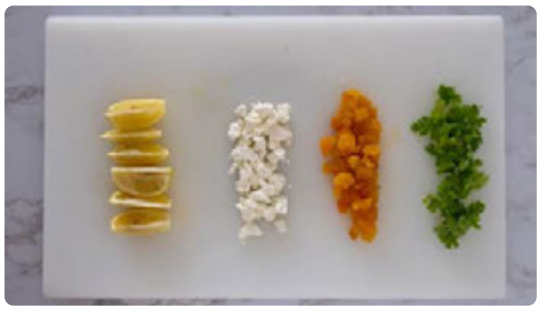
- Heat a pot over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion** with a pinch of **salt** and fry for 5 min.
- Add the **ginger garlic paste**, **harissa paste (spicy!)**, **smoked paprika**, **turmeric** and **cinnamon**.
- Fry for 1 min further.

Tip! Sensitive to spice? Go easy on the harissa paste.



3. Simmer

- Add the **measured water**, **tomato passata** and **butternut squash**.
- Bring to a boil, reduce the heat to medium and simmer, covered, for 10-12 min.



4. Prep garnish

- Meanwhile, roughly chop the **apricots**.
- Crumble the **feta**.
- Pick the **coriander** leaves.
- Slice the **lemon** into wedges.

Tip! Toast the almond flakes in a hot dry pan until they become browned and crunchy.



5. Add beef

- Add the **pulled beef** and **apricots** to the **tagine** and simmer, uncovered, for 5 min further.

Tip! Add a splash of water if the stew is too thick.



6. Serve

- Divide the **Beef Tagine** amongst bowls and top with the **coriander**, **feta**, **almond flakes** and a squeeze of **lemon**.

Tip! This one reheats well! Have the leftovers for lunch the following day.

Crispy Salmon

with Coconut Cauliflower Rice and Crackle Topping

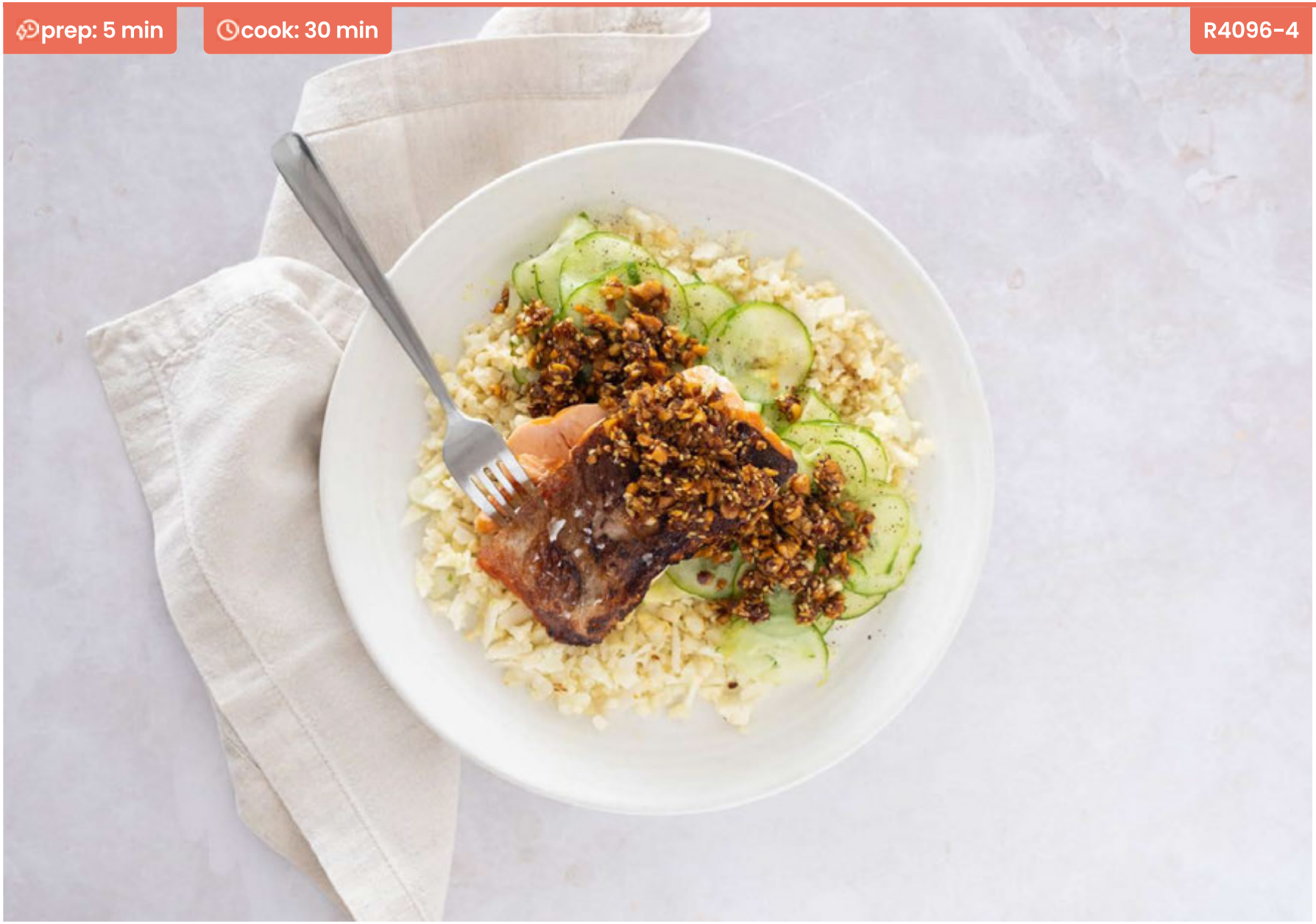
Delicious, crispy salmon with cucumber and a crackle topping, made from crunchy peanuts, sesame seeds, garlic and ginger. Yum!

hellofresh

704 calories | 49 protein | 37 carbs | 45 fat

Low Carb | Quick Prep

prep: 5 min | cook: 30 min | R4096-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2944 / 704
Fats (g)	44.7
of which saturated (g)	8.7
Carbohydrates (g)	37
of which sugars (g)	14.7
Fibers (g)	10.4
Proteins (g)	48.7
Salt (g)	7.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Box grater

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salmon & cucumber	
Skin-on salmon fillet 6*	700 Grams
Cucumber	4 Piece
Lime	2 Piece
Salt	2 Tsp
Olive oil	2 Tbsp

Cauliflower rice	
Cauliflower	800 Grams
Vegetable oil	2 Tbsp
Coconut flakes	20 Grams
Salt	1 Tsp

Crackle sauce	
Salted peanuts 1*	120 Grams
Garlic cloves	2 Piece
Ginger	60 Grams
Sesame seeds 3*	20 Grams
Turmeric powder	4 Grams
Chilli flakes	4 Grams
Olive oil	4 Tbsp
Honey	30 Grams
Tamari 9*	44 ML

Allergens: *6 Fish, *1 Peanuts, *3 Sesame Seeds, *9 Soya

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1. Make crackle

Roughly chop the **peanuts**. Peel and grate the **garlic** and the **ginger** directly into a large pan. Place the pan over a medium heat with the **peanuts**, **sesame seeds**, **turmeric powder**, **chilli flakes (spicy!)**, **olive oil**, **honey** and **tamari**. Stir for 4-5 min or until the mix thickens. Transfer to a plate and set aside. Reserve the pan.

Tip! Use a rubber spatula to mix the crackle while frying it, and for scraping it from the pan onto a plate.



2. Prep cucumber

Meanwhile, slice or shave the **cucumber**. Juice the **lime** into a bowl and add the **cucumber** slices.

Tip! You might wish to store your limes at room temperature, rather than in the fridge. That way they are much juicier.



3. Make cauli rice

Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains. Wipe the reserved pan clean. Return the pan to medium heat with a drizzle of **oil**. Once hot, add the **cauliflower** and the **coconut flakes** with a pinch of **salt** and stir-fry for 5 min.

Tip! Alternatively, chop the cauliflower into crumbles, using a sharp chef's knife.



4. Fry salmon

Meanwhile, portion the **salmon**. Pat the **salmon** skin dry. Sprinkle the skin with **salt**. Heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **salmon** skin-side down and cook for 3-4 min. Flip and cook for 3-4 further or until cooked through.



5. Serve

Divide the **coconut cauliflower rice** among plates. Serve the fried **salmon** skin side up with the sliced **cucumbers** to the side. Top with the **crackle**.

Light Indian Chicken Pasanda Curry

with Cauliflower Rice and Kachumber

This hearty curry might just become your new favourite!

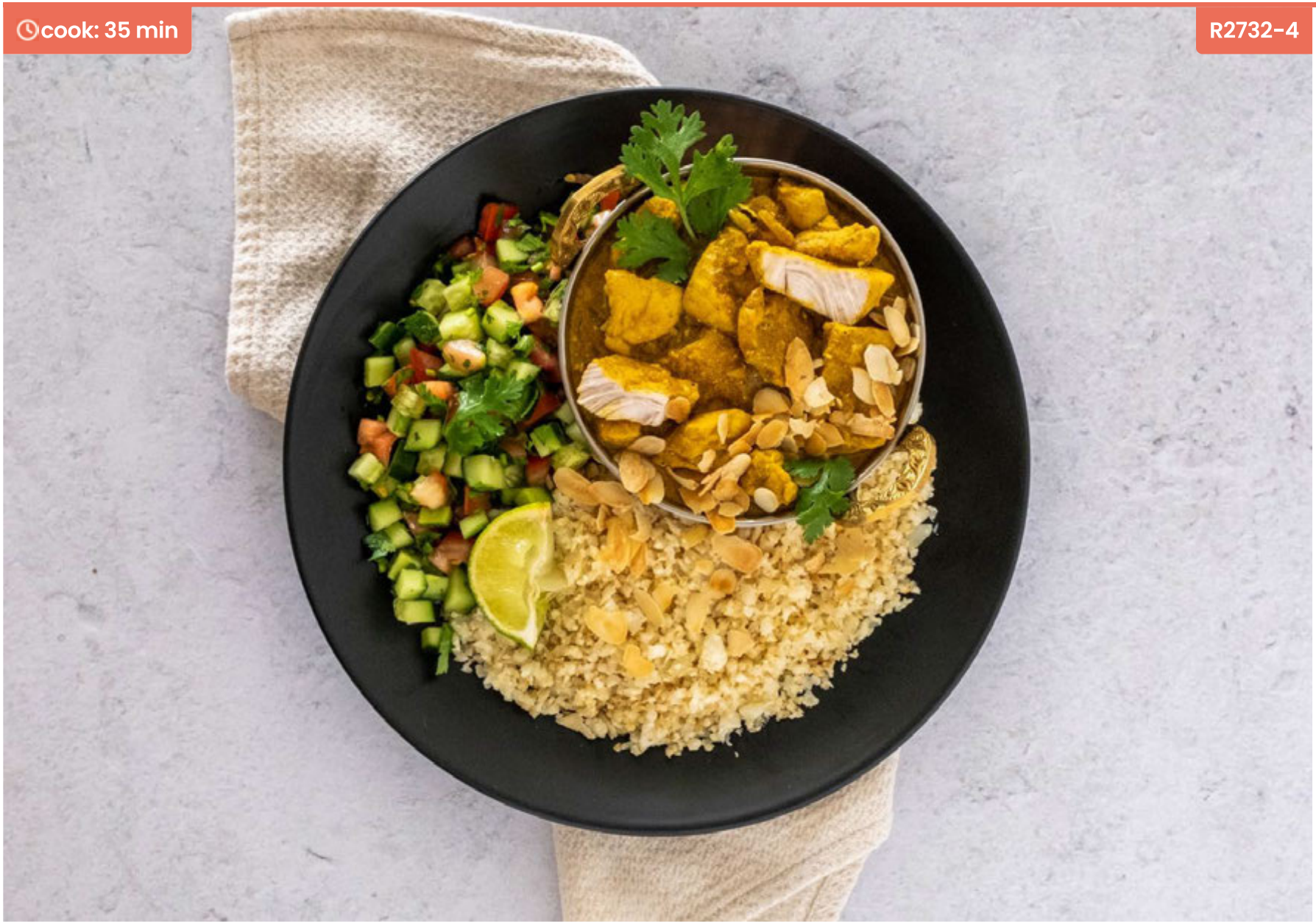
hello chef

526 calories | 60 protein | 43 carbs | 15 fat

Low Carb | Calorie Smart

cook: 35 min

R2732-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2197 / 526
Fats (g)	15.4
of which saturated (g)	4
Carbohydrates (g)	43
of which sugars (g)	19
Fibers (g)	12
Proteins (g)	60.1
Salt (g)	4.2

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What You'll Need

- Box grater

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Chicken breast	800 Grams
Brown onion	2 Piece
Cardamom pods	8 Piece
Lime	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Ginger garlic paste	40 Grams
Garam masala	4 Grams
Coriander cumin powder	8 Grams
Chilli powder	4 Grams
Turmeric powder	4 Grams
Curry powder	10 Grams
Water	200 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Natural yogurt 4*	340 Grams
Black pepper	1 Tsp

Cauliflower rice	
Cauliflower	800 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Kachumber	
Lime	2 Piece
Fresh coriander	15 Grams
Cucumber	2 Piece
Tomatoes	2 Piece
Salt	1 Tsp

To serve	
Almond flakes 1*,2*	60 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *1 Peanuts, *2 Tree Nuts

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1. Prep

- Peel and finely chop the **onion**.
- Split the **cardamom pods** open with the back of a knife.
- Slice the **lime** into wedges.
- Chop the **chicken** into bite-sized pieces.



2. Start curry

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion** with a pinch of **salt**.
- Fry for 5 min until softened.
- Add the **ginger garlic paste**, **cardamom pods**, **garam masala**, **coriander cumin powder**, **chilli powder (spicy!)**, **turmeric** and **curry powder**.
- Fry for 1 min further.

Tip! Sensitive to spice? Go easy on the chilli powder.



3. Simmer

- Add the **chicken**. Fry for 2-3 min further.
- Add the **measured water** and the 1 **chicken stock cube**.
- Reduce the heat to medium. Cover with a lid and simmer.
- Stir occasionally for 5-8 min or until the **chicken** is cooked through and tender.
- Once cooked, remove the **chicken curry** from the heat. Stir in the **yogurt**.
- Season with **salt**, **pepper** and a squeeze of **lime** juice to taste (reserve the rest).

Tip! Stir the yogurt with a spoon in its container until smooth before adding into the sauce.



4. Toast almonds

- Meanwhile, heat a separate large pan over a medium-high heat.
- Once hot, toast the **almond flakes** for 2 min or until golden and fragrant.
- Transfer them to a plate and set aside.
- Wipe and reserve the pan.

Tip! Remove the almond flakes from the pan the moment they start to brown. They go from being toasted to being burnt in a matter of seconds.



5. Make cauliflower rice

- Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains.
- Return the reserved pan to a medium-high heat with a drizzle of **oil**.
- Once hot, add the **cauliflower** with a pinch of **salt**.
- Stir-fry for 5 -7 min.



6. Serve

- Meanwhile, pick and chop the **coriander** leaves.
- Chop the **cucumber** and the **tomatoes** into cubes.
- In a large bowl, combine the **coriander**, **cucumber**, **tomatoes**, a squeeze of **lime** juice to taste and a pinch of **salt**.
- Serve the **Light Indian Chicken Pasanda Curry** with **Cauliflower Rice and Kachumber**.
- Garnish with the **toasted almond flakes** and the remaining **lime wedges**.

Philly-style Pulled Beef Sandwich

with Iceberg Wedge Salad and Jalapeño Sour Cream

This has Americana written all over! A loaded open-faced beefy and cheesy sandwich that's big on taste, with a fun way to serve up a salad!

hellochef

582 calories | 42 protein | 46 carbs | 26 fat

Calorie Smart

cook: 25 min

R4078-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2442 / 582
Fats (g)	25.9
of which saturated (g)	12.5
Carbohydrates (g)	46
of which sugars (g)	10.3
Fibers (g)	7.2
Proteins (g)	42.3
Salt (g)	2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pulled Beef	
Pulled beef	400 Grams
Red onion	2 Piece
Green pepper	2 Piece
Vegetable oil	2 Tbsp
Fajita seasoning	20 Grams
Dried thyme	4 Grams
Panini bread 10*,11*	3 Piece
Grated mozzarella 4*	120 Grams

Iceberg Wedge Salad	
Iceberg lettuce	1 Piece
Tomatoes	3 Piece
Black pepper	0.5 Tsp

Sour Cream Dressing	
Fresh chives	15 Grams
Jalapeno slices	60 Grams
Sour cream 4*	120 Grams
Olive oil	2 Tbsp
Garlic onion powder	4 Grams

Allergens: *10 Wheat, *11 Gluten, *4 Milk

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1. Prep

Preheat the oven to 200°C/180°C fan. Peel and finely slice the **onions**. Deseed and slice the **green peppers** into thin strips.



2. Fry

Heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **onion** and **green pepper** with a pinch of salt and fry for 5-7 min until softened. Add the **fajita seasoning**, half the **dried thyme** and fry for 1 min further. Add the **pulled beef** and fry for 3-4 min until cooked through, adding a splash of water in between to keep it tender.



3. Toast panini bread

Meanwhile, line a baking tray with parchment paper. Slice the **panini** in half, and brush with some **olive oil** on top. Sprinkle over the remaining **dried thyme**. Toast in the oven for 5-6 min until golden, then top with the **pulled beef** and **grated mozzarella cheese**. Bake for another 3-4 min until the **cheese** has melted.



4. Prep salad

Meanwhile, cut the **iceberg lettuce** into quarter wedges. Finely chop the **tomatoes** into bite-sized pieces. Finely chop the **chives**.

Tip! If cooking for 2, you can use just one half of the iceberg lettuce and save the other half for another time.



5. Make salad dressing

Finely chop the jalapeño **slices**. In a bowl, combine the jalapeño, **sour cream**, white balsamic vinegar, **olive oil**, **garlic onion powder**, **chives**, and smoked sea salt to taste . Mix well, and add a splash of water to thin out the **dressing** slightly to your liking.



6. Serve

Cut the **sandwiches** in half and divide amongst plates with an **iceberg wedge**. Pour some **salad dressing** over the wedge. Top with the chopped **tomatoes**, and freshly ground **black pepper**.

Duck Breasts in a Cranberry Sauce

with Roasted Beetroot and Hasselback Potatoes

The sweet, savoury and earthy flavours of this dish are sure to be a treat for your tastebuds!

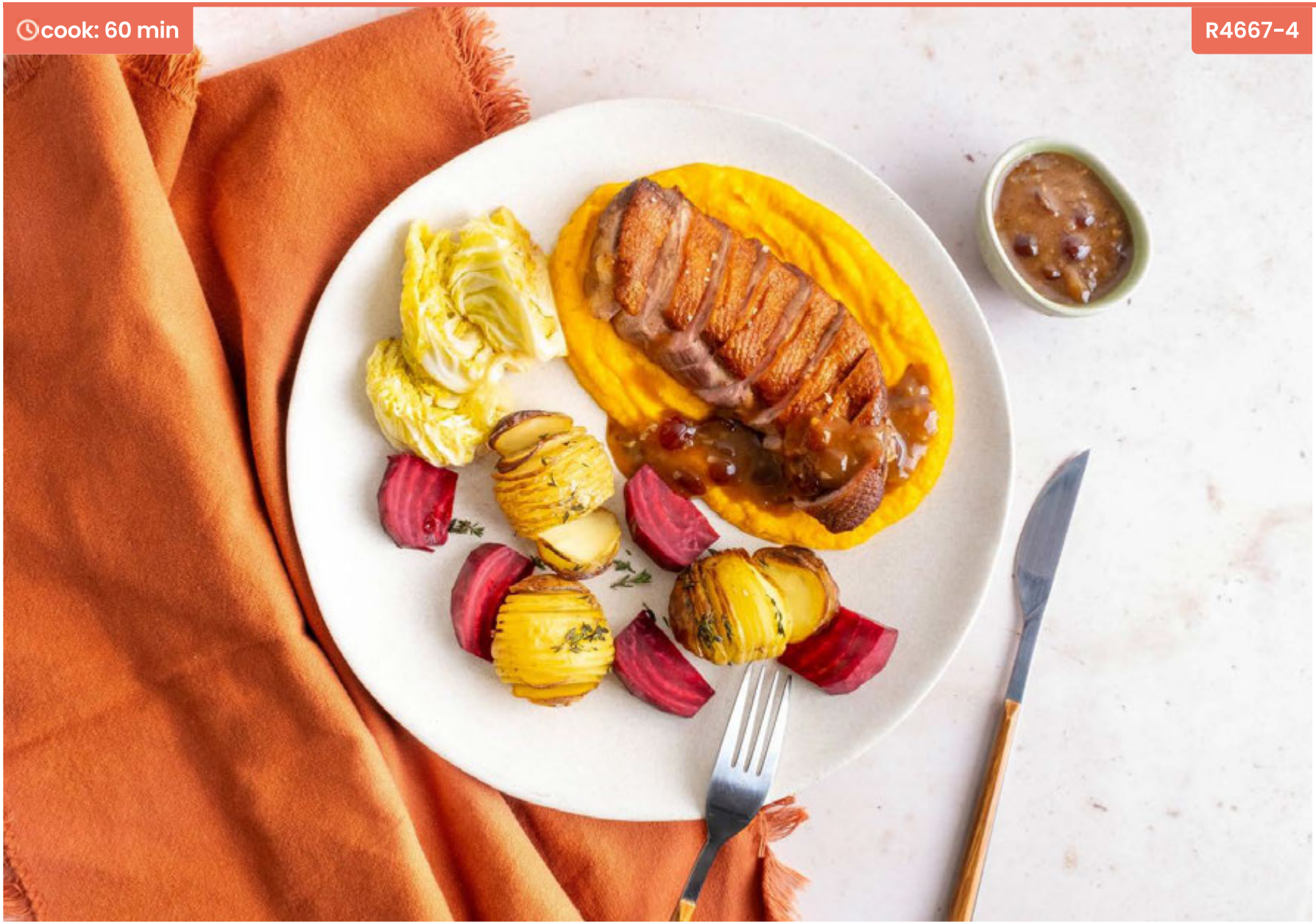
hello chef

913 calories | 14 protein | 203 carbs | 9 fat

Gourmet | Global Eats

cook: 60 min

R4667-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3845 / 913
Fats (g)	9
of which saturated (g)	5.7
Carbohydrates (g)	203
of which sugars (g)	125.3
Fibers (g)	18.7
Proteins (g)	13.9
Salt (g)	2.1

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What You'll Need

Oven | Blender

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Duck	
Duck breast	4 Piece
Salt	1 Tsp

Veg	
New potatoes	1000 Grams
Carrot	4 Piece
Fresh beetroot	440 Grams
Honey	30 Grams
Balsamic vinegar 14*	44 ML
Fresh thyme	10 Grams
Savoy cabbage	400 Grams

Sauce	
Shallots	2 Piece
Garlic cloves	3 Piece
Plain flour 10*,11*	15 Grams
Cranberry sauce	200 Grams
Chicken jus 15*	300 ML
Butter 4*	30 Grams

Allergens: *14 Sulphur Dioxide, *10 Wheat, *11 Gluten, *15 Celery, *4 Milk

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1. Boil

- Preheat the oven to 200°C/ 180°C fan.
- Bring a pot of salted water to the boil.
- Cut narrow slices (about 0.5 cm) into the **potatoes**, making sure not to cut all the way down to the base – these are your **Hasselback potatoes**.
- Peel and roughly chop the **carrots**.
- Boil the **potatoes** and **carrots**.
- After 8 min remove the **potatoes**, leaving the **carrots** to boil for an additional 12-15 min until tender.
- Once the **carrots** are tender, drain and retain 1 cup of the **cooking water**.



2. Roast veg

- Meanwhile, peel and chop the **beetroot** into bite-sized pieces.
- In a bowl, combine the **balsamic vinegar** (reserving 2 Tsp for step 4) and **honey** with a pinch of **salt** and **pepper**.
- Add the **beetroot** and toss to coat.
- Place the **beetroot** (with the **dressing**) on a lined baking tray, add the boiled **potatoes** alongside and drizzle with **oil**, **salt** and **thyme leaves**.
- Bake for 30 min until golden and starting to crisp.



3. Cook duck

- Meanwhile, run a sharp knife down the skin of the **duck** at 0.5cm intervals making sure not to cut through the flesh.
- Season with a good pinch of **salt** on both sides.
- Place the **duck**, skin-side down on a cool pan.
- Fry at medium for 10 min so the **fat** starts to render/melt.
- Pour the **duck fat** into a bowl as it collects.
- After the skin looks golden and crispy, flip the **duck**, meat side down and cook for 2 min.
- Place the **duck** in the oven and cook for 8-10 min until done to your liking.
- Wipe and retain the pan for step 4.



4. Make sauce

- Meanwhile, peel and finely chop the **shallots** and **garlic**.
- Mix 4 Tsp of **plain flour** into the **cranberry sauce**.
- Return the pan to the heat with a drizzle of **oil** (or reserved **duck fat**).
- Fry the **shallots** and **garlic** for 4-5 min until softened.
- Add the **cranberry/flour** mix, **chicken jus**, reserved **balsamic vinegar** and a couple of **thyme sprigs**.
- Bring to a boil and reduce for 3-5 min until thickened enough to coat the back of a spoon.
- Add the half of the **butter** and season with **salt** and **pepper**.



5. Roast cabbage

- Chop the **cabbage** into 1.5cm thick wedges.
- After 30 min add the **cabbage** to the baking tray with the other **veg** and drizzle with **oil** and sprinkle with **salt** and **pepper**.
- Roast with the **veg** for a further 12-15 min.



6. Serve

- Meanwhile, transfer the boiled **carrots** with 8 Tbsp of the reserved **cooking water** and the remaining **butter** to a blender, or using a stick blender blend until smooth.
- Return to the pan and warm through over a medium heat.
- Season with **salt** and **pepper** to taste.

Tip! If the puree is too thick, add more water a Tbsp at a time until it reaches your desired consistency.

Crispy Baja Cod Tacos
and Chipotle Mayo

Lightning prep and easy clean-up, not to mention great flavours!

hello chef

854 calories | 45 protein | 105 carbs | 29 fat

Global Eats

cook: 30 min

R3148-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3576 / 854
Fats (g)	29.4
of which saturated (g)	5.3
Carbohydrates (g)	105
of which sugars (g)	8.6
Fibers (g)	8.5
Proteins (g)	45
Salt (g)	3.9

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hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Cod	
Cod fillet 6*	700 Grams
Cajun spice	4 Grams
Smoked paprika powder	4 Grams
Salt	1 Tsp
Plain flour 10*,11*	100 Grams
Corn starch	120 Grams
Baking powder	10 Grams
Water	200 ML
Vegetable oil	10 Tbsp

Toppings	
Red onion	1 Piece
Tomatoes	2 Piece
Fresh coriander	15 Grams
Lime	2 Piece
Salt	1 Tsp
Romaine lettuce	400 Grams

To serve	
Mayonnaise 5*,9*,13*	100 Grams
Chipotle powder	4 Grams
6" tortilla wraps 10*,11*	12 Piece

Allergens: *6 Fish, *10 Wheat, *11 Gluten, *5 Eggs, *9 Soya, *13 Mustard

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1. Prep toppings

- Peel and finely chop 1 **onion**.
- Finely chop the **tomatoes** and **coriander**.
- Halve the **lime**.
- In a bowl combine the **tomatoes**, **onions**, **coriander** and half of the **lime** juice with a pinch of **salt**.
- Set the **pico de gallo** aside.
- Roughly chop the **lettuce**.



2. Make sauce

- In a small bowl, combine the **mayonnaise**, a pinch of **chipotle powder** (spicy!) and a squeeze of **lime** with a pinch of **salt**.
- Set the **sauce** aside.



3. Prep cod

- Slice the **cod** into goujons, approximately 2 cm thick.
- Add them to a bowl with the **cajun spice** (spicy!), **smoked paprika** and **salt**.
- Toss and set aside.



4. Make batter

- In a shallow bowl, whisk the **flour**, **corn starch**, **baking powder** and **salt** with the cold **measured water** until smooth.
- Set the **batter** aside.



5. Fry cod

- Heat a pan over a medium-high heat.
- Add enough **vegetable oil** to cover the bottom of the pan.
- Once hot, coat each **cod goujon** in the **batter**.
- Let the excess batter drip off, before placing the **fish** in the **oil**.
- Fry for 2 min on each side until crispy and golden.
- Drain the fried **cod goujons** on kitchen paper.



6. Serve

- Meanwhile, heat the **tortilla wraps** in the microwave for 30-60 secs until warm.
- Load the **wraps** with the **chipotle mayonnaise** (spicy!), shredded **lettuce**, **cod goujons** and **pico de gallo**.
- Serve the **Crispy Baja Cod Tacos** with **Chipotle Mayo** on the side.

Leek and Potato Soup

with Cheese Croutons

Did you know that the famous French dish, Vichyssoise, is simply leek and potato soup, served cold?

hello chef

957 calories | 32 protein | 106 carbs | 49 fat

cook: 30 min

R2799-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3989 / 957
Fats (g)	49
of which saturated (g)	32
Carbohydrates (g)	106
of which sugars (g)	25
Fibers (g)	15.2
Proteins (g)	31.5
Salt (g)	2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Blender

hello@hellochef.com
04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Soup	
Leeks	6 Piece
Potatoes	600 Grams
Garlic cloves	8 Piece
Fresh thyme	20 Grams
Butter 4*	100 Grams
Salt	1 Tsp
Dried bay leaves	2 Piece
Vegetable stock cube 15*	2 Piece
Water	1700 ML
Fresh chives	45 Grams
Sour cream 4*	120 Grams
Black pepper	1 Tsp

Grilled cheese	
Gruyere 4*	120 Grams
Dijon mustard 13*	12 Grams
Grated cheddar 4*	120 Grams
Vegetable oil	2 Tbsp

Allergens: *4 Milk, *15 Celery, *13 Mustard

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1. Prep vegetables

Wash, trim and finely slice the **leeks** (make sure to remove any grit between the leaves). Peel and chop the **potatoes** into bite-size pieces. Peel and finely chop or crush the **garlic**. Strip the **thyme leaves** and chop them finely.



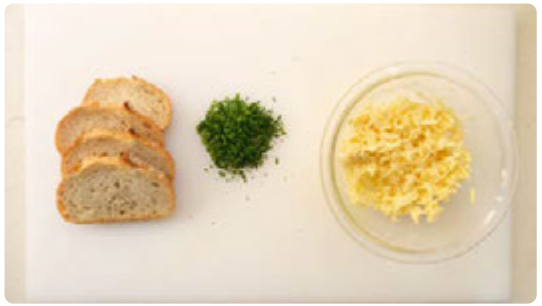
2. Saute leeks

Heat a soup pot over a low heat with the **butter**. Once hot, add the chopped **leeks** with a generous pinch of **salt** and cook, covered, for 7-8 min until very soft but not browned. Once soft, add the **garlic** and **thyme** and cook for 30 secs further.



3. Simmer soup

Add the **potatoes**, **bay leaves**, **stock cube** and **water**. Increase the heat to medium and simmer for 20 min until the **potatoes** are falling apart.



4. Prep

Meanwhile, finely chop the **chives** and set aside. Grate the **Gruyere**. Mix the **Dijon mustard** with the **grated Gruyere** and **cheddar**. Sandwich the cheese mixture in between the sourdough slices.



5. Fry croutons

Heat a drizzle of **oil** in a pan over a medium heat. Add the cheese sandwiches and place a smaller pan directly on top of them. Place a heavy weight (e.g. several cans) onto the smaller pan and fry for 2-3 min per side until golden. Remove the pan from the heat. Leave the sandwiches in the pan, covered, to keep warm.



6. Blend

Once ready, remove the **bay leaves** from the soup. Use a hand-held blender to puree the soup until smooth. Add the **sour cream**, chopped **chives** and a generous grind of **black pepper**. Transfer the sandwiches to a chopping board and chop them into large croutons. Divide the soup among bowls and top with the cheese croutons.

Limey Coconut and Chicken Curry

with Cauliflower Rice

A mild coconut and citrus curry with snow peas, peppers and red onion, served over cauliflower rice!

607 calories | 59 protein | 40 carbs | 24 fat

Low Carb

cook: 40 min

R2834-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2541 / 607
Fats (g)	24.1
of which saturated (g)	12.4
Carbohydrates (g)	40
of which sugars (g)	15.5
Fibers (g)	14.8
Proteins (g)	58.7
Salt (g)	5.7

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What You'll Need

Food processor

hello@hellochef.com

04-825-44-00

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Chicken breast	800 Grams
Garlic cloves	4 Piece
Snow peas	300 Grams
Red onion	2 Piece
Red pepper	2 Piece
Vegetable oil	2 Tbsp
Red curry paste 7*	40 Grams
Turmeric powder	4 Grams
Coconut milk	400 ML
Water	200 ML
Soy sauce 9*,10*,11*	30 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece

Cauliflower rice	
Cauliflower	800 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Garnish	
Lime	2 Piece
Fresh coriander	15 Grams
Large red chilli	2 Piece
Black sesame seeds 3*	20 Grams

Allergens: *7 Crustaceans, *9 Soya, *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs, *15 Celery, *3 Sesame Seeds

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Egg, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur dioxide and Celery.**



1. Prep

- Peel and mince the **garlic**.
- Trim and halve the **snow peas**.
- Peel the **onion** and slice it into wedges.
- Deseed and roughly chop the **red pepper**.
- Chop the **chicken** into bite-sized pieces.



2. Fry chicken

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken** with a pinch of **salt**.
- Fry for 5 min until browned and cooked through.
- Transfer the **chicken** to a plate and reserve the pan.



3. Simmer

- Return the pan to a medium heat with another drizzle of **oil**.
- Once hot, add the **onion** and **pepper** with a pinch of **salt**.
- Fry for 3 min.
- Add the **garlic**, **red curry paste** (spicy!) and **turmeric**.
- Fry for 1 min further.
- Add the **coconut milk**, **measured water**, **soy sauce** and 1 **stock cube**.
- Simmer for 5 min further.



4. Make cauliflower 'rice'

- Meanwhile, using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains.
- Heat a saucepan over a medium heat with a drizzle of **oil**.
- Once hot, add the **cauliflower** with a pinch of **salt**.
- Stir-fry for 5 min.



5. Prep garnishes

- Meanwhile, slice the **lime** into wedges.
- Pick the **fresh coriander** leaves.
- Finely slice the **red chilli** into rounds.



6. Serve

- Add the **snow peas** and return the **chicken** to the **curry**.
- Simmer for 3 min further.
- Juice half of the **limes** into the **curry**.
- Serve the **Limey Coconut and Chicken Curry** with **Cauliflower Rice**.
- Garnish with the remaining **lime** wedges, **black sesame seeds**, **coriander** leaves and **chilli** (spicy!).

Tip! Sensitive to spice? Go easy on the red chilli.

Mediterranean Spiced Butternut Squash and Chickpea Stew

with Toasted Almond Couscous

Due to its volcanic soil, Sicily is a particularly fertile island. Among its rich bounty you'll find lemons, almonds, pistachios, chillies, aubergines and olives.

964 calories | 33 protein | 171 carbs | 22 fat

cook: 40 min

R2875-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4035 / 964
Fats (g)	22
of which saturated (g)	2.4
Carbohydrates (g)	171
of which sugars (g)	33.7
Fibers (g)	28.6
Proteins (g)	33.2
Salt (g)	4.8

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com

04-825-44-00

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stew	
Butternut squash	1200 Grams
Olive oil	4 Tbsp
Salt	1 Tsp
White onion	2 Piece
Garlic cloves	4 Piece
Chickpeas	480 Grams
Cinnamon powder	2 Grams
Dried oregano	4 Grams
Chilli flakes	4 Grams
Red vinegar	60 ML
Golden raisins 14*	60 Grams
Kalamata olives	160 Grams
Vegetable stock cube 15*	2 Piece
Capers	40 Grams
Chopped tomatoes	800 Grams
Brown sugar	10 Grams
Water	400 ML
Tomato paste	70 Grams
Fresh basil	15 Grams

Couscous	
Water	500 ML
Saffron Splash	30 ML
Couscous 10*,11*	300 Grams
Whole almonds 1*,2*	80 Grams
Lemon	2 Piece

Allergens: *14 Sulphur Dioxide, *15 Celery, *10 Wheat, *11 Gluten, *1 Peanuts, *2 Tree Nuts

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1. Roast squash

- Preheat the oven to 200°C/180°C fan.
- Peel the **butternut squash**, slice it in half and, using a spoon, remove the seeds.
- Chop the **squash** into bite-size pieces.
- Place the **squash** onto a large baking tray with a drizzle of **olive oil** and season with **salt**.
- Roast in the oven for 30 min or until golden and crisp.



2. Prep

- Meanwhile, peel and finely chop the **onion** and **garlic**.
- Drain the **chickpeas**.



3. Sauté

- Heat a large pan over a medium-low heat with a generous drizzle of **olive oil**.
- Add the **onion** with a pinch of **salt**.
- Fry for 5-6 min until soft.
- Once soft, add the **garlic**, a large pinch of **cinnamon**, the **oregano** and **chilli flakes** (spicy!).
- Fry for 1 min further.



4. Simmer

- Add the **red vinegar**, **raisins**, **olives**, half of the **stock cube**, the **capers**, **chopped tomatoes**, **sugar**, **measured water**, **tomato paste** and **chickpeas**.
- Simmer for 15-20 min.



5. Prep couscous

- Meanwhile, boil the **measured water** and dissolve the remaining **stock cube** and the **saffron** in it.
- Add the **couscous**, **almonds** and a drizzle of **olive oil** to a bowl.
- Pour the hot **saffron stock** over it.
- Stir once, then cover with cling film or a plate.
- Set aside for 5 min.
- Fluff with a fork and season with **lemon** juice before serving.



6. Serve

- Once the **squash** is soft and the stew is ready, add the **squash** to the stew.
- Simmer for 2 min further.
- Strip the **basil** leaves directly into the stew.
- Mix.
- Serve the **Mediterranean Spiced Butternut Squash and Chickpea Stew** with **Toasted Almond Couscous**.

Baked Potato Nachos with Chilli con Carne
and Sour Cream

In this recipe you'll create classic nachos using the humble potato!

900 calories | 68 protein | 77 carbs | 36 fat

Family Friendly

cook: 45 min

R3705-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3768 / 900
Fats (g)	35.7
of which saturated (g)	20.7
Carbohydrates (g)	77
of which sugars (g)	15.1
Fibers (g)	20.1
Proteins (g)	67.8
Salt (g)	3.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven | Box grater

hello@hellochef.com
04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chilli	
Lean beef mince	700 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Red kidney beans	480 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Cumin powder	4 Grams
Fajita seasoning	10 Grams
Smoked paprika powder	4 Grams
Black pepper	1 Tsp
Tomato paste	70 Grams
Tomato passata	500 Grams
Water	100 ML
Beef stock cube 4*,5*,9*,11*,15*	1 Piece
Brown sugar	10 Grams
Dried oregano	4 Grams

Potato nachos	
Potatoes	1200 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Grated cheddar 4*	120 Grams

To serve	
Sour cream 4*	120 Grams
Fresh coriander	15 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *11 Gluten, *15 Celery

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1. Bake potatoes

Preheat the oven to 220°C/200°C fan. Slice the **potatoes** thinly (skins on). Add the **potatoes** to a lined baking tray. Drizzle with **oil** and sprinkle with **salt**. Toss until coated. Bake for 30-35 min or until golden and crisp. After 30-35 min, sprinkle the **potatoes** with the **cheddar cheese** and bake for 2-3 min further until the **cheese** is melted.

Tip! Use two trays if cooking for 3 or 4 people to ensure the potatoes get nice and crispy.



2. Prep

Meanwhile, peel and finely chop the **onion**. Peel and mince the **garlic**. Drain and rinse the **kidney beans**.



3. Fry beef

Heat a pan over a high-heat with a drizzle of **vegetable oil**. Once hot, add the **beef mince** and **onion** with a pinch of **salt**, and fry for 5 min.



4. Add spices

Add the **garlic**, **cumin**, **fajita seasoning**, **smoked paprika**, **black pepper** and **tomato paste**. Cook for 2 min further.



5. Simmer

Add the **tomato passata**, **measured water**, 1 **stock cube**, **brown sugar**, **dried oregano** and **kidney beans**. Mix well. Cover with a lid, bring to a simmer and reduce the heat to low. Simmer for 10 min, stirring occasionally. If the **stew** thickens too much, add a splash of water.



6. Serve

Meanwhile, finely chop the **coriander**. Serve the **chilli** on top of the **baked potato nachos**. Top with a dollop of **sour cream** and the freshly chopped **coriander**.

Chicken A L'Orange with Bulgur Wheat Pilaf
and Almond Broccolini

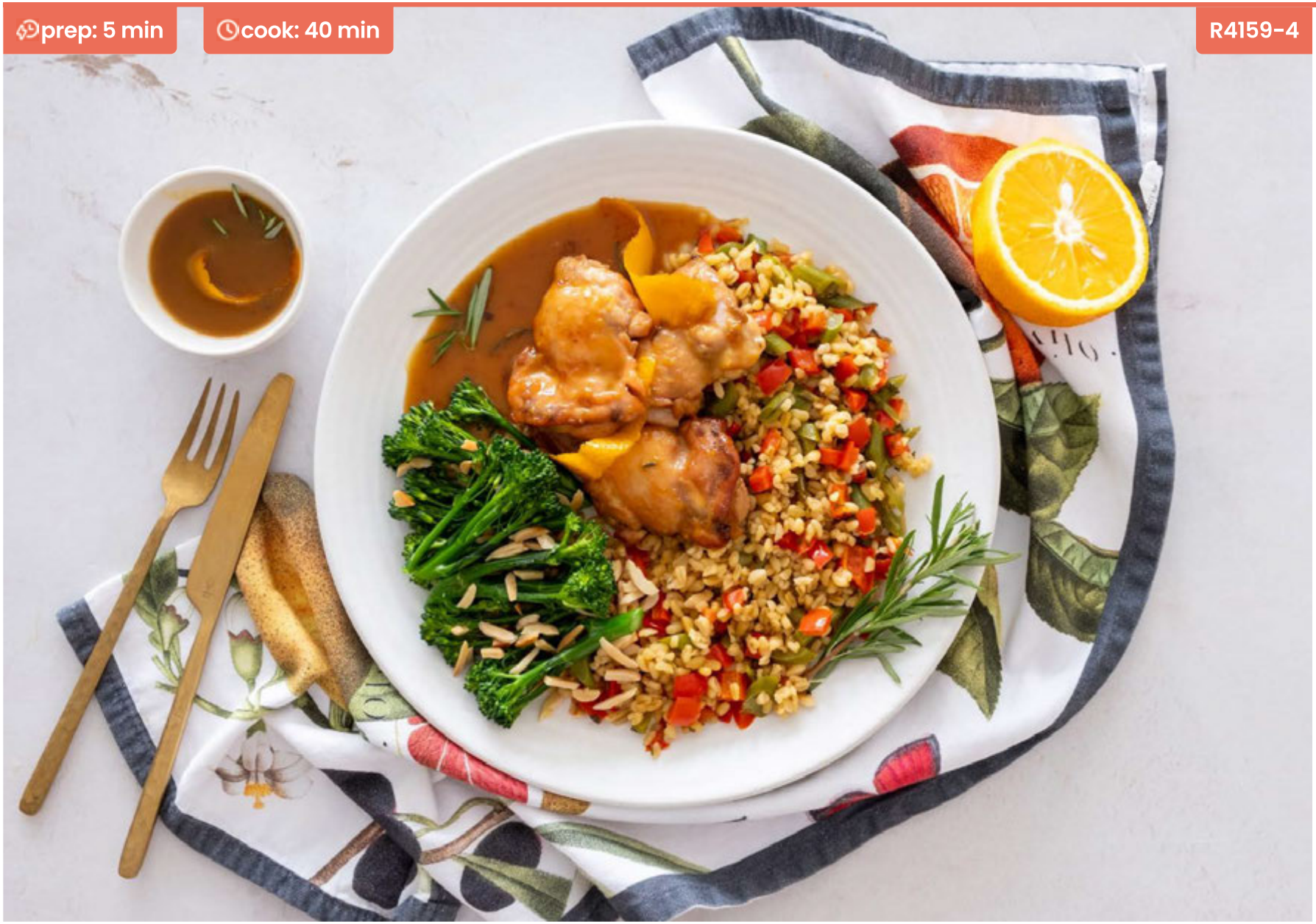
Our take on a French classic that typically uses duck, but making it more versatile and just as delicious with chicken. No fancy techniques required.

hellochef

716 calories | 53 protein | 92 carbs | 16 fat

Quick Prep

prep: 5 min | cook: 40 min | R4159-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2994 / 716
Fats (g)	16.1
of which saturated (g)	5.4
Carbohydrates (g)	92
of which sugars (g)	29.4
Fibers (g)	18.3
Proteins (g)	53.2
Salt (g)	0.6

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Skinless boneless chicken thighs	800 Grams
Vegetable oil	2 Tbsp
Chicken seasoning	4 Grams
Black pepper	1 Tsp

Sauce	
Fresh rosemary	10 Grams
Orange	2 Piece
Orange juice	180 ML
Onion marmalade	56 Grams
White balsamic vinegar 14*	30 ML
Honey	30 Grams
Butter 4*	20 Grams

Bulgur Wheat	
Red pepper	2 Piece
Olive oil	0.5 Tbsp
Vegetable stock cube 15*	1 Piece
Bulgur wheat 10*,11*	240 Grams
Water	500 ML

Broccoli	
Tenderstem broccoli	300 Grams
Olive oil	1 Tbsp
Almond slivers 2*	40 Grams
Salt	0.5 Tsp

Allergens: *14 Sulphur Dioxide, *4 Milk, *15 Celery, *10 Wheat, *11 Gluten, *2 Tree Nuts

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1. Prep

- Trim the ends of the **broccoli stems**. Chop them into smaller bite-sized pieces, keeping the **broccoli florets** whole.
- Deseed the **red pepper**. Finely chop into small bite-sized pieces.
- Pick and finely chop a sprig of **rosemary**, reserving the rest whole.
- Zest and slice the **orange** in half.

Tip! Place the butter in the freezer to solidify. You'll use it for the sauce later in step 5.



2. Cook bulgur pilaf

- Heat a pot with a lid over medium heat with a drizzle of **olive oil**.
- Once hot, add the **broccoli** ends, **red pepper**, chopped **rosemary**.
- Cook for 2-3 min until softened.
- Add the 1 **vegetable stock cube**, **bulgur wheat**, and **measured water**.
- Bring to a boil, reduce the heat to low and cover.
- Cook for 15-20 min or until the water is absorbed and the **bulgur wheat** is cooked.
- Once cooked, remove the pot from the heat.
- Keep covered until serving.



3. Prep orange sauce

- Meanwhile, squeeze the **fresh orange** into a large bowl.
- Add the **zest**, **onion marmalade**, **white balsamic vinegar**, **honey**, and the carton of **orange juice**.
- Mix well.
- Set the **orange sauce** aside.



4. Sauté broccoli

- Heat a large pan over medium-high heat with a small drizzle of **oil**.
- Once hot, add the **almond slivers**.
- Toast for 1-2 min until lightly golden.
- Add the **broccoli florets** with a pinch of **salt**.
- Fry or 1-2 min further until lightly softened.
- Transfer to a plate.
- Reserve the pan.



5. Fry chicken

- Return the reserved pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken thighs** with a pinch of **chicken seasoning** and **pepper**.
- Fry for 2-3 min on one side until golden.
- Add the sprigs of **rosemary**, flip the **chicken** over. Cook for another 1-2 min.
- Pour the **sauce** in the pan and bring to a simmer.
- Cook the **chicken** in the **sauce** for 5-7 min further until fully cooked through, and the **sauce** has reduced by half.
- Turn off the heat. Stir the frozen **butter** into the **sauce** for a silky finish.



6. Serve

- Serve the **Chicken A L'Orange** on the **Bulgur Wheat Pilaf** with **Almond Broccolini**.
- Drizzle the **orange sauce** over the **chicken**.

Yellow Seabream Curry

with Green Beans and Cauliflower Rice

Enjoy this light curry, packed with flavour!

406 calories | 49 protein | 44 carbs | 7 fat

Low Carb | Calorie Smart

cook: 30 min

R3828-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1699 / 406
Fats (g)	6.7
of which saturated (g)	2.5
Carbohydrates (g)	44
of which sugars (g)	24.3
Fibers (g)	9.1
Proteins (g)	48.6
Salt (g)	2.1

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Box grater

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Seabream 6*	660 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Green beans	375 Grams
Fresh coriander	15 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Curry powder	8 Grams
Turmeric powder	4 Grams
Water	600 ML
Lime leaves	6 Piece
Vegetable stock cube 15*	1 Piece
Lime	2 Piece
Fish sauce 6*,10*	20 ML
Sweet chilli sauce	80 ML
Natural yogurt 4*	340 Grams

Cauliflower Rice	
Cauliflower	800 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Allergens: *6 Fish, *15 Celery, *10 Wheat, *4 Milk

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1. Prep

- Peel and finely chop the **red onion**.
- Peel and mince the **garlic**.
- Trim the **green beans** and chop them in half.
- Finely chop the **coriander leaves**.
- Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains.



2. Start curry

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion** with a pinch of **salt**.
- Fry for 5 min.
- Add the **garlic**, **curry powder** and **turmeric**.
- Fry for 1 min further.
- Add the **measured water**, **green beans**, **lime leaves** and the 1 **vegetable stock cube**.
- Reduce the heat to medium and cover.
- Simmer for 6-8 min further or until the **green beans** are tender.



3. Fry cauli rice

- Meanwhile, heat a second large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **cauliflower** with a pinch of **salt**.
- Fry for 5-7 min.
- Transfer the **cauliflower rice** to a bowl to keep warm.
- Wipe and reserve the pan.



4. Fry fish

- Meanwhile, pat the **seabream** fillets dry with kitchen paper.
- Season the skin with **salt**.
- Return the reserved pan to a medium-high heat with another drizzle of **oil**.
- Once hot, add the **seabream**, skin-side down.
- Fry for 4 min or until crispy.
- Once crispy, flip.
- Fry for 1-2 min further.



5. Finish curry

- Meanwhile, slice the **lime** into wedges.
- Once the **green beans** are tender, remove the pan from the heat.
- Add the **fish sauce**, **sweet chilli sauce**, **natural yogurt**, squeeze of **lime** juice to taste (reserve the rest for garnish) and half of the **coriander** (reserve the rest for garnish).
- Mix well.
- Season with **salt** to taste.

Tip! Whisk the yogurt in its container until smooth before adding into the curry for a smoother sauce.



6. Serve

- Serve the **Yellow Seabream** on **Curry with Green Beans** and **Cauliflower Rice**.
- Garnish with the remaining **lime** wedges and remaining **coriander**.

Meatball Rigatoni

with Zucchini and Basil

Enjoy pasta in moderation in this satisfying evening meal! Fresh tomatoes blended with sun dried tomatoes makes for an excellent quick tomato sauce.

hellochef

597 calories | 47 protein | 58 carbs | 20 fat

Tips for Kids | Calorie Smart

cook: 30 min

R4081-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2508 / 597
Fats (g)	19.6
of which saturated (g)	7.6
Carbohydrates (g)	58
of which sugars (g)	9.4
Fibers (g)	5.1
Proteins (g)	47.4
Salt (g)	0.7

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Blender

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meatballs and veg

Lean beef mince	700 Grams
Fresh basil	15 Grams
Garlic cloves	3 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp
Small zucchini	3 Piece

Tomato pasta

Rigatoni pasta 10*,11*	250 Grams
Tomatoes	3 Piece
Sun dried tomatoes	90 Grams
Water	100 ML
Olive oil	2 Tbsp
Salt	1 Tsp
Black pepper	0.5 Tsp

Allergens: *10 Wheat, *11 Gluten

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1. Prep meatballs

- Pick and finely chop most of the **basil** (reserving a few small leaves for garnish).
- Peel and mince the **garlic**.
- In a large bowl, combine the **beef mince**, chopped **basil**, **garlic** and **olive oil** with **salt** and **pepper** to taste.
- With clean hands, knead until all the ingredients are fully combined.
- Form the mixture into 48 tiny meatballs.
- Set aside.

Tip! Coat your hands in oil or water before shaping the meatballs; this way the mixture won't stick to your hands.



4. Fry meatballs

- Heat a non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **meatballs**.
- Fry for 5 min or until browned all over.
- Add the **zucchini**.
- Fry for 2 min further.

Tip! If cooking for kids, reserve some fresh zucchini.



2. Boil pasta

- Bring a large pot of salted water to the boil.
- Once boiling, add the **rigatoni pasta**.
- Cook for 12-14 min until 'al dente' or cooked to your liking.
- Drain the **pasta** once cooked.

Tip! If cooking for kids, reserve some cooked pasta.



5. Add

- Add the **tomato sauce** to the pan.
- Cook for 1-2 min until the **sauce** thickens a bit.
- Add the cooked and drained **pasta**. Toss.
- Season the **meatball pasta** with **salt** and **pepper** to taste.

Tip! If cooking for kids, transfer some meatballs onto a plate before adding the sauce.



3. Blend sauce and prep

- Meanwhile, roughly chop the **tomatoes**.
- Add the **tomatoes** and the **sun dried tomatoes** to a blender with the **measured water** and a drizzle of **olive oil**.
- Blend until smooth.
- Keep **tomato sauce** aside.
- Chop the **zucchini** into half moons.

Tip! Alternatively, use a stick blender and a bowl to prepare the sauce.



6. Serve

- Serve the **Meatball Rigatoni** with **Zucchini** and **Basil**.
- Garnish with the reserved **basil**.
- Finish with a drizzle of **olive oil** and a crack of **black pepper**.

Tip! If cooking for kids, serve the reserved meatballs, the reserved plain pasta and the reserved fresh zucchini separately.

Steak with Creamy Mushroom Sauce
and Roasted Vegetables

There's nothing like a creamy mushroom sauce to top off a perfectly cooked steak!

hello chef

517 calories | 50 protein | 30 carbs | 23 fat

Low Carb | Calorie Smart

cook: 30 min

R2001-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2157 / 517
Fats (g)	22.8
of which saturated (g)	12.8
Carbohydrates (g)	30
of which sugars (g)	13.9
Fibers (g)	7.6
Proteins (g)	49.9
Salt (g)	2.8

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steak	
Rump steak	800 Grams
Vegetable oil	2 Tbsp

Roasted vegetables	
Red onion	2 Piece
Black pepper	1 Tsp
Cauliflower	400 Grams
Olive oil	4 Tbsp
Salt	1 Tsp
Dried thyme	4 Grams
Red pepper	2 Piece

Sauce	
Black pepper	1 Tsp
Olive oil	2 Tbsp
Salt	0.5 Tsp
Shallots	2 Piece
Garlic cloves	4 Piece
Mushroom	500 Grams
Water	200 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Cooking cream 4*	200 ML

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Roast vegetables

- Preheat the oven to 220°C/200°C fan.
- Remove the steaks from the fridge.
- Peel the **red onion** and slice it into wedges.
- Chop the **pepper** into large chunks.
- Separate the **cauliflower** florets.
- Add the **vegetables** to a lined baking tray.
- Drizzle with **oil** and sprinkle with **salt**, **pepper** and **thyme**.
- Roast for 25 min or until tender.



2. Prep

- Meanwhile, peel and finely chop the **shallots** and **garlic**.
- Clean the **mushrooms** with kitchen paper or cloth (don't wash).
- Chop the **mushrooms**.



3. Fry steak

- Pat the **steaks** dry with kitchen paper.
- Rub them with **vegetable oil** and season with **salt**.
- Heat a large pan over a high heat.
- Once very hot, add the **steaks**.
- Fry for 2-4 min on each side or until cooked to your liking.
- Transfer the **steaks** to a plate and leave them to rest.
- Once rested, season generously with **pepper**.

Tip! Why not cook the steaks on the grill / barbecue / braai?



4. Fry mushrooms

- Return the pan to a medium heat with another drizzle of **oil**.
- Once hot, add the **mushrooms**.
- Fry for 5 min.
- Add the **shallots** and **garlic**.
- Fry for 3 min further.



5. Make sauce

- Add the **measured water**, crumbled 1 **chicken stock cube**, **cooking cream** and **black pepper** to the pan.
- Simmer, uncovered, for 3-4 min or until the **sauce** has thickened.
- Stir to dissolve the **stock cube**.
- Season the **creamy mushroom sauce** with **salt** to taste.

Tip! If you end up with leftover cream, use it for your weekend omelettes and scrambled eggs.



6. Serve

- Serve the **Steak** with **Creamy Mushroom Sauce** with the **Roasted Vegetables**.

Tip! Return the steaks to the pan and simmer for 1 min further if you'd like to coat them in the sauce!

Prawn Kedgeree:

Curried Rice with Prawns and Boiled Eggs

Kedgeree was developed by the British as an adaptation of the Indian dish 'kichari' - a name for a large variety of rice and legume dishes.

hellofresh

581 calories | 31 protein | 84 carbs | 18 fat

Calorie Smart | Family Friendly

cook: 35 min

R4628-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2426 / 581
Fats (g)	17.5
of which saturated (g)	8.5
Carbohydrates (g)	84
of which sugars (g)	4.3
Fibers (g)	4.9
Proteins (g)	30.7
Salt (g)	1.7

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Prawns 7*	525 Grams
Organic Eggs 5*	4 Piece
Red onion	2 Piece
Water	800 ML
Basmati rice	300 Grams
Vegetable oil	1 Tbsp
Garlic paste	20 Grams
Madras curry powder	12 Grams
Vegetable stock cube 15*	2 Piece
Green peas	200 Grams
Butter 4*	30 Grams
Fresh parsley	15 Grams
Crispy onions	40 Grams

Allergens: *7 Crustaceans, *5 Eggs, *15 Celery, *4 Milk

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1. Boil eggs

- Place the **eggs** in a pot of cold water, ensuring they are covered.
- Bring to the boil and cook the **eggs** for 7-8 min for hard boiled **eggs**.
- Drain, run under cold water and peel once cooled.



2. Prep

- Meanwhile, peel and finely chop the **onion**.
- Boil the measured **water**.
- Rinse and drain the **rice**.



3. Cook rice

- Heat a large pan over medium-high heat with a drizzle of **oil**.
- Fry the **onion** and **garlic** for 2-3 min until softened.
- Add the **curry powder**, crumble in the **stock cube** and add the **rice**.
- Stir to coat the **rice** and distribute the **spices**.
- Add boiled measured **water**, lower the heat and cover with a lid.
- Cook for 12-14 min until the **rice** is tender and all the **water** is absorbed.



4. Finish dish

- Pat the **prawns** dry and season with **salt** and **pepper**.
- Cut the **eggs** into quarters.
- Add the **prawns** and **peas** to the pan.
- Dot **butter** around the pan and stir to mix.
- Add the **eggs** to the pan, nestling in the **rice**.
- Cover the pan and allow to steam for 3-5 min.



5. Serve

- Meanwhile, pick the **parsley leaves** and roughly chop.
- Serve the **Prawn Kedgeree** topped with **Crispy Onions** for texture and a sprinkle of chopped **parsley**.

Black Pepper Beef

with Jasmine Rice

The takeaway classic even quicker and tastier!

hello chef

670 calories | 57 protein | 96 carbs | 12 fat

Speedy | Global Eats

cook: 25 min

R4340-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2800 / 670
Fats (g)	12
of which saturated (g)	4
Carbohydrates (g)	96
of which sugars (g)	11.8
Fibers (g)	7.1
Proteins (g)	56.7
Salt (g)	3.6

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef	
Steak strips	700 Grams
Corn starch	20 Grams
Baking soda	10 Grams
Soy sauce 9*,10*,11*	30 ML
Stir-fry	
Black pepper sauce 9*,10*	120 Grams
White sugar	10 Grams
Rice vinegar	30 ML
Ginger garlic paste	20 Grams
Oyster sauce 8*,10*	40 Grams
Vegetable oil	2 Tbsp
Red pepper	2 Piece
Broccoli	400 Grams
Spring onion	80 Grams
Rice	
Jasmine rice	300 Grams
Water	700 ML
Salt	1 Tsp
To serve	
Sesame seeds 3*	5 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *8 Molluscs, *3 Sesame Seeds

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1. Cook rice

- Rinse the **jasmine rice**.
- Add the **rice**, measured **water** with a pinch of **salt** to a pot with a lid and bring to a boil.
- Once boiling, reduce the heat to low and cover.
- Cook for 12-14 min or until the **water** is absorbed and the **rice** is cooked.
- Remove from the heat.
- Keep covered until serving.



2. Prep

- Deseed and chop the **pepper** into **strips**.
- Trim the **broccoli** florets and discard the woody ends.
- Trim and finely slice the **spring onion**.
- In a large bowl, combine the **steak strips**, **corn starch**, **baking soda** and **soy sauce**.
- Leave to marinate for 10-15 min.

Tip! Baking soda acts to tenderise the beef.



3. Make sauce

- Meanwhile, in a bowl, combine the **black pepper sauce**, **sugar**, **rice vinegar**, **ginger garlic paste** and **oyster sauce**.



4. Fry veg

- Heat a large frying pan over a medium-high heat with a drizzle of **oil**.
- Add the **pepper** and **broccoli**.
- Fry for 3-5 min until softened.
- Once soft, remove from the pan and set aside.
- Reserve the pan.



5. Fry beef

- Return the reserved pan to a high heat with another drizzle of **oil**.
- Once hot, add the **steak strips**.
- Fry for 3-5 min until golden and cooked through.
- Once nearly cooked, add the reserved **veggies** and cooking **sauce**.
- Fry for 1 min further until warmed through.



6. Serve

- Serve the **Black Pepper Beef** with **Jasmine Rice**.
- Garnish with the **sesame seeds** and **spring onion**.

Hawawshi: Egyptian Beef Stuffed Pita Pockets

with Potato Wedges and Tahini Sauce

Hawawshi is a popular street food in Egypt that consists of spiced minced meat stuffed inside thick pita or flatbread, and then grilled or oven baked until crispy!

1063 calories | 82 protein | 70 carbs | 50 fat

Global Eats

cook: 45 min

R4570-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4111 / 1063
Fats (g)	49.8
of which saturated (g)	13.8
Carbohydrates (g)	70
of which sugars (g)	15.8
Fibers (g)	24.4
Proteins (g)	81.6
Salt (g)	1.1

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What You'll Need

- Oven
- Food processor

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef mix	
Lean beef mince	700 Grams
White onion	1 Piece
Large green chilli	2 Piece
Coriander cumin powder	8 Grams
Smoked paprika powder	2 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Egyptian flatbread 10*,11*	2 Piece
Ghee 4*	45 Grams

Salad	
Fresh parsley	30 Grams
Cherry tomatoes	300 Grams
Cucumber	2 Piece

Tahini Sauce	
Tahini 3*	60 Grams
Lemon	1 Piece

Potatoes	
Potatoes	1000 Grams
Vegetable seasoning 2*,10*,11*,13*	5 Grams
Olive oil	2 Tbsp

Allergens: *10 Wheat, *11 Gluten, *4 Milk, *3 Sesame Seeds, *2 Tree Nuts, *13 Mustard

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1. Prep

Preheat the oven to 200°C/180°C fan. Peel and roughly chop the **onion**. Deseed the **green pepper**. Add the **vegetables** to a food processor and pulse several times, scraping down in between, until finely chopped. Add to a **large** bowl, and over the sink, squeeze out as much water as possible.

Tip! Alternatively you may use a grater to grate the onions, and finely chop the parsley and garlic with a knife. If the onions are too watery, squeeze and discard as much of their liquid as possible to prevent soggy bread.



2. Combine

In a **large** bowl, combine the **beef**, chopped **vegetables**, **coriander cumin powder**, **smoked paprika**, **salt**, and **pepper**. Knead the mixture until fully combined. Divide the mixture into 12 **patties**. Set aside.

Tip! If cooking for kids, you can reserve a plain portion of beef with just a pinch of salt and pepper.



3. Make Arayes

Warm the Arabic **flatbread** in the microwave for 10-15 sec so they're easier to open. Using the tip of a knife, gently cut the **flatbread** open from the side. Add one **beef patty** in the center and spread out to the edges with your fingers, to fill the **flatbread**. Close and press the top down, brush each with **oil**, and sprinkle sumac over. Repeat the process until you have all the **flatbread** stuffed.

Tip! Misshapen bread, or torn pieces? Don't fret! Patch up what you can; any exposed patties will bake nice and crispy.



4. Bake arayes

Place the **Hawawshi** on top of the grill rack of a roasting or baking tray. Bake for 15-20 min until the **flatbread** is crispy and the **beef** is fully cooked through. Set them aside on the rack until ready to serve.

Tip! Baking the Arayes on a grill rack ensures that the hot air in the oven circulates around the bread for a crispy texture, and prevents them from getting soggy.

5. Prep sides

Meanwhile, finely chop the **cucumber**. Chop the **tomatoes**. Slice the **lemon** into wedges.

6. Serve

Cut the **Arayes** into half or quarter pieces. Divide the hummus, **cucumber**, and carrots amongst plates. Drizzle some **olive oil** over the hummus, and sprinkle the zaatar over the veggies. Serve with the mint and **lemon** wedges alongside.

Tip! If cooking for kids, serve the Arayes, hummus, and vegetables separately. Serve the zaatar as sprinkles to the side.

Cheesy Beef and Eggplant 'Lasagna'

Lasagna flavours - without the pasta!

964 calories | 53 protein | 36 carbs | 68 fat

Low Carb

cook: 60 min

R4772-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4039 / 964
Fats (g)	68.2
of which saturated (g)	29
Carbohydrates (g)	36
of which sugars (g)	18.1
Fibers (g)	11.4
Proteins (g)	52.9
Salt (g)	5.3

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What You'll Need

Oven

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

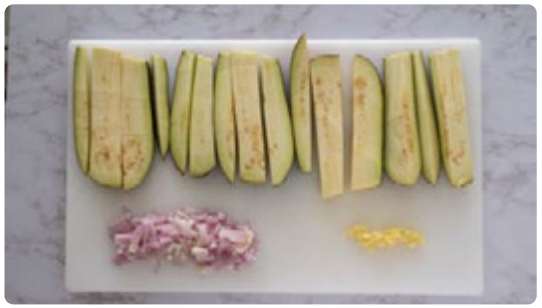
Eggplants	
Long Eggplant	500 Grams
Olive oil	4 Tbsp
Salt	2 Tsp

Beef sauce	
Beef mince	700 Grams
Red onion	2 Piece
Garlic cloves	8 Piece
Olive oil	4 Tbsp
Tomato paste	70 Grams
Carrot	2 Piece
Water	100 ML
Beef stock cube **4*,5*,9*,11*,15***	1 Piece
Peeled plum tomatoes	800 Grams
Dried basil	4 Grams
Dried oregano	4 Grams
Salt	2 Tsp
Black pepper	1 Tsp
Grated mozzarella **4***	200 Grams
Parmesan **4***	60 Grams

To serve	
Fresh basil	15 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *11 Gluten, *15 Celery

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1. Prep vegetables

- Preheat the oven to 200°C/180°C fan.
- Chop the **eggplants** into 1 cm thick slices.
- Peel and finely chop the **onion** and **garlic**.



2. Roast eggplants

- Arrange the **eggplant** slices on a lined baking tray.
- Drizzle with **oil** and sprinkle with a generous pinch of **salt**.
- Roast for 25 min.
- You may need to do this in batches or use 2-3 trays.

Tip! Fry the eggplant slices in oil instead of roasting them in the oven. Use two pans at once to save time.



3. Make sauce

- Meanwhile, heat a pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion** with a pinch of **salt** and fry for 5 min.
- Add the **beef** and fry for 5 min further.
- Add the **garlic** and **tomato paste** and fry for 2 min further.
- Add the **measured water**, 1 **stock cube**, chopped **tomatoes**, **basil**, **salt** and **pepper**.
- Once boiling, reduce the heat to low and simmer for 10 min.



4. Bake

- grate **Parmesan**.
- Arrange a layer of the **beef mixture** in a baking dish.
- Top with a layer of the **eggplants**.
- Repeat this process until all of the **eggplant** and **sauce** are used up.
- Finally, top with the **grated mozzarella** and the **grated Parmesan**.
- Bake for 20-25 min.



5. Serve

- Allow the baked **lasagna** to rest for 5-10 min before serving.
- Garnish with the **fresh basil** leaves.

Japanese-style Popcorn Chicken

with Jasmine Rice and Miso Mayo

In this recipe you'll coat chicken pieces in a mixture of sesame seeds and dry spices inspired by Togarashi - a Japanese spice blend that dates back to the 17th century.

hellochef

913 calories | 61 protein | 115 carbs | 29 fat

Global Eats

cook: 30 min

R3370-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3822 / 913
Fats (g)	28.8
of which saturated (g)	4.6
Carbohydrates (g)	115
of which sugars (g)	14.7
Fibers (g)	7
Proteins (g)	61.2
Salt (g)	3.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Soy sauce 9*,10*,11*	40 ML
Corn starch	60 Grams
Plain flour 10*,11*	20 Grams
Ginger powder	4 Grams
Paprika powder	4 Grams
Garlic powder	4 Grams
Sesame seeds 3*	20 Grams
Black sesame seeds 3*	20 Grams
Smoked sea salt	2 Grams
Vegetable oil	4 Tbsp

Pickled cucumber	
Cucumber	4 Piece
Red radish	250 Grams
Rice vinegar	60 ML
Brown sugar	10 Grams

Rice	
Jasmine rice	300 Grams
Water	600 ML

Miso mayo	
Miso paste 9*	40 Grams
Sweet soy sauce 9*,10*,11*,14*	30 ML
Mayonnaise 5*,9*,13*	100 Grams
Lime	1 Piece

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds, *14 Sulphur Dioxide, *5 Eggs, *13 Mustard

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1. Prep

- Finely slice the **cucumber** and **radish**.
- Add both to a small bowl with the **rice vinegar**, **brown sugar** and a pinch of **salt**.
- Chop the **chicken** into small bite-sized pieces.



2. Coat

- Add the **chicken** to a bowl with the **soy sauce**, **corn starch**, **flour**, **ginger powder**, **paprika**, **garlic powder**, **sesame seeds** and a generous pinch of **smoked salt**.
- Toss to coat.
- Set aside.

Tip! For an extra kick, add chilli powder to the chicken!



3. Boil rice

- Rinse the **jasmine rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pan with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pan from heat. Keep covered until serving.



4. Miso mayo

- Meanwhile, in a small bowl, combine the **miso**, **sweet soy** and **mayonnaise** with a squeeze of **lime** juice.
- Keep **miso mayo** aside until serving.



5. Fry

- Heat a non-stick pan over a medium-high heat with a generous drizzle of **oil**.
- Once hot, add the **chicken**.
- Cook for 7-8 min until crispy and cooked through.
- Transfer the **chicken** to a plate lined with paper towels.

Tip! Don't skimp on the oil here! It will help the chicken to crisp up.



6. Serve

- Serve the **Japanese-style Popcorn Chicken** with **Jasmine Rice** and **Miso Mayo** with the pickled **cucumber**, **radish** and the **miso mayo** alongside.

Tandoori Lamb Chops and Roast Potatoes

with Salad and Mint Yogurt

Succulent and tender lamb chops marinated in a blend of yogurt and spices, grilled to perfection for a burst of smoky, spicy flavors!

hello chef

1093 calories | 63 protein | 80 carbs | 59 fat

Gourmet | Global Eats

cook: 45 min

R4598-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4566 / 1093
Fats (g)	59
of which saturated (g)	25.7
Carbohydrates (g)	80
of which sugars (g)	15.7
Fibers (g)	11.1
Proteins (g)	63
Salt (g)	2.7

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What You'll Need

- Oven
- Pestle & Mortar
- Food processor

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Lamb	
Lamb chops	900 Grams
Cumin seeds	4 Grams
Fennel seeds	4 Grams
Coriander seeds	2 Grams
Small green chilli	2 Piece
Red onion	2 Piece
Tamarind paste	30 Grams
Ginger garlic paste	20 Grams
Garam masala	4 Grams
Tandoori masala	4 Grams
Fenugreek leaves	2 Grams
Salt	1 Tsp
New potatoes	1000 Grams

Salad	
Fresh coriander	30 Grams
Cucumber	2 Piece
Cherry tomatoes	300 Grams
Lime	2 Piece
Salt	0.5 Tsp
Vegetable oil	1 Tbsp
Black pepper	0.5 Tsp

Mint Yogurt	
Natural yogurt 4*	340 Grams
Fresh mint	10 Grams
Salt	0.5 Tsp

Allergens: *4 Milk

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1. Toast spices

- Preheat the oven to 200°C/180°C fan.
- LIne a baking tray with baking paper.
- In a dry hot pan, add the **cumin seeds**, **fennel seeds**, and **coriander seeds**.
- Toast for 1-2 min until lightly smoky and fragrant.
- In a pestle and mortar, bash the **seeds** into a chunky texture. This is your **spice mix**.

> **Tip!** Alternatively, use a spice grinder, or small plastic bag to crush your spices.



2. Make marinade

- Deseed the **small green chilli**. Peel the **onion**, and cut it in half (reserving the rest for the **salad**).
- To a food processor, add the **small green chilli**, half the **onion**, half of the **coriander**, the **tamarind paste**, **ginger garlic paste**, **garam masala**, **tandoori masala** (spicy!), **fenugreek leaves**, a pinch of **salt**, 2 Tbsp of **yogurt**, and half the ground **spice mix**.
- Blend the mixture until it forms a **paste**, scraping down in between.

> **Tip!** Paste too thick? Add a small splash of water and blend.



3. Marinate lamb

- To a large bowl, add the **lamb chops** and blended **paste**, mix well and marinate for 10 min.



4. Roast potatoes

- Meanwhile, slice the **potatoes** (skins on) into wedges.
- Drizzle with **oil**, **salt**, **pepper**, and remaining **spice mix**.
- Roast for 10-12 min until halfway cooked through.



5. Make sides

- Meanwhile, Finely chop the reserved half **onion** and **coriander**.
- Chop the **cucumbers** into bite-sized pieces.
- Slice the **tomatoes** in half or quarters.
- Cut the **lime** in half.
- Add the **vegetables** into a bowl with a generous squeeze of **lime** juice, and a pinch of **salt**.
- Pick and finely chop the **mint leaves**.
- In another bowl, combine the **yogurt** and **mint**, with a pinch of **salt**.



6. Grill lamb chops

- Move the **potatoes** to the side, and add the **lamb chops** in the center of the baking tray.
- Roast for 10 min, then turn the grill on high, and roast for an additional 5-7 min until the **lamb chops** are charred and cooked to your liking.
- Serve the **Tandoori Lamb Chops** and **Roast Potatoes** with **Salad** and **Mint Yogurt** to the side.

Bacon and Cheddar Breakfast Muffins

with Chive Cream Cheese

A grab-and-go breakfast muffin that's full of all the delicious things you would put in an omelet!

hello chef

666 calories | 34 protein | 50 carbs | 37 fat

Family Friendly

cook: 35 min

R4530-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2787 / 666
Fats (g)	36.5
of which saturated (g)	22.5
Carbohydrates (g)	50
of which sugars (g)	9.1
Fibers (g)	2.9
Proteins (g)	34.4
Salt (g)	4.3

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What You'll Need

Oven | Whisk

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Muffins	
Beef bacon	160 Grams
Fresh chives	15 Grams
Sun dried tomatoes	60 Grams
Grated cheddar 4*	120 Grams
Foil muffin cup	8 Piece

Dry ingredients	
Dried thyme	2 Grams
Salt	0.25 Tsp
Black pepper	0.25 Tsp
Plain flour 10*,11*	200 Grams
Baking powder	8 Grams
Baking soda	5 Grams

Wet ingredients	
Sour cream 4*	60 Grams
Organic Eggs 5*	2 Piece
Whole milk 4*	200 ML
White vinegar	15 ML

Topping	
Cream cheese 4*	80 Grams

Allergens: *4 Milk, *10 Wheat, *11 Gluten, *5 Eggs

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1. Prep

- Preheat the oven to 200°C/180°C fan.
- Finely chop the **chives**.
- Finely chop the **sun dried tomatoes**.
- Chop the **bacon** into small bite-sized pieces.
- Separate the **foil muffin cups**.

Tip! The foil muffin cups can be used on their own on a single baking tray, or inserted into your muffin baking tray.



2. Fry

- Heat a pan over medium-high heat, add the **beef bacon** and fry for 3-4 min until the fat melts, and the **beef bacon** is cooked halfway through with some crispy bits.



3. Prep batter

- Meanwhile, in a large bowl, whisk together the **sour cream**, **eggs**, **milk**, **vinegar**, **dried thyme**, and a pinch of **salt** and **pepper**.
- Sift over the **flour**, **baking powder**, and **baking soda**.
- Using a spatula, gently mix to combine.



4. Combine

- Add the **bacon** (and any of the fat), **sun dried tomatoes**, half the **chives**, and half the **cheddar cheese**.
- Gently mix into the batter.



5. Bake

- Carefully scoop the **batter** into the **foil muffin cups** or your **muffin baking tray**.
- Top each **batter** with the extra **cheddar cheese**.
- Bake for 18-20 min or until golden brown.
- Once baked, remove from the oven and leave to cool down for 5-7 min.

Tip! The muffins are done when a toothpick or skewer inserted into the center comes out clean.



6. Serve

- Meanwhile, in a small bowl, whip the **cream cheese** and remaining **chives** until smooth and creamy.
- Remove the **Bacon and Cheddar Breakfast Muffins**, slice, and serve with a dollop of **chive cream cheese** on top.

Tip! Store the muffins in an airtight container in the fridge and consume within 2-3 days. To reheat, microwave for 30-45 sec or until warm.

Thai Basil Beef with Lemongrass Rice

and Carrot and Pepper Salad

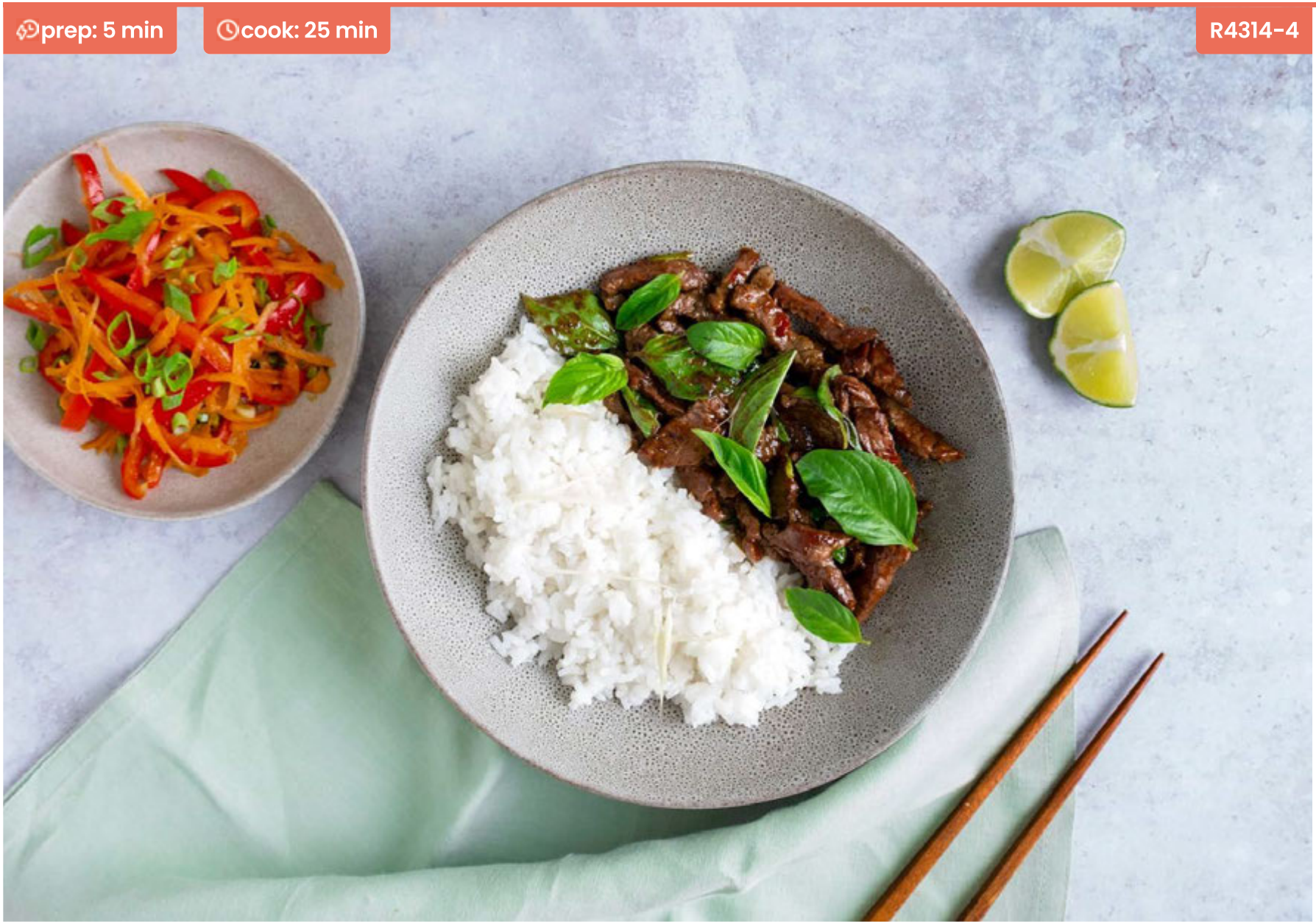
Thai basil brings an aromatic, slightly spicy and liquorice flavour to this dish.

hello chef

816 calories | 57 protein | 117 carbs | 19 fat

Quick Prep | Speedy | Global Eats

prep: 5 min | cook: 25 min | R4314-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3414 / 816
Fats (g)	18.6
of which saturated (g)	5.5
Carbohydrates (g)	117
of which sugars (g)	27.5
Fibers (g)	7.7
Proteins (g)	56.9
Salt (g)	4.7

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What You'll Need

- Box grater

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef	
Steak strips	700 Grams
Thai basil	30 Grams
Vegetable oil	1 Tbsp
Sweet chilli sauce	120 ML
Tamari 9*	44 ML
Ginger garlic paste	30 Grams
Brown sugar	10 Grams

Rice	
Jasmine rice	300 Grams
Lemongrass	2 Piece
Water	700 ML
Desiccated coconut	30 Grams
Salt	1 Tsp

Salad	
Red pepper	1 Piece
Carrot	2 Piece
Spring onion	80 Grams
Lime	2 Piece
Rice vinegar	30 ML
Sesame oil 3*,9*	30 ML
Soy sauce 9*,10*,11*	30 ML
White sugar	10 Grams

Allergens: *9 Soya, *3 Sesame Seeds, *10 Wheat, *11 Gluten

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1. Cook rice

- Rinse the **rice**.
- Chop the **lemongrass** in half and bash it with the side of the knife to slightly crush it.
- Add the **rice**, measured **water**, **lemongrass**, **desiccated coconut** and **salt** to a pan.
- Bring to the boil, lower the heat to a simmer.
- Cook the **rice** for 14-16 min.
- When the **rice** is tender and the **water** has been absorbed remove the pan from the heat.
- Set aside with the lid on until serving.



2. Prep

- Deseed and finely slice the **pepper**.
- Peel and grate or cut the **carrot** into thin strips.
- Trim and finely slice the **spring onion**.
- Pick the **thai basil** leaves.



3. Make salad

- Meanwhile, cut the **lime** into wedges.
- In a large bowl combine the **rice vinegar**, **sesame oil**, **soy sauce**, a squeeze of **lime juice** and **white sugar**.
- Mix well and add the **carrot**, **pepper** and **spring onions**.
- Mix to coat in the **dressing**.



4. Fry beef

- Pat dry the **steak strips** with a paper towel.
- Heat a large non-stick frying pan over a high heat with a drizzle of **oil**.
- Once hot, add the **steak strips**.
- Fry for 3-5 min until browned.



5. Add basil

- Add the **sweet chilli sauce**, **tamari**, **ginger garlic paste** and **brown sugar**.
- Cook for a further 1 min, until the **sauce** thickens.
- Mix in the **Thai basil**.
- Remove the pan from the heat.



6. Serve

- Serve the **Thai Basil Beef** with **Lemongrass Rice** and **Carrot and Pepper Salad** on the side.

Spicy Sri Lankan Chicken
and Sweet Potato One-Pot

An authentic blend of Sri Lankan spices make this one-pot amazingly tasty.

hello chef

766 calories | 62 protein | 67 carbs | 30 fat

Low Carb | Global Eats

cook: 30 min

R2844-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3205 / 766
Fats (g)	29.9
of which saturated (g)	12.9
Carbohydrates (g)	67
of which sugars (g)	17.1
Fibers (g)	13.9
Proteins (g)	61.9
Salt (g)	3.5

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Before you start

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Ingredients

for 4 servings

For one-pot	
Chicken breast	800 Grams
Sweet potatoes	800 Grams
Tomatoes	3 Piece
Red onion	2 Piece
Large green chilli	2 Piece
Vegetable oil	4 Tbsp
Salt	1 Tsp
Mustard seeds 13*	5 Grams
Curry leaves	12 Piece
Madras curry powder	4 Grams
Turmeric powder	4 Grams
Ginger garlic paste	20 Grams
Tomato paste	70 Grams
Sambal oelek	30 Grams
Water	500 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Coconut milk	400 ML

To serve	
Cashew nuts 1*,2*	80 Grams
Lime	3 Piece
Fresh coriander	15 Grams

Allergens: *13 Mustard, *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *1 Peanuts, *2 Tree Nuts

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1. Prep ingredients

Roughly chop the **chicken breasts**. Peel and chop the **sweet potatoes**. Chop the **tomatoes**. Peel and chop the **onion**. Slice the **green chilli** (discard the seeds if you prefer it milder). Reserve a few **chilli** slices for garnish.



2. Fry chicken

Heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken** and fry for 3 min until lightly browned. The **chicken** doesn't have to be cooked through at this point. Remove the **chicken** from the pan and set aside. Reserve the pan.



3. Fry vegetables

Return the pan to medium-high heat with a second drizzle of **oil**. Once hot, add the **sweet potatoes** and **onion**, and fry with a pinch of **salt** for 5 min. Add the **tomatoes**, **green chilli** (spicy!), **mustard seeds** and **curry leaves**, and fry for 2-3 min further.



4. Add and stew

Add the **madras curry powder** (spicy!), **turmeric powder**, **ginger garlic paste**, **tomato paste** and **sambal oelek** (spicy!) and stir for 1-2 min. Add the measured **water**, **chicken stock cube** and **coconut milk**. Simmer (don't boil) for 15-18 min with the lid on or until the **sweet potatoes** are tender.



5. Prep toppings

Toast the **cashew nuts** in a dry, hot pan for 2 min or until lightly browned. Set aside. Slice the **lime** into wedges. Chop the **coriander**.



6. Add chicken

Once the **sweet potatoes** are tender, return the **chicken breast** to the pan and cook for a final 3 min. Check the seasoning and season with a squeeze of **lime** juice. Divide among bowls and sprinkle with the toasted **cashew nuts**. Garnish with the **fresh coriander** and the remaining **green chilli** slices and **lime** wedges.

Chicken and Pea Risotto

with Goat's Cheese

Risotto, originally from Northern Italy, is made with Arborio rice which is starchier than most long grain varieties.

hellofresh

715 calories | 56 protein | 86 carbs | 20 fat

Tips for Kids

cook: 40 min

R3196-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2981 / 715
Fats (g)	19.8
of which saturated (g)	9
Carbohydrates (g)	86
of which sugars (g)	4.5
Fibers (g)	4
Proteins (g)	56.4
Salt (g)	4.1

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Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Risotto	
Chicken breast	600 Grams
Water	1400 ML
Chicken stock cube 4*,5*,9*,15*	2 Piece
Red onion	2 Piece
Garlic cloves	4 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Arborio rice	320 Grams
Green peas	200 Grams
Grated Parmesan 4*	60 Grams
Black pepper	1 Tsp

To serve	
Fresh parsley	15 Grams
Soft goat cheese 4*	250 Grams
Olive oil	2 Tbsp

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Prep

- Boil the **measured water** and dissolve the **chicken stock cube** in it.
- Meanwhile, peel and finely chop the **red onion**.
- Peel and mince the **garlic**.
- Chop the **chicken** into bite-sized pieces.



2. Fry chicken

- Heat a large pot or pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken**.
- Fry for 5-7 min until cooked through.
- Transfer the **chicken** to a plate.
- Reserve the pot or pan.



3. Fry

- Return the pot or pan to a medium-high heat with another drizzle of **oil**.
- Once hot, add the **onion** with a pinch of **salt**.
- Fry for 5 min until softened.
- Once softened, add the **garlic** and **arborio rice**.
- Fry for 1 min further, stirring to coat the grains in the **oil**.



4. Simmer risotto

- Reduce the heat to medium and add 1/3 of the **chicken stock**.
- Stir continuously until it has absorbed.
- Continue to add the **stock**, a little at a time.
- Continue 20 min or until all the **stock** is absorbed and the **risotto** is cooked 'al dente'

Tip! The amount of stock you will require, depends on the size of your pan and the heat over which you simmer the risotto. Make sure to adjust the amount accordingly.



5. Finish

- Meanwhile, pick and finely chop the **parsley** leaves.
- Once the **risotto** is cooked, add the **green peas**, **chicken**, **grated Parmesan** and half of the **parsley** (reserve the rest for garnish).
- Warm through for final 2-3 min.
- Season with **salt** and **pepper** to taste.

Tip! If cooking for kids, set aside a portion of plain risotto, green peas, cooked chicken, grated parmesan and parsley as 'sprinkles'. Microwave the peas for 1-2 minutes or until cooked and warmed through.



6. Serve

- Slice or crumble the **goats cheese**.
- Serve the **Chicken and Pea Risotto** topped with **Goat's Cheese**.
- Garnish with the remaining **parsley** and a drizzle of **olive oil**.

Tip! If cooking for kids, serve the plain risotto, green peas and chicken separately. Serve the grated Parmesan and parsley to the side as 'sprinkles'.

Chicken in Velvety Tomato Sauce

with Roasted Potatoes and Vegetables

Smart calories, insane flavour! Chicken in creamy sauce with hearty roasted potatoes and vegetables is as easy to make as it is delicious.

hellochef

595 calories | 65 protein | 46 carbs | 17 fat

Tips for Kids | Calorie Smart

cook: 35 min

R4057-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2490 / 595
Fats (g)	17.2
of which saturated (g)	9.9
Carbohydrates (g)	46
of which sugars (g)	16.3
Fibers (g)	11.3
Proteins (g)	64.8
Salt (g)	3.1

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What You'll Need

Oven | Box grater | Blender

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Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken and sauce	
Chicken breast	800 Grams
Water	300 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Sun dried tomatoes	90 Grams
Tomato paste	70 Grams
Cream cheese 4*	160 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Potatoes and veg	
Potatoes	600 Grams
Carrot	3 Piece
Green pepper	3 Piece
Olive oil	3 Tbsp
Salt	1 Tsp
Parmesan 4*	60 Grams
Fresh parsley	15 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Roast

Preheat the oven to 200°C/180°C fan. Chop the **potatoes** (skins on) into bite-sized pieces. Peel and slice the **carrot** into thick coins. Deseed and chop the **pepper** into large chunks. Add the **potatoes** and the **vegetables** onto a lined baking tray with a drizzle of **oil** and a generous pinch of **salt**. Roast for 25-30 min or until the **potatoes** are golden and crisp and the **vegetables** nicely roasted.

Tip! If cooking for kids, reserve some fresh carrot.



2. Blend sauce

Meanwhile, boil the measured **water** and dissolve the **stock cube** in it. Pour the **chicken stock** into a blender. Roughly chop the **sun dried tomatoes**. Add the **sun dried tomatoes**, **tomato paste** and **cream cheese** to the blender. Blend until smooth. This is your **creamy tomato sauce**.

Tip! Alternatively, you may use a stick blender and a bowl to blend your creamy tomato sauce.



3. Fry chicken

Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken breasts** with a pinch of **salt** and cook for 5-7 min on either side until golden and cooked through. Season with **black pepper** to taste.

Tip! If the chicken is browning too quickly without cooking all the way through, add a splash of water to the pan, reduce the heat and cover with a lid until fully cooked.



4. Add sauce

Reduce the heat to low and add the **creamy tomato sauce**. Simmer for 5 min until the sauce has thickened.

Tip! Simmering is more gentle than boiling. If the sauce is bubbling vigorously, reduce the temperature.



5. Finish roast

Meanwhile, grate the **Parmesan** with a fine blade. Pick and chop the **parsley**. Once the **potatoes** and the **vegetables** have roasted, sprinkle them with the chopped **parsley** and most of the grated **Parmesan** (reserving some for garnish), and toss.

Tip! If cooking for kids, reserve some of the roasted potatoes without the parsley.



6. Serve

Slice the **chicken**. Serve the **chicken** and the **creamy sun dried tomato sauce** with the **roasted potatoes and vegetables**. Sprinkle generously with the reserved grated **Parmesan**, and finish with a crack of **black pepper**.

Tip! If cooking for kids, pick some of the chicken from the tomato sauce and chop into bite-sized pieces. Serve the chicken, roasted potatoes and fresh carrot separately.

One Pot Fennel and Chicken Orzo

with Rocket Salad and Feta

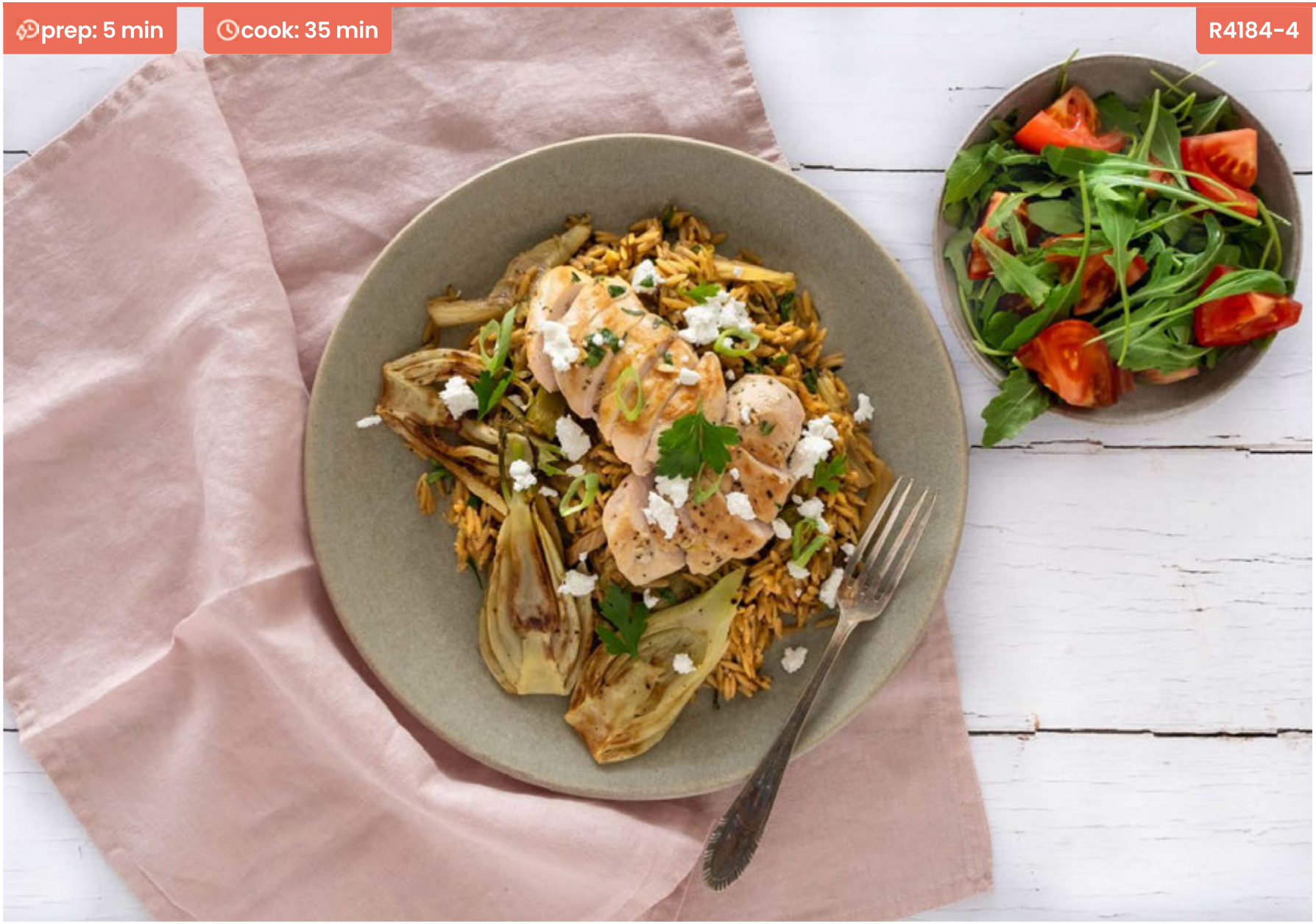
Fennel brings a sweet anise flavour to this dish.

hello chef

624 calories | 61 protein | 73 carbs | 10 fat

Quick Prep

prep: 5 min | cook: 35 min | R4184-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2608 / 624
Fats (g)	9.7
of which saturated (g)	4.6
Carbohydrates (g)	73
of which sugars (g)	14.1
Fibers (g)	12
Proteins (g)	61.2
Salt (g)	5.5

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Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Spring onion	80 Grams
Fennel	720 Grams
Olive oil	1 Tbsp
Lemon pepper seasoning 13*,15*	4 Grams
Dried thyme	4 Grams
Dried oregano	4 Grams
Orzo 9*,10*,11*	250 Grams
Water	800 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Lemon	1 Piece
Fresh parsley	15 Grams

To serve	
Tomatoes	2 Piece
Rocket	40 Grams
Olive oil	1 Tbsp
Salt	0.5 Tsp
Feta cheese 4*	100 Grams

Allergens: *13 Mustard, *15 Celery, *9 Soya, *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs

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1. Prep

- Trim and finely chop the **spring onions**.
- Trim and finely slice the **fennel**.



2. Fry chicken

- Heat a pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken**, sprinkle with the **lemon pepper seasoning**.
- Fry for 3-5 min on each side, until browned and cooked through.
- Once cooked, remove the **chicken** from the pan and set aside on a plate.
- Wipe clean and retain the pan.



3. Fry fennel

- Heat the reserved pan over a medium-high heat with another drizzle of **oil**.
- Once hot, add the **fennel**.
- Fry for 8-10 min, until browned and tender.
- Next, add the **spring onion**, **thyme** and **oregano**.
- Fry for a further 1-2 min, until the **spring onions** have slightly softened.



4. Cook orzo

- Add the **orzo** to the same pan as the **fennel**, mix well.
- Fry for 1-2 min until the **orzo** is golden.
- Next, add the **measured water** and crumble in 1 **stock cube**, mix in well and bring to a boil.
- Once boiling, reduce the heat to low.
- Simmer for 10-12 min (stirring regularly), until the **orzo** is tender.



5. Finish orzo

- Meanwhile, zest the **lemon** and cut it into wedges.
- Pick and finely chop the **parsley**.
- Return the **chicken** to the pan, with the **parsley** (saving some for garnish) and **lemon zest**.
- Mix well and cook for a further 2-3 min, until the **chicken** has warmed through.
- Squeeze over the **lemon juice** (saving some for the **salad**).
- Mix and remove the pan from the heat.



6. Serve

- Meanwhile, chop the **tomatoes** into bite-sized pieces.
- In a bowl, add the **rocket** and **tomatoes**, with a drizzle of **olive oil**, squeeze of **lemon juice** and pinch of **salt** to taste.
- Divide the **orzo** between bowls, sprinkle over the remaining **parsley** and the **feta**.
- Serve the One Pot **Fennel** and **Chicken Orzo** with the **Rocket Salad** on the side.

Mapo-style Tofu: Chilli Tofu with Jasmine Rice
and Pickled Cucumber

This dish takes inspiration from the Sichuan Province in China.

609 calories | 38 protein | 99 carbs | 15 fat

Tips for Kids | Speedy

cook: 25 min

R3955-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2550 / 609
Fats (g)	15
of which saturated (g)	2.1
Carbohydrates (g)	99
of which sugars (g)	8.1
Fibers (g)	8.1
Proteins (g)	38.4
Salt (g)	3.4

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Before you start

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Ingredients

for 4 servings

Stir-fry	
Firm tofu 9*	600 Grams
Small red chilli	2 Piece
Yellow pepper	2 Piece
Corn starch	10 Grams
Water	200 ML
Vegetable oil	2 Tbsp
Chilli flakes	4 Grams
Ginger garlic paste	30 Grams
Gochujang 9*	20 Grams
Soy sauce 9*,10*,11*	60 ML
Coconut sugar	10 Grams
Bean sprouts	100 Grams
Black pepper	1 Tsp

Pickled cucumber	
Rice vinegar	60 ML
Brown sugar	10 Grams
Salt	1 Tsp
Cucumber	4 Piece

Jasmine rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML

To serve	
Spring onion	80 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten

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1. Boil rice

Rinse the **rice**. Add the **rice** with a pinch of **salt** and **measured water** to a pot with a lid and bring to a boil. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pot from the heat and keep covered until serving.



2. Prep pickle

Meanwhile, in a large bowl, combine the **rice vinegar** and **brown sugar** with a pinch of **salt**. Chop the **cucumber** into batons, add to the large bowl and mix well.

Tip! If cooking for kids, set aside a plain portion of chopped cucumber.



3. Prep

Finely slice the **small red chilli**. Deseed and finely slice the **yellow pepper**. Trim and finely slice the **spring onion**. In a small bowl, combine 2 tsp of **corn starch** with the **measured water**. Drain and pat the **tofu** with kitchen paper. Chop the **tofu** into bite-sized cubes.

Tip! Sensitive to spice? Carefully remove the seeds of the red chilli, if you prefer a milder flavour.



4. Fry

Heat a large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **chilli flakes (spicy!)**, **ginger garlic paste**, **red chilli (spicy!)**, **gochujang (spicy!)** and **soy sauce**. Fry for 1 min until fragrant.

Tip! If cooking for kids, fry a portion of the tofu and peppers first and set aside.



5. Simmer

Add the **tofu**, **peppers**, **corn starch mixture** and **coconut sugar** to the pan. Simmer for 5 min or until **sauce** thickens. Remove from the heat, add the **bean sprouts**, half of the **spring onion** (reserve the rest for garnish) and season generously with **pepper** to taste.



6. Serve

Divide the **jasmine rice** among bowls and top with the **mapo tofu**. Serve the **pickled cucumber** alongside and garnish with the remaining **spring onion**.

Tip! If cooking for kids, serve the cooked rice, tofu, cucumbers and peppers separately. Serve the spring onion as 'sprinkles' to the side.

Chipotle Beef and Guacamole Quinoa Bowls

In need of something quick and comforting? This is it!

988 calories | 56 protein | 91 carbs | 46 fat

Low Carb

cook: 30 min

R3009-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4134 / 988
Fats (g)	46.4
of which saturated (g)	14.4
Carbohydrates (g)	91
of which sugars (g)	15.3
Fibers (g)	18.9
Proteins (g)	55.7
Salt (g)	4

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Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Quinoa	
White quinoa	300 Grams
Water	600 ML
Salt	1 Tsp

Meat	
Lean beef mince	700 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Vegetable oil	2 Tbsp
Fajita seasoning	20 Grams
Chipotle powder	2 Grams
Smoked paprika powder	4 Grams
Tomato paste	70 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Tomato passata	500 Grams
Mild tomato salsa	120 Grams
Brown sugar	10 Grams
Water	100 ML
Chicken stock cube 4*,5*,9*,15*	2 Piece

To serve	
Cherry tomatoes	300 Grams
Avocado	2 Piece
Fresh coriander	15 Grams
Lime	2 Piece
Salt	1 Tsp
Sour cream 4*	120 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Boil quinoa

- Add the **quinoa** to a bowl, cover with warm water and rinse.
- Drain in a fine sieve.
- Add the **measured water** to a pot and bring it to a boil.
- Add the **quinoa** and a pinch of **salt**.
- Cover with a lid and reduce the heat to low.
- Simmer for 15 min or until the liquid is absorbed and the **quinoa** is tender.



2. Prep vegetables

- Meanwhile, peel and finely chop the **onion** and **garlic**.



3. Fry

- Heat a pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **beef mince** and **onion**.
- Fry for 5-7 min or until the meat is browned and starts to crisp.
- Add the **garlic**, **fajita seasoning**, a pinch of **chipotle (spicy!)**, the **smoked paprika**, **tomato paste**, **salt** and **pepper**.

Tip! Make sure the pan is hot before adding the beef. Otherwise, it will stew, not crisp!



4. Simmer

- Reduce the heat to medium.
- Add the **tomato passata**, **tomato salsa**, **sugar**, **measured water** and **stock cube**.
- Cook for 5 min further.



5. Prep toppings

- Meanwhile, halve the **cherry tomatoes**.
- Slice the **avocado** in half and remove the stone.
- Scoop the **avocado** out of its skin using a spoon into a small bowl.
- Mash it with a fork.
- Chop the **coriander** and add it to the **avocado**.
- Season with a generous squeeze of **lime** juice and a pinch of **salt**.
- Mix well.
- Slice any remaining **lime** into wedges.



6. Serve

- Serve the **Chipotle Beef** and **Guacamole Quinoa Bowls**.
- Top with **cherry tomatoes**, **sour cream** and any remaining **lime** wedges.

Spicy Chilli Lime Pollock

with Pak Choi, Edamame Beans and Jasmine Rice

Fragrant and aromatic!

597 calories | 50 protein | 95 carbs | 7 fat

Calorie Smart

cook: 30 min

R4602-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2497 / 597
Fats (g)	6.6
of which saturated (g)	0.6
Carbohydrates (g)	95
of which sugars (g)	12.1
Fibers (g)	6.9
Proteins (g)	50.1
Salt (g)	3.8

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What You'll Need

Oven

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fish	
Alaskan pollock loin 6*	700 Grams
Vegetable oil	1 Tbsp
Sauce	
Lime	2 Piece
Soy sauce 9*,10*,11*	40 ML
Ginger garlic paste	20 Grams
Brown sugar	10 Grams
Chilli jam	56 Grams
Water	200 ML
Corn starch	15 Grams
Rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	700 ML
Veg	
Baby pak choi	6 Piece
Vegetable oil	1 Tbsp
Salt	0.5 Tsp
Edamame beans 9*	200 Grams
To serve	
Fresh coriander	15 Grams
Sesame seeds 3*	10 Grams

Allergens: *6 Fish, *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Cook rice

- Preheat oven to 200°C/180°C fan.
- Rinse and drain the **rice**.
- To a pot add the **rice**, a pinch of **salt** and the measured **water** and bring to a boil over a high heat.
- Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the **water** is absorbed and the **rice** is cooked.
- Keep covered until serving.



2. Make sauce

- Meanwhile, cut the **lime** into wedges.
- In a small pan, combine the **soy sauce**, **ginger garlic paste**, **brown sugar**, **chilli jam** (spicy!), measured **water**, **juice** of half of the **limes** (saving the rest for garnish) and 2 tsp of **corn starch**.
- Heat the **sauce** over a medium heat for 2-3 min, until thickened.
- Set aside.



3. Bake fish

- Portion the **pollock**.
- Add it to an oven-proof baking dish with a drizzle of **oil**.
- Bake for 10-12 min.
- Drain off the excess cooking liquid.



4. Cook veg

- Meanwhile, cut the **pak choi** into halves.
- Heat a frying pan with a drizzle of **oil**.
- Fry the **pak choi** for 4 min, with a pinch of **salt**.
- Add the **beans** with a splash of **water**.
- Cover and cook for 2-3 min.



5. Finish fish

- Once the **fish** is cooked, pour the **sauce** over the **fish** and bake for 2 min further to warm the **sauce**.



6. Serve

- Serve the **Chilli Lime Pollock** with **Pak Choi**, **Edamame Beans** and **Jasmine Rice** garnished with **coriander leaves** and **sesame seeds**.
- Squeeze over the juice of the remaining **limes** to taste.

Spanish Paprika and Tomato Cod

With Green Pea Rice

A super simple recipe, one for the whole family to enjoy!

hellochef

524 calories | 46 protein | 85 carbs | 2 fat

Family Friendly | Quick Prep | Calorie Smart

prep: 5 min | cook: 30 min | R4231-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2203 / 524
Fats (g)	1.7
of which saturated (g)	0.5
Carbohydrates (g)	85
of which sugars (g)	10.9
Fibers (g)	6.2
Proteins (g)	46
Salt (g)	1.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Cod	
Cod fillet 6*	700 Grams
Yellow pepper	2 Piece
Small zucchini	2 Piece
Fresh parsley	30 Grams
Olive oil	1 Tbsp
Tomato paste	70 Grams
Smoked paprika powder	8 Grams
Paprika powder	8 Grams
Garlic onion powder	8 Grams
Peeled plum tomatoes	800 Grams
Water	200 ML
White sugar	10 Grams
Vegetable stock cube 15*	1 Piece
Lemon pepper seasoning 13*,15*	8 Grams

Rice	
Medium grain rice	300 Grams
Salt	1 Tsp
Water	600 ML
Green peas	200 Grams

Allergens: *6 Fish, *15 Celery, *13 Mustard

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1. Boil rice

Rinse the **rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pot from the heat and keep covered until serving.



2. Prep

Deseed and chop the **pepper** into small bite-sized pieces. Grate or chop the **zucchini** into small bite-sized pieces. Pick and finely chop the **parsley**.



3. Make sauce

Heat a large non-stick frying pan over a **medium**-high heat with a drizzle of **oil**. Once hot, add the **pepper** and **zucchini**. Fry for 2-3 min until slightly softened. Add the **tomato paste**, **smoked paprika**, **paprika** and **garlic onion powder**. Mix well and add the **plum tomatoes**, breaking them up with the cooking spoon. Add the measured **water**, **sugar** and 1 **stock cube**. Mix well and bring to a boil and lower the heat. Simmer for 3-4 min until slightly reduced.



4. Cook fish

Meanwhile, drain, pat dry and portion the **cod** into smaller portions. Nestle the **cod** in the **tomato sauce**. Sprinkle the **lemon pepper seasoning** over the **cod**, cover and cook for 5-7 min until the **cod** is fully cooked.



5. Finish rice

Meanwhile, add the **peas** to the cooked **rice**. Mix well and cover to keep warm until serving.



6. Serve

Divide the **rice** amongst bowls. Spoon over the **cod** with the **sauce**. Scatter over the chopped **parsley**.

One Pan Cajun Cod and Mexican Rice

with Sour Cream

In this recipe you'll marinate cod in cajun spices, before steaming it to perfection and serving it over Mexican rice.

hello chef

658 calories | 46 protein | 112 carbs | 10 fat

Global Eats

cook: 45 min

R3567-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2751 / 658
Fats (g)	9.5
of which saturated (g)	4.2
Carbohydrates (g)	112
of which sugars (g)	14.6
Fibers (g)	9.6
Proteins (g)	45.7
Salt (g)	1.8

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Cod	
Cod fillet 6*	700 Grams
Cajun spice	8 Grams
Salt	1 Tsp

Rice	
Brown onion	2 Piece
Garlic cloves	4 Piece
Sweet corn kernels	244 Grams
Orange pepper	2 Piece
Tomatoes	4 Piece
Vegetable oil	2 Tbsp
Salt	2 Tsp
Taco seasoning	20 Grams
Smoked paprika powder	4 Grams
Chipotle powder	4 Grams
Cumin powder	4 Grams
Basmati rice	300 Grams
Vegetable stock cube 15*	2 Piece
Water	500 ML

To serve	
Fresh coriander	15 Grams
Sour cream 4*	120 Grams
Lime	2 Piece

Allergens: *6 Fish, *15 Celery, *4 Milk

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1. Prep

- Peel and finely chop the **onions** and **garlic**.
- Drain the **corn**.
- De-seed and finely chop the **pepper**.
- Roughly chop the **tomatoes**.



2. Fry

- Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onions** and **peppers** with a pinch of **salt**.
- Fry for 5 min.
- Add the **garlic**, **taco seasoning** (spicy!), **smoked paprika**, a pinch of **chipotle** (spicy!) and **cumin powder**.
- Fry for 1 min further.
- Add the **rice** and stir to coat the grains in the **spices**.

Tip! Sensitive to spice? Go easy on the chipotle powder!



3. Simmer

- Add the **tomatoes**, crumbled **stock cube** and **measured water** to the **rice**.
- Bring it to a boil.
- Simmer, covered, for 10 min.



4. Prep cod

- Meanwhile, finely chop the **coriander** (stalks included).
- Chop the **cod** into bite-sized pieces.
- Add to a large bowl with the **cajun spice** (spicy!) and **salt**.
- Toss until coated.
- Set aside.



5. Add cod

- After 10 min, stir the **sweet corn** through the **rice**.
- Top the **rice** with the **cod**, making sure it is spread out evenly.
- Cover the pan.
- Simmer for 5-8 min further or until the **cod** and **rice** are cooked through.

Tip! You can tell when white fish is cooked by checking if the flesh flakes easily.



6. Serve

- Serve the **One Pan Cajun Cod** and **Mexican Rice** with **Sour Cream**.
- Top with **sour cream** and a squeeze of **lime** juice.

Tip! This one reheats well! Have the leftovers for lunch the following day.

Chicken Satay Salad

with Peanuts and Carrot

Satay sauce is popular in South East Asia. It is known for its rich, sweet peanut flavour and silky smooth texture.

hellofresh

739 calories | 62 protein | 41 carbs | 38 fat

Low Carb | Speedy | Global Eats

cook: 25 min

R2946-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3092 / 739
Fats (g)	37.8
of which saturated (g)	13.5
Carbohydrates (g)	41
of which sugars (g)	18.8
Fibers (g)	12.5
Proteins (g)	62.3
Salt (g)	6.5

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04-825-44-00

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Satay Dressing	
Chicken breast	800 Grams
Curry powder	8 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp
Water	20 ML
Coconut milk	400 ML
Soy sauce 9*,10*,11*	40 ML
Peanut butter 1*,9*	60 Grams
Sweet chilli sauce	80 ML
Lime	2 Piece

Salad	
Romaine lettuce	600 Grams
Carrot	2 Piece
Cucumber	2 Piece
Large red chilli	2 Piece
Spring onion	80 Grams
Salted peanuts 1*	80 Grams
Fresh coriander	30 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *1 Peanuts

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1. Prep chicken

- Slice the **chicken** into goujons.
- Add the **chicken** goujons to a bowl along with the **curry powder** and a generous pinch of **salt**.
- Mix until the **chicken** is coated in the **curry powder**.



2. Fry chicken

- Heat a pan over a medium-high heat with a drizzle of **vegetable oil**.
- Once hot, fry the **chicken** for 4-6 min until browned and cooked through.
- Transfer the cooked **chicken** to a plate.
- Reserve the pan (no need to wash it).



3. Make dressing

- Return the pan to a medium heat with a splash of **water**.
- Using a spatula, loosen any sticky bits from the bottom of the pan.
- Add the **coconut milk**, **soy sauce**, **peanut butter** and **sweet chilli sauce**.
- Simmer for 2-4 min, stirring until smooth and thickened.
- Remove the pan from the heat.
- Squeeze all of the **lime** juice into the pan.
- Set aside to cool.



4. Prep salad

- Meanwhile, roughly chop the **lettuce**.
- Peel the **carrot**, then continue peeling until you are left with a pile of **carrot** ribbons.
- Stack the ribbons on top of one another, then slice them into thin sticks.
- Slice the **cucumber** into discs, then slice each individual **cucumber** disc into matchsticks.
- Finely slice the **chilli** and **spring onion**.



5. Toss salad

- Place the **lettuce**, **carrot**, **cucumber**, **chilli (spicy!)**, **spring onion** and **peanuts** in a bowl with 2 Tbsp of the **dressing**.
- Toss.
- Serve the **Chicken Satay Salad with Peanuts and Carrot**.
- Top with a drizzle of the remaining **dressing**.
- Garnish with the freshly picked **coriander** leaves.

Smoky Mexican Sweet Potato Wedges with Barbecue Pulled Beef and Tomato Salsa

Time for Mexican winner dinner! Sweet potato wedges with fajita seasoning and smoky pulled beef on top!

hello chef

656 calories | 35 protein | 89 carbs | 19 fat

Low Carb

cook: 40 min

R3608-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2745 / 656
Fats (g)	19.4
of which saturated (g)	8.2
Carbohydrates (g)	89
of which sugars (g)	29.4
Fibers (g)	15
Proteins (g)	34.9
Salt (g)	1

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What You'll Need

Oven

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04-825-44-00
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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Sweet potato wedges	
Sweet potatoes	1200 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Fajita seasoning	10 Grams

Pulled beef	
Pulled beef	400 Grams
Garlic cloves	2 Piece
Red onion	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Smoked paprika powder	4 Grams
Chipotle powder	2 Grams
Barbecue sauce 11*,13*	80 Grams
Water	200 ML
Black pepper	1 Tsp

Salsa	
Olive oil	2 Tbsp
Salt	1 Tsp
Tomatoes	2 Piece
Red pepper	2 Piece
Lime	1 Piece

To serve	
Fresh coriander	15 Grams
Sour cream 4*	120 Grams

Allergens: *11 Gluten, *13 Mustard, *4 Milk

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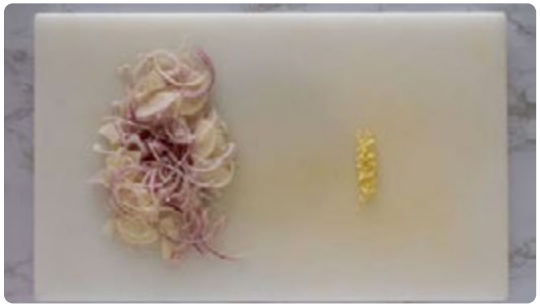
1. Bake wedges

- Preheat the oven to 200°C/180°C fan.
- Slice the **sweet potatoes** (skins on) into **wedges**.
- Add the **wedges** to a large baking tray with a drizzle of **vegetable oil**.
- Toss the **wedges** in the **oil** until fully coated.
- Bake for 30 min or until crisp.
- Once crisp, season with a generous pinch of **salt** and the **fajita seasoning**.
- Bake for 5 min further.



2. Make salsa

- Meanwhile, finely chop the **tomatoes**.
- Deseed and finely chop the **red peppers**.
- Finely chop half of the **coriander** leaves.
- Reserve the rest for garnish.
- Squeeze 1 tbsp of **lime** into a bowl.
- Add the **olive oil** and a pinch of **salt** and mix.
- Add the **tomatoes**, **red peppers** and **coriander**.
- Toss.



3. Prep

- Peel and mince the **garlic**.
- Peel and slice the **onions**.



4. Simmer beef

- Heat a large pan over a medium heat with a drizzle of **oil**.
- Add the **onions** with a pinch of **salt**.
- Fry for 6 min or until starting to caramelise.
- Add the **garlic**, **smoked paprika powder**, a pinch of **chipotle powder** (spicy!) and the **pulled beef**.
- Fry for 1 min further.
- Reduce the heat to medium-low and add the **barbecue sauce**, and **measured water**.
- Cover with a lid and simmer for 5 min.
- Season with a crack of **black pepper**.
- Keep warm.



5. Serve

- Serve the **Smoky Mexican Sweet Potato Wedges** with **Barbecue Pulled Beef** and **Tomato Salsa**.
- Garnish with the remaining **fresh coriander** and the **sour cream**.

BBQ Beef Wraps

with Cucumber and Apple Slices

-

905 calories | 53 protein | 80 carbs | 42 fat

Family Friendly | Tips for Kids

cook: 30 min

R4762-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3784 / 905
Fats (g)	42.1
of which saturated (g)	18
Carbohydrates (g)	80
of which sugars (g)	20.9
Fibers (g)	4.2
Proteins (g)	53.2
Salt (g)	3.7

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef	
Lean beef mince	700 Grams
BBQ spice 15*	8 Grams
Smoked paprika powder	4 Grams
Coriander powder	4 Grams

Veg	
Yellow pepper	2 Piece
Spring onion	80 Grams
Garlic cloves	4 Piece
Barbecue sauce 11*,13*	120 Grams

To serve	
Cucumber	2 Piece
Red apple	2 Piece
Sour cream 4*	120 Grams
Mild tomato salsa	120 Grams
Grated cheddar 4*	120 Grams
6" tortilla wraps 10*,11*	12 Piece

Allergens: *15 Celery, *11 Gluten, *13 Mustard, *4 Milk, *10 Wheat

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1. -



2. -

Truffle and Mushroom Linguine

with Rocket Salad

This creamy pasta dish is as easy to eat as it is to make...yuuum!

hello chef

962 calories | 36 protein | 112 carbs | 43 fat

cook: 35 min

R3306-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4004 / 962
Fats (g)	42.7
of which saturated (g)	22.8
Carbohydrates (g)	112
of which sugars (g)	13.2
Fibers (g)	8.8
Proteins (g)	35.5
Salt (g)	1.5

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What You'll Need

- Box grater

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pasta	
Parmesan 4*	120 Grams
Garlic cloves	2 Piece
Chestnut mushrooms	500 Grams
Fresh parsley	15 Grams
Linguine 10*,11*	500 Grams
Olive oil	2 Tbsp
Mushroom stock cube	2 Piece
Water	200 ML
Cooking cream 4*	400 ML
Baby spinach	90 Grams
Truffle oil	30 ML

Salad	
Olive oil	4 Tbsp
Balsamic vinegar 14*	30 ML
Dijon mustard 13*	12 Grams
Honey	30 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Rocket	125 Grams

Allergens: *4 Milk, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *13 Mustard

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1. Prep

- Grate the **Parmesan**.
- Peel and mince the **garlic**.
- Roughly chop or tear the **mushrooms**.
- Chop the **parsley** leaves.



2. Cook pasta

- Bring a large pot of salted **water** to the boil.
- Once boiling, add the **linguine**.
- Cook for 10 min until 'al dente' or cooked to your liking.
- Drain and reserve a cup of **pasta water**.

Tip! Adding starchy pasta water to the sauce helps it stick to the linguine.



3. Fry mushrooms

- Meanwhile, heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **mushrooms**.
- Fry for 6-7 min or until softened.



4. Make mushroom sauce

- Once softened, add the **garlic** to the **mushrooms**.
- Fry for 1 min.
- Add the crumbled **mushroom stock cube**, **measured water** and **cooking cream**.
- Cook for 3 min further.



5. Mix

- Meanwhile, in a large salad bowl, whisk the **olive oil**, **balsamic vinegar**, **Dijon mustard** and **honey** with the **salt** and **pepper**.
- Add the **rocket** and toss in the **dressing**.
- Set aside.



6. Serve

- Once the **pasta** is cooked, add it to the **mushroom sauce** along with 100ml of **pasta water**, the **spinach** and the **Parmesan**.
- Cook for 1 min further until the **spinach** has wilted.
- Drizzle with the **truffle oil** and season with **black pepper**.
- Serve the **Truffle** and **Mushroom Linguine** with **Rocket Salad**.
- Garnish with the **parsley**.

Tip! If truffle oil is not to your taste, leave it out!

Sweet Potato Topped Chicken & Mushroom Pie

To give this pie an extra boost of beta-carotene we've swapped regular potatoes for sweet ones!

910 calories | 69 protein | 88 carbs | 35 fat

Low Carb

cook: 45 min

R3421-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3802 / 910
Fats (g)	34.7
of which saturated (g)	21.8
Carbohydrates (g)	88
of which sugars (g)	22.4
Fibers (g)	15.7
Proteins (g)	69.1
Salt (g)	5

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What You'll Need

- Oven
- Potato masher

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pie filling	
Chicken breast	800 Grams
Brown onion	2 Piece
Mushroom	500 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Corn starch	20 Grams
Water	600 ML
Chicken stock cube 4*,5*,9*,15*	2 Piece
Cream cheese 4*	160 Grams
Dijon mustard 13*	12 Grams
Lemon	1 Piece
Black pepper	1 Tsp

Mash	
Sweet potatoes	1200 Grams
Salt	2 Tsp
Butter 4*	50 Grams
Grated orange cheddar 4*	120 Grams

To serve	
Green peas	375 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *13 Mustard

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1. Boil potatoes

- Preheat the oven to 200°C/180°C fan.
- Peel and chop the **sweet potatoes** into bite-size pieces.
- Add them to a pan of boiling water with a generous pinch of **salt**.
- Cook the **sweet potatoes** over a medium heat for 15 min or until soft.



2. Prep

- Meanwhile, peel and finely chop the **onion**.
- Clean and slice the **mushrooms**.



3. Simmer

- Heat a pan over a medium heat with a drizzle of **oil**.
- Add the **mushrooms** with a pinch of **salt**.
- Cook for 5 min until browned.
- Add the **onions** and **chicken** with a pinch of **salt**.
- Cook for 3 min further.
- Add the **corn starch** and stir.
- Whisk in the **measured water** and **stock cube**.
- Simmer, covered, for 8 min.



4. Make mash

- Meanwhile, once soft, drain the **potatoes**.
- Return them to the pan with the **butter**.
- Mash until smooth.
- Add half of the **cheddar**.
- Season very generously with **salt**.



5. Pull chicken

- After 8 min, remove the **chicken** from the pan.
- Using two forks, shred it.
- Stir in the **cream cheese** and **mustard**.
- Give everything a good mix up.
- Return the **chicken** to the pan.
- Season with a squeeze of **lemon** juice, **salt** and **pepper**.
- Transfer the **chicken** and **mushroom** sauce to an oven proof dish.



6. Serve

- Carefully top with the **sweet potato mash**.
- Sprinkle with the remaining **cheese**.
- Run a fork over the **mash** to create a ripple effect.
- Bake for 15 min until golden brown.
- Meanwhile, heat the **peas** in a microwave or a pan of boiling water.
- Serve the **Sweet Potato Topped Chicken & Mushroom Pie** with **peas** alongside.

Tip! For a golden crust, place the pie under the grill or broiler for the final 5 minutes.

Cheesy Mini Meatloaves

with Crispy Potatoes and Green Beans

Grab a blanket, stick the fire on and forget you're in Dubai. This one's cozy as!

hellochef

1313 calories | 50 protein | 63 carbs | 98 fat

Chef's choice | Family Friendly

cook: 30 min

R2645-4



Nutritional information

	per serving*
Energy (kJ/kcal)	5497 / 1313
Fats (g)	98.4
of which saturated (g)	40.7
Carbohydrates (g)	63
of which sugars (g)	12
Fibers (g)	13.6
Proteins (g)	50.1
Salt (g)	3.3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meatloaves	
Beef mince	700 Grams
Panko bread crumbs 10*,11*,12*	40 Grams
Sour cream 4*	120 Grams
Organic Eggs 5*	2 Piece
Grated cheddar 4*	120 Grams
Worcestershire sauce 6*,11*	30 ML
Dijon mustard 13*	12 Grams
Garlic paste	20 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp

Potatoes	
Potatoes	1200 Grams
Vegetable oil	4 Tbsp
Salt	2 Tsp

Sauce	
Mayonnaise 5*,9*,13*	100 Grams
Sour cream 4*	120 Grams
Capers	40 Grams
Fresh chives	15 Grams
Lemon	2 Piece
Salt	0.5 Tsp

To serve	
Green beans	500 Grams

Allergens: *10 Wheat, *11 Gluten, *12 Lupin, *4 Milk, *5 Eggs, *6 Fish, *13 Mustard, *9 Soya

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1. Make meat mix

Add the **panko bread crumbs** to a bowl with the **sour cream** and the **eggs**. Set aside for 5 min. Add the **beef mince**, **grated cheddar**, **Worcestershire sauce**, **Dijon mustard**, **garlic paste**, **salt** and **pepper**. With clean hands, mix until all the ingredients are fully combined.



2. Form meatloaves

Preheat the oven to 200°C/180°C fan. Divide the meat mix into 8 pieces and shape into meatloaves. Transfer to a greased or lined baking dish.



3. Prep potatoes

Scrub the **potatoes** clean. Slice the **potatoes** (skins on) into thin disks. Add them to a lined baking tray with a drizzle of **vegetable oil** and a generous pinch of **salt**. Toss well until coated in **oil**.



4. Roast and bake

Roast the **potatoes** on the upper rack of the oven for 25-30 min until browned. Meanwhile, bake the meatloaves on the lower rack of the oven for 25-30 min until cooked through but juicy on the inside.



5. Make sauce

Meanwhile, add the **mayonnaise** and the **sour cream** to a bowl. Chop the **capers** and the **chives** finely. Add them to the bowl. Season with a squeeze of **lemon** juice and a pinch of **salt**. Slice the remaining **lemon** into wedges.



6. Boil green beans

Wash and trim the **green beans**. Cook the **green beans** in a pot of salted boiling water for 3-4 min or until tender. Drain once cooked. Divide the meatloaves, the **potatoes** and the **green beans** among plates. Serve with the **sauce** and the **lemon** wedges to the side.

Korean Bibimbap

with Spiced Beef, Sesame Kale, Eggs and Kimchi

Bibimbap is one of Korea's best known dishes. Rice is topped with a mixture of sautéed vegetables and marinated beef.

hello chef

904 calories | 57 protein | 89 carbs | 37 fat

Family Friendly

cook: 30 min

R3417-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3785 / 904
Fats (g)	37
of which saturated (g)	11.3
Carbohydrates (g)	89
of which sugars (g)	12.4
Fibers (g)	10
Proteins (g)	57.1
Salt (g)	4.7

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Marinated beef	
Lean beef mince	700 Grams
Garlic cloves	4 Piece
Gochujang 9*	30 Grams
Soy sauce 9*,10*,11*	40 ML
Sesame oil 3*,9*	30 ML
Honey	30 Grams

Vegetables	
Kale	200 Grams
Bean sprouts	100 Grams
Spring onion	80 Grams
Carrot	2 Piece
Lime	2 Piece
Olive oil	4 Tbsp
Tamari 9*	30 ML
Sesame seeds 3*	20 Grams
Kimchi 6*,7*	300 Grams
Black sesame seeds 3*	20 Grams

Egg and rice	
Sushi rice	300 Grams
Salt	2 Tsp
Water	600 ML
Rice vinegar	30 ML
Organic Eggs 5*	4 Piece

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds, *6 Fish, *7 Crustaceans, *5 Eggs

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1. Make sauce

Peel and mince the **garlic**. In a large bowl, combine the **gochujang (spicy!)**, **soy sauce**, **sesame oil** and **garlic** with the **honey**. Set aside. This is your **sauce**.



2. Rice

Rinse the **sushi rice** in cold **water**. Add the **rice**, a pinch of **salt** and the **measured water** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 15 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pan from the heat and keep covered. Once cooled, add the **rice vinegar** and stir to combine.



3. Prep

Meanwhile, boil a kettle. Strip the **kale** from its stem. Discard the stem. Place the **bean sprouts** in a colander and pour boiling water over them. Finely slice the **spring onions**. Peel and grate the **carrots**. Add the **carrots** to a bowl with a drizzle of **lime**. Set aside.



4. Sauté

Heat a pan over a medium heat with a drizzle of **oil**. Add the **kale** and cook, covered, for 3-4 min. Add the **tamari** and **sesame seeds** to the pan and cook for 4 min further or until tender. Transfer to a plate and set aside. Reserve the pan.



5. Fry

Wipe the reserved pan clean and return it to a high heat with a drizzle of **oil**. Cook the **beef mince** for 4 min or until crispy. Add the **sauce** and simmer for 2 min further. Transfer to a plate.



6. Eggs

Meanwhile, heat a second pan with a drizzle of **oil** over a high heat. Crack the **eggs** into the pan and fry for 2-4 min. Divide the **rice** among bowls and top with the **bean sprouts**, **carrots**, **sesame kale**, **kimchi** and **beef**. Serve the fried **eggs** over the top. Garnish with the **spring onions** and **black sesame seeds**.

Tandoori Chicken Wraps

with Side Salad

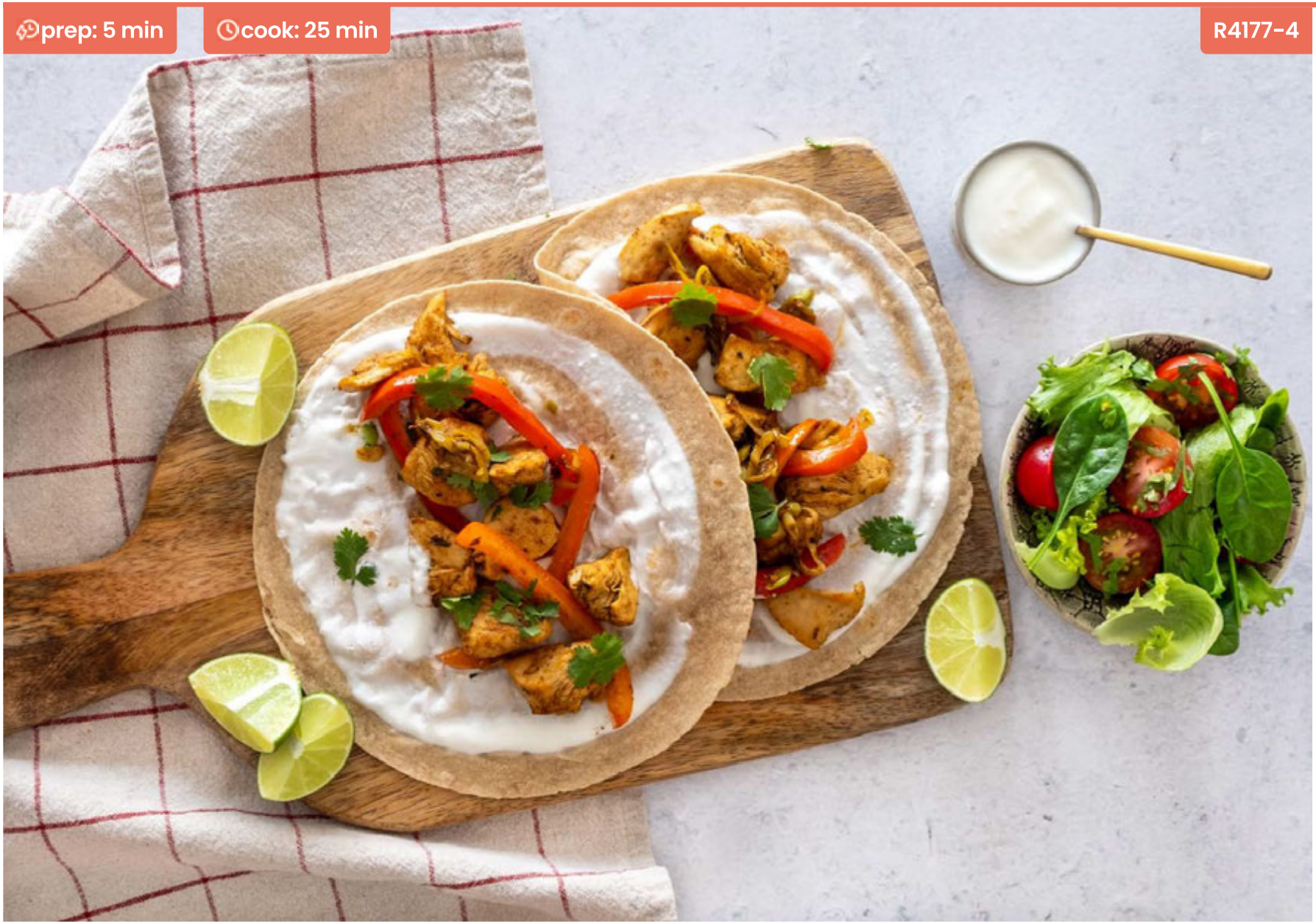
Quick, easy and packed with flavour!

hello chef

598 calories | 63 protein | 59 carbs | 12 fat

Quick Prep | Calorie Smart | Speedy

prep: 5 min | cook: 25 min | R4177-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2500 / 598
Fats (g)	11.9
of which saturated (g)	3.7
Carbohydrates (g)	59
of which sugars (g)	15.1
Fibers (g)	9.6
Proteins (g)	62.5
Salt (g)	1.6

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Tandoori chicken	
Chicken breast	800 Grams
Tandoori masala	10 Grams
Fenugreek leaves	4 Grams
Coriander cumin powder	8 Grams
Vegetable oil	1 Tbsp
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Red pepper	2 Piece
Spring onion	80 Grams
Lime	2 Piece

Salad	
Fresh coriander	30 Grams
Cherry tomatoes	300 Grams
Crispy bionda lettuce	200 Grams

To serve	
Chapati 10*,11*	8 Piece
Natural yogurt 4*	340 Grams

Allergens: *10 Wheat, *11 Gluten, *4 Milk

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1. Marinate chicken

Cut the **chicken** into bite-sized chunks. In a large bowl combine the **chicken**, **tandoori masala (spicy!)**, **fenugreek** and **coriander cumin powder** with a drizzle of **oil** and a pinch of **salt** and **pepper**. Once the **chicken** is coated, leave to marinate for 10 min.



2. Prep

Deseed and chop the **peppers** into strips. Trim and finely chop **spring onions**.



3. Fry chicken

Heat a large non-stick frying pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken** and fry for 5-7 min until browned and cooked all the way through. Once cooked, remove from the pan and set aside on a plate. Wipe and retain the pan.



4. Fry veg

Meanwhile, cut the **lime** into wedges. Return the retained pan to the heat, with a drizzle of **oil**. Once hot, add the **peppers** and fry for 3-4 min until softened. Next, add the **spring onions** and **chicken**. Mix well and fry for 1-2 min until the **chicken** is heated through. Squeeze in the juice of the **lime** to taste (retaining some for the salad).



5. Make salad

Meanwhile, pick and finely chop the **coriander**. Cut the **tomatoes** in half. To a large bowl add the **salad mix** and **tomatoes** and some of the **coriander** (saving the rest for garnish). Add the remaining **lime** juice to taste.



6. Serve

Warm the **chapatis** in the microwave for 30 seconds. Divide the **chapatis** amongst plates and top with the **chicken**, **peppers** and a dollop of the **yogurt**. Garnish with the reserved **coriander**. Serve with the salad on the side.

Beyond Meat and Lentil Koftas

with Spicy Coriander Potatoes, Tahini, and Salad

You won't miss meat at all with these koftas packed with Middle-Eastern flavours and spices!

hello chef

723 calories | 39 protein | 84 carbs | 29 fat

Family Friendly

cook: 45 min

R4397-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2795 / 723
Fats (g)	29.2
of which saturated (g)	6.9
Carbohydrates (g)	84
of which sugars (g)	12
Fibers (g)	14.6
Proteins (g)	38.9
Salt (g)	1

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Kofta	
Beyond Meat patty	4 Piece
Brown lentils	100 Grams
Salt	0.25 Tsp
Shallots	1 Piece
Fresh parsley	30 Grams
Panko bread crumbs **10*,11*,12***	40 Grams
Arabic mix masala	4 Grams
Coriander cumin powder	8 Grams
Black pepper	0.25 Tsp

Potatoes	
Potatoes	1000 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Black pepper	0.5 Tsp
Garlic cloves	2 Piece
Fresh coriander	30 Grams
Small red chilli	2 Piece

Salad	
Cucumber	2 Piece
Tomatoes	2 Piece
Pomegranate molasses	40 Grams
Olive oil	1 Tbsp
Salt	0.25 Tsp

Tahini Sauce	
Lemon	1 Piece
Tahini **3***	40 Grams
Water	40 ML
Salt	0.25 Tsp

Allergens: *10 Wheat, *11 Gluten, *12 Lupin, *3 Sesame Seeds

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1. Boil lentils

- Preheat oven to 180°C/200°C fan.
- Bring a pot of water to the boil. Add the **lentils** with a pinch of **salt** and cook for 15 min until softened.
- Drain, set aside to cool.



2. Roast potatoes

- Meanwhile, line a baking tray with parchment paper.
- Slice the **potatoes** (skin on) into wedges.
- Add the **potatoes** to the baking tray. Drizzle with **olive oil**, and season with **salt** and **pepper**.
- Roast for 20 min, until halfway cooked through.



3. Make sides

- Meanwhile, chop the **cucumber** into half moons. Chop the **tomatoes** into cubes. Add to a bowl and drizzle over the **pomegranate molasses**, **olive oil**, and a pinch of **salt**.
- Slice the **lemon** in wedges.
- In a bowl, combine the **tahini**, **measured water**, a good squeeze of **lemon juice**, and a pinch of **salt**. Mix well to combine.
- Cover and set the **sides** in the fridge until ready to serve.



4. Make koftas

- Meanwhile, peel and finely chop the **shallots**.
- Pick and finely chop the **parsley**.
- To a large bowl, add the **lentils**, **beyond meat**, **shallots**, **parsley**, **panko bread crumbs**, **arabic mix masala**, **coriander cumin powder**, and a pinch of **salt** and **pepper**.
- Using clean hands, form into **20 koftas**.

Tip! Coat your hands in oil or water before shaping the koftas; this way the mixture won't stick to your hands.



5. Bake

- Move the **potatoes** to the side, add the **koftas** and bake for 10-12 min until cooked through.
- Meanwhile, peel and finely chop the **garlic**.
- Pick and finely chop the **coriander**.
- Deseed and finely slice the **red chilli**.
- Once the **potatoes** are cooked through, stir in the **garlic**, **coriander**, and **red chilli** **(spicy!)**.
- Roast for another 5 min.

Tip! Use two trays if it feels crowded.



6. Serve

- Serve the **Beyond Meat Koftas** with a drizzle of **Tahini** over and the **Spicy Coriander Potatoes** and **Salad**.

Thai Panang Chicken Curry

with Jasmine Rice

Enjoy one of Thailand's most popular curries. This one's a bit milder and slightly sweeter than a traditional Thai red curry.

hello chef

874 calories | 63 protein | 100 carbs | 29 fat

Global Eats

cook: 30 min

R2836-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3655 / 874
Fats (g)	29.2
of which saturated (g)	12.7
Carbohydrates (g)	100
of which sugars (g)	12.4
Fibers (g)	9.1
Proteins (g)	62.8
Salt (g)	4.4

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

For curry	
Chicken breast	600 Grams
Shallots	2 Piece
Red pepper	2 Piece
Lemongrass	1 Piece
Vegetable oil	4 Tbsp
Ginger garlic paste	20 Grams
Panang curry paste 7*	60 Grams
Chilli flakes	2 Grams
Peanut butter 1*,9*	60 Grams
Tamarind paste	30 Grams
Fish sauce 6*,10*	20 ML
Coconut milk	400 ML
Water	200 ML
Coconut sugar	20 Grams
Lime leaves	3 Piece
Lime	2 Piece

To serve	
Jasmine rice	300 Grams
Water	600 ML
Thai basil	15 Grams
Salt	1 Tsp

Allergens: *7 Crustaceans, *1 Peanuts, *9 Soya, *6 Fish, *10 Wheat

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1. Prep vegetables

- Chop the **chicken**.
- Peel and chop the **shallots**.
- Deseed and finely slice the **pepper**.
- Finely slice 10 cm of the **lemongrass**.
- Keep the rest whole.



2. Boil rice

- Rinse the **jasmine rice**.
- Add the **rice**, **measured water** and a pinch of **salt** to a pan with a lid.
- Bring to a boil.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pan from heat.
- Keep covered until serving.



3. Start curry

- Heat a pan over a medium heat with a drizzle of **vegetable oil**.
- Once hot, add the **shallots** with a pinch of **salt**.
- Cook for 3 min.
- Add the **ginger garlic paste**, sliced **lemongrass** and **Panang curry paste**.
- Cook for 2 min further.



4. Add

- Add the **chicken**, **peppers** and **chilli flakes** (spicy!).
- Cook for 2 min.
- The **chicken** doesn't need to be cooked through at this point.



5. Simmer

- Add the **peanut butter**, **tamarind paste**, **coconut milk**, **measured water**, **coconut sugar**, **lime leaves** and the big piece of **lemongrass**.
- Simmer (don't boil) over a low heat for 10 min.



6. Serve

- Slice the **lime** into wedges.
- Add the **fish sauce** and a squeeze of **lime** juice to the **curry**.
- Remove the **lemongrass** piece and the **lime leaves**.
- Serve the **Thai Panang Chicken Curry** with **Jasmine Rice**.
- Garnish with any remaining **lime** wedges and the **Thai basil leaves**.

Thai Duck Breast in Sweet Chilli Glaze

with Mixed Vegetables and Lemongrass Jasmine Rice

Enjoy the perfect harmony of crispy duck breast and a luscious sweet chilli glaze. This Thai-inspired dish brings a tantalising blend of flavours.

748 calories | 12 protein | 183 carbs | 2 fat

Global Eats | Gourmet

cook: 60 min

R4631-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3224 / 748
Fats (g)	1.8
of which saturated (g)	0.2
Carbohydrates (g)	183
of which sugars (g)	99.8
Fibers (g)	6.7
Proteins (g)	12.1
Salt (g)	1.3

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What You'll Need

Oven

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Duck	
Duck breast	4 Piece
Salt	0.5 Tsp
Ginger garlic paste	20 Grams
Plum sauce 9*,10*	80 Grams
Rice vinegar	45 ML
Chilli jam	56 Grams
Corn starch	10 Grams
Water	200 ML

Side	
Large red chilli	1 Piece
Baby pak choi	6 Piece
Thai basil	15 Grams
Baby corn & mixed veg	400 Grams
Salt	0.5 Tsp

Rice	
Jasmine rice	300 Grams
Lemongrass	1 Piece
Lime leaves	3 Piece
Salt	0.5 Tsp
Water	700 ML

Allergens: *9 Soya, *10 Wheat

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1. Prep duck

Preheat oven 200°C/180°C fan. Run a sharp knife down the skin of the **duck** at 0.5cm intervals, then run it across the skin to form a cross-hatch pattern, making sure not to cut through the flesh. Season with a good pinch of **salt** on both sides.



2. Fry duck

Place the **duck**, skin-side down on a cool oven-safe pan. Turn the heat to medium-high and gently fry for 10 min so the fat starts to render / melt. Pour the **duck fat** in a bowl as it collects in the pan. After the skin looks golden and crispy, flip the **duck**, meat side down, cook for 2 min, then place the pan in the oven and cook for 8-10 min further until done to your liking.

Tip! If you don't have an oven-safe pan, transfer the duck to a baking tray and roast further.



3. Cook rice

Meanwhile, rinse the **rice**. Bash the **lemongrass** stalk. Add the **rice**, **lemongrass** stalk, **lime leaves**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 12-15 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pot from the heat and keep covered until serving.



4. Prep

Meanwhile, deseed the **red chilli** and slice into rings. Trim the **pak choi**, and cut in half. Pick the **Thai basil**. In a small bowl, combine the **ginger garlic paste**, **plum sauce**, **rice vinegar**, **chilli jam**, 0.25 tsp of **corn starch**, and the **measured water**. This is your **glaze**

Tip! Sensitive to spice? leave the chilli out or use only a small amount.



5. Saute veggies

Meanwhile, heat another pan to medium-high heat with a drizzle of the reserved **duck fat**. Fry the **baby pak choi** and **baby corn & mixed veg** with a pinch of **salt** for 3-4 min. Stir in the **Thai basil** and **red chilli (spicy!)**. Add a splash of **water**, cover and steam cook for 1-2 min. Set aside.



6. Make sauce

Once the **duck** is cooked through, set aside to rest. Using the same pan, stir in the **glaze**. Bring to a simmer and cook for 2-3 min until thickened. Slice the **Thai Duck Breast** across the grain and serve with the **Mixed Vegetables**, **Jasmine Rice**, and **Sweet Chilli Glaze**.

Crispy Salmon

with Minted Pea Puree and Asparagus

Delicious salmon served over sweet pea puree.

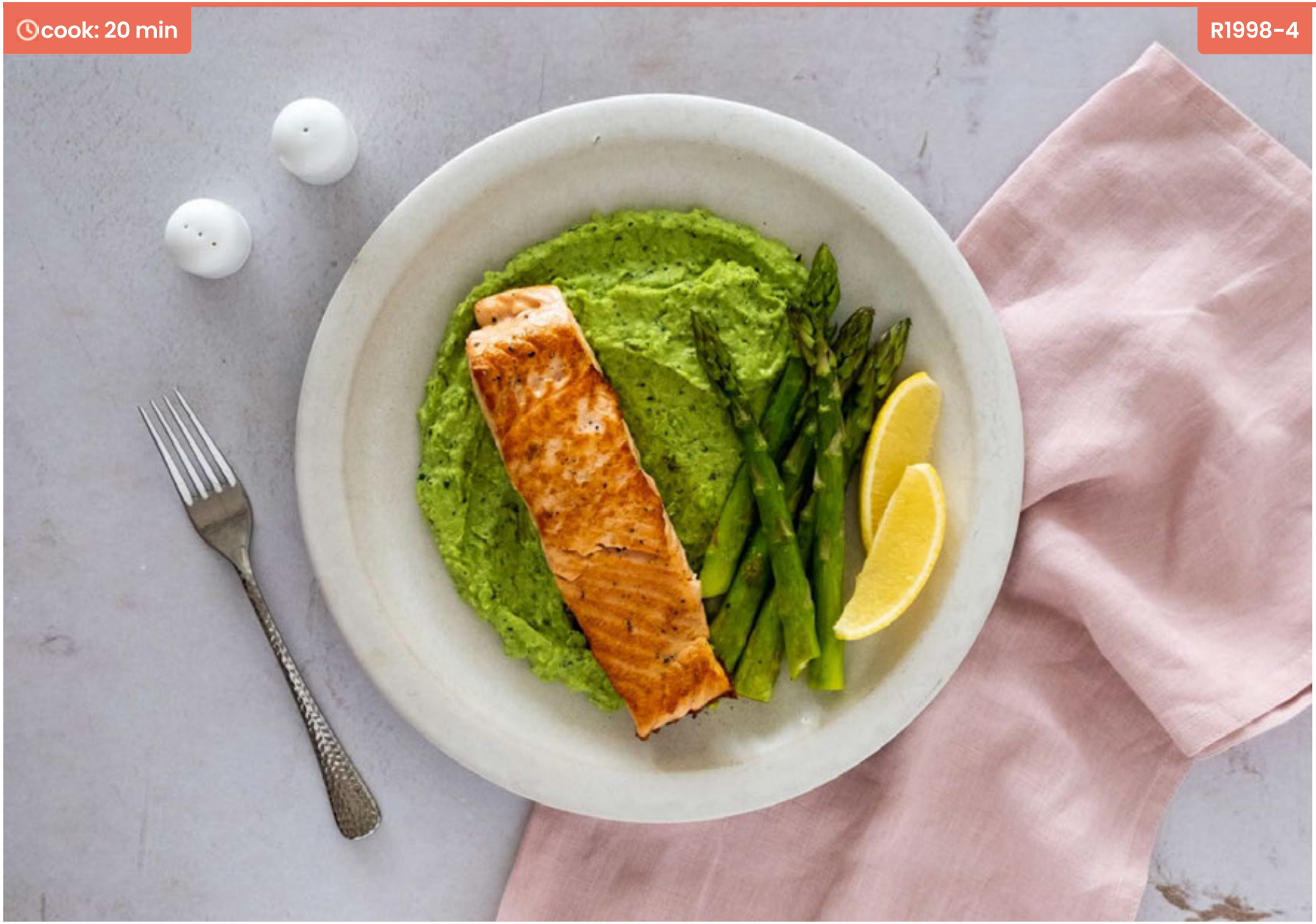
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485 calories | 39 protein | 18 carbs | 31 fat

Low Carb | Calorie Smart | Speedy

cook: 20 min

R1998-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2026 / 485
Fats (g)	31.1
of which saturated (g)	8.5
Carbohydrates (g)	18
of which sugars (g)	6.3
Fibers (g)	7.4
Proteins (g)	38.6
Salt (g)	1

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Food processor

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salmon and asparagus	
Skin-on salmon fillet 6*	700 Grams
Thick asparagus	500 Grams
Olive oil	2 Tbsp
Salt	2 Tsp
Black pepper	1 Tsp

Puree	
Green peas	500 Grams
Fresh mint	10 Grams
Sour cream 4*	120 Grams
Salt	1 Tsp
Black pepper	0.5 Tsp

To serve	
Lemon	2 Piece

Allergens: *6 Fish, *4 Milk

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1. Cook peas

- Boil the **peas** in lightly salted water for 1-2 min.



2. Make mash

- Drain the **peas**.
- Add them to a blender with the **mint** leaves (reserve a few leaves for garnish) and **sour cream**.
- Blend until smooth.
- Season with **salt** and **black pepper**.
- Set aside.



3. Cook asparagus

- Snap the woody ends off the **asparagus** and discard.
- Heat a griddle or frying pan over a high heat with a drizzle of **olive oil**.
- Add the **asparagus**.
- Fry for 3-4 min until golden brown.

Tip! Hold the asparagus at both ends and gently bend - it should snap exactly where the woody ends begin!



4. Fry salmon

- Meanwhile, portion the **salmon**.
- Season the **salmon** generously with **salt** and **pepper**.
- Heat a pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **salmon fillets** skin side down.
- Cook for 4-5 min until crispy.
- Flip and cook for 2 min further until cooked and starting to flake, but still juicy in the middle.

Tip! Use a wide spatula to flip the fish so you don't break it.



5. Serve

- Slice the **lemon** into wedges.
- Serve the **Crispy Salmon** with **Minted Pea Puree** and **Asparagus**.
- Garnish with the remaining **mint** leaves and the **lemon** wedges.

Sticky Honey Garlic Tofu

With Quinoa

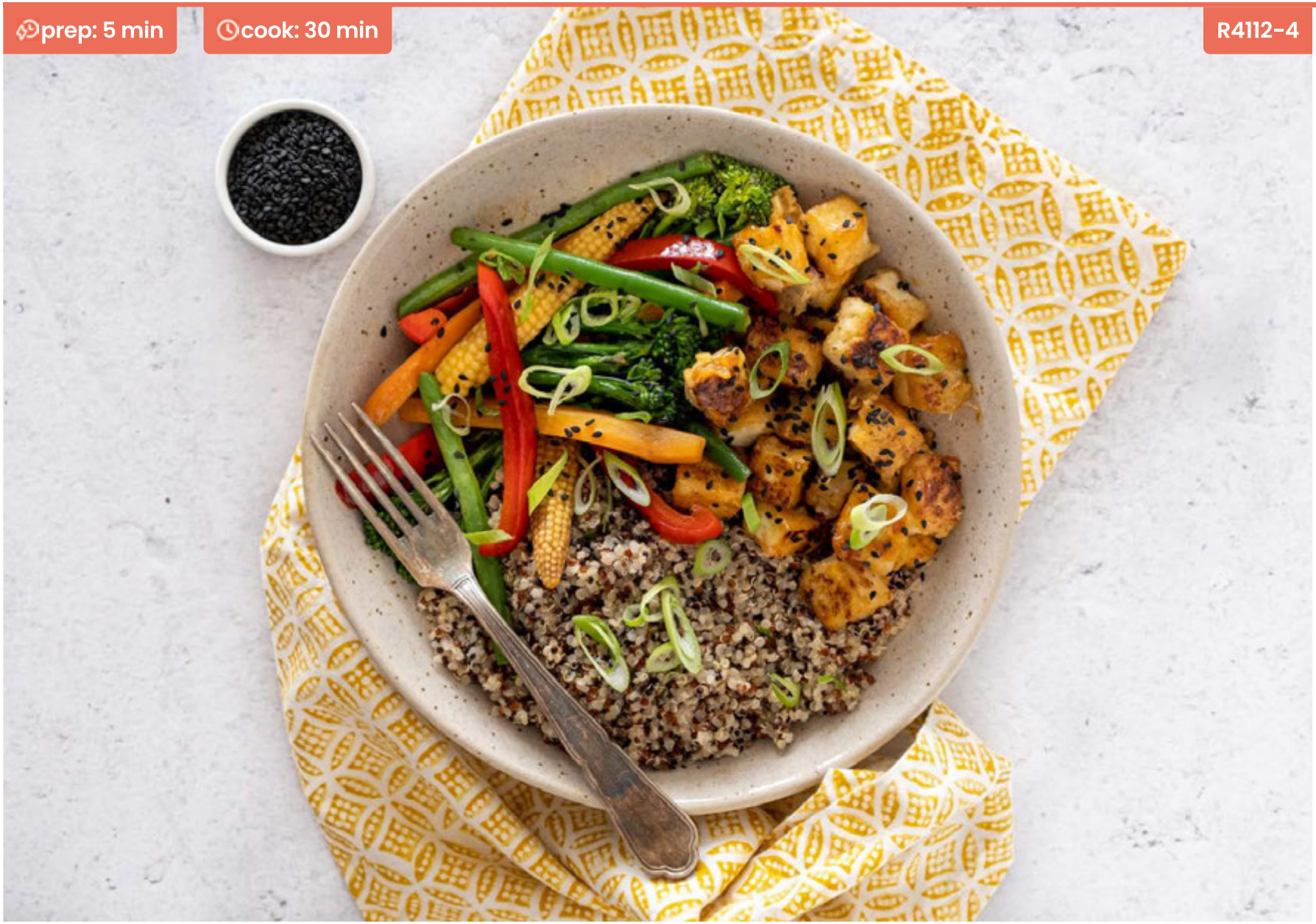
Quick, easy and packed with flavour!

hellochef

632 calories | 36 protein | 65 carbs | 28 fat

Quick Prep

prep: 5 min | cook: 30 min | R4112-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2703 / 632
Fats (g)	27.9
of which saturated (g)	4.3
Carbohydrates (g)	65
of which sugars (g)	16.9
Fibers (g)	9.4
Proteins (g)	36.3
Salt (g)	3.7

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Tofu	
Firm tofu 9*	600 Grams
Corn starch	40 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Vegetable oil	2 Tbsp
Honey Garlic Sauce	
Ginger garlic paste	30 Grams
Garlic powder	4 Grams
Rice vinegar	30 ML
Sriracha sauce	28 Grams
Sesame oil 3*,9*	30 ML
Sweet soy sauce 9*,10*,11*,14*	30 ML
Water	300 ML
Honey	30 Grams
Quinoa	
Mixed quinoa	200 Grams
Water	400 ML
Salt	1 Tsp
Veg	
Red pepper	2 Piece
Vegetable oil	2 Tbsp
Baby corn & mixed veg	400 Grams
Tamari 9*	30 ML
To Serve	
Spring onion	80 Grams
Black sesame seeds 3*	15 Grams

Allergens: *9 Soya, *3 Sesame Seeds, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide

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1. Cook quinoa

Add the **quinoa** to a bowl, cover with warm water and rinse. Drain in a fine sieve. Add the **measured water** to a pot and bring it to a boil. Add the **quinoa** and a pinch of **salt**. Cover with a lid, reduce the heat to low and simmer for 15 min or until the liquid is absorbed and the **quinoa** is tender.

Tip! Washing quinoa with warm water before draining it, removes the bitter-tasting saponins from its surface.



2. Make sauce

In a small bowl combine the **ginger garlic paste**, **garlic powder**, **rice vinegar**, **sriracha (spicy!)**, **sesame oil** and **sweet soy sauce**. Add the measured **water** and a teaspoon of the **corn starch**, mix well and set aside.

Tip! Can't take the heat? Use less sriracha.



3. Prep

Deseed and chop the **red pepper** into strips. Finely slice the **spring onions**. Dry the **tofu** and cut into bite-sized pieces. Place the remaining **corn starch** in a separate bowl and season with **salt** and **pepper**. Add the **tofu** into the seasoned **corn starch**, toss until evenly coated.

Tip! Pressing the tofu between 2 plates with a small weight on top for 5-10 min can help remove more moisture and help the tofu become even crispier.



4. Fry tofu

Heat a large non-stick pan over a medium high heat with a drizzle of **oil**. Once hot, add the **tofu** and cook for 8-10 min, turning regularly until the **tofu** is golden brown on all sides. Add the **sauce** over the **tofu** and toss to coat fully. Cook for 1-2 min. Add the **honey** and mix well. Take off the heat, remove the **tofu** from the pan and set aside on a separate plate. Retain the pan.



5. Stir fry veg

Wipe the reserved pan clean. Heat the pan over a medium high heat with a drizzle of **oil**. Once hot, add the **mixed veg** and **pepper** and fry for 3-4 min until softened (don't over cook). Add the **tamari** and fry for a further 1 min.

Tip! Add a small amount of water during the first frying stage to help the vegetables cook faster.



6. To serve

Divide the **quinoa**, **tofu** and **veg** amongst bowls. Top with the **spring onions** and **sesame seeds**.

Huevos Rancheros

Beans and Eggs Skillet

Huevos rancheros which literally means 'eggs ranch-style', are traditionally served around mid-morning time on Mexican farms.

hellochef

615 calories | 39 protein | 54 carbs | 29 fat

Low Carb

cook: 45 min

R2745-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2576 / 615
Fats (g)	28.9
of which saturated (g)	17.6
Carbohydrates (g)	54
of which sugars (g)	17.2
Fibers (g)	13.3
Proteins (g)	39.3
Salt (g)	2.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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04-383-93-99
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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Huevos	
Red onion	2 Piece
Yellow pepper	2 Piece
Garlic cloves	6 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Chipotle powder	4 Grams
Coriander cumin powder	8 Grams
Tomato paste	70 Grams
Chopped tomatoes	800 Grams
Water	300 ML
Vegetable stock cube 15*	2 Piece
Honey	30 Grams
Black pepper	1 Tsp
Black beans	480 Grams
Organic Eggs 5*	8 Piece

Garnishes	
Fresh coriander	30 Grams
Large red chilli	2 Piece
Lime	2 Piece
Grated cheddar 4*	120 Grams
Sour cream 4*	120 Grams

Allergens: *15 Celery, *5 Eggs, *4 Milk

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1. Prep

Peel and finely chop the **red onion**. De-seed and finely chop the **pepper**. Peel and mince the **garlic**.



2. Fry

Heat a pan over a medium-low heat with a drizzle of **olive oil**. Once hot, add the **peppers** and **onion** with a pinch of **salt** and cook for 7-8 min or until softened.



3. Simmer

Once soft, add the **garlic**, **chipotle (spicy!)**, **coriander cumin powder** and cook for 1 min further. Add the **tomato paste**, **chopped tomatoes**, **water**, **vegetable stock**, **honey** and **black pepper**. Simmer for 15 min.



4. Crack in eggs

Meanwhile, rinse and drain the **black beans**. Once the **tomato** stew has simmered for 15 min, add the drained **black beans**, give everything a good mix up and simmer for 5 min further. Using a spoon, make grooves in the stew. Crack the **eggs** into the grooves. Cook for 4-8 min further, covered, or until the **eggs** are cooked to your liking.



5. Prep garnishes

Meanwhile, pick the **coriander** leaves. Finely slice the **red chilli**. Slice the **lime** into wedges.



6. Serve

When ready to serve, sprinkle the hot stew and **eggs** with the **grated** cheese, sliced **chilli (spicy!)** and **coriander**. Serve immediately with a dollop of **sour cream** and a couple of **lime** wedges to the side.

Baked Salmon

with Lemon Artichokes, Tomatoes and Olives

Did you know, that globe artichokes are a variety of thistle?

hellochef

593 calories | 43 protein | 38 carbs | 33 fat

Low Carb | Calorie Smart

cook: 40 min

R2172-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2481 / 593
Fats (g)	32.7
of which saturated (g)	7.1
Carbohydrates (g)	38
of which sugars (g)	14.8
Fibers (g)	10.9
Proteins (g)	43.4
Salt (g)	1.7

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What You'll Need

Oven | Box grater

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salmon	
Skin-on salmon fillet 6*	700 Grams
Salt	2 Tsp
Black pepper	1 Tsp

Roast vegetables	
Artichoke hearts	240 Grams
Yellow pepper	2 Piece
Red pepper	2 Piece
Cherry tomatoes	300 Grams
Garlic cloves	1 Piece
Lemon	2 Piece
Olive oil	4 Tbsp
Kalamata olives	80 Grams
Capers	40 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Fresh basil	15 Grams

Tzatziki	
Natural yogurt 4*	340 Grams
Cucumber	1 Piece
Salt	0.5 Tsp

Allergens: *6 Fish, *4 Milk

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1. Prep

Preheat the oven to 200°C/180°C fan. Portion the **salmon**. Slice the **artichoke hearts** in half. De-seed and roughly chop the **peppers**. Peel and mince the **garlic**. Slice the **lemons** in half.



2. Roast vegetables

Add the **artichoke hearts**, **peppers**, **tomatoes**, **garlic** and **lemons** to a lined baking tray. Drizzle generously with **olive oil**. Bake for 20 min.



3. Make tzatziki

Meanwhile, add the **yogurt** to a bowl. Grate the **cucumber**. Squeeze out any excess water. Add the grated and squeezed **cucumber** to the **yogurt**. Season with **salt**.



4. Roast salmon

After 20 min, add the **olives** and **capers** with all the **caper juice** to the baking tray. Make some room and add the **salmon**, skin-side down. Drizzle with **oil**. Season everything with **salt** and **pepper**. Bake for 10-15 min further or until the **salmon** is cooked through.



5. Serve

Serve the **salmon** and the **vegetables** with a dollop of **tzatziki**, a squeeze of **lemon juice** and a sprinkling of **basil leaves**.

Honey Glazed Chicken Miso Meatballs

with Rainbow Slaw

Miso is a Japanese paste made from fermented soya beans. It's packed with umami and most commonly used in soups. Here we use it in chicken meatballs!

hellochef

1014 calories | 65 protein | 55 carbs | 64 fat

Low Carb

cook: 45 min

R3261-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4244 / 1014
Fats (g)	64.3
of which saturated (g)	12.4
Carbohydrates (g)	55
of which sugars (g)	24
Fibers (g)	12.8
Proteins (g)	64.8
Salt (g)	3.4

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What You'll Need

- Box grater

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04-825-44-00
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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken meatballs	
Chicken mince	800 Grams
Shallots	2 Piece
Garlic cloves	4 Piece
Ginger	60 Grams
Almond flour 1*,2*	80 Grams
Soy sauce 9*,10*,11*	40 ML
Organic Eggs 5*	2 Piece
Miso paste 9*	40 Grams
Vegetable oil	4 Tbsp
Honey	30 Grams
Rice vinegar	60 ML

Rainbow slaw	
Carrot	2 Piece
Snow peas	200 Grams
Red cabbage	450 Grams
Spring onion	80 Grams
Lime	2 Piece
Sesame oil 3*,9*	30 ML
Fresh coriander	15 Grams
Sesame seeds 3*	20 Grams

Sriracha mayo	
Mayonnaise 5*,9*,13*	100 Grams
Sriracha sauce	28 Grams
Salt	1 Tsp

Allergens: *1 Peanuts, *2 Tree Nuts, *9 Soya, *10 Wheat, *11 Gluten, *5 Eggs, *3 Sesame Seeds, *13 Mustard

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1. Make meatballs

- Peel and very finely chop the **shallots**.
- Peel and grate the **garlic** and **ginger**.
- Place the **chicken mince**, **almond flour**, **shallots**, **garlic**, **ginger**, half the **soy sauce**, **eggs** and **miso paste** in a large bowl.
- With clean hands, knead the mixture well until soft and fully combined.
- Shape into small **meatballs**.
- Refrigerate.

Tip! The longer you knead the mince meat mixture, the more tender your meatballs will become. They'll also stick together better!



2. Mix

- In a small bowl, combine the **mayonnaise**, **sriracha** and a pinch of **salt**.
- Set the **sriracha mayonnaise** aside.



3. Prep

- Peel and grate the **carrots**.
- Slice the **snow peas**, lenthways.
- Slice the **red cabbage** and **spring onion** as finely as possible.
- Juice the **lime**.
- Toss the **carrots**, **snow peas**, **spring onion**, **red cabbage**, **sesame oil** and **lime** juice in a bowl with the remaining **soy sauce**.
- Massage for 30 sec or until soft.



4. Fry meatballs

- Heat a large non-stick pan with a lid over a medium heat with a drizzle of **vegetable oil**.
- Once hot, add the **chicken meatballs**.
- Cook for 6 min or until browned.
- Reduce the heat and add the **honey** and **rice vinegar**.
- Cover with the lid.
- Cook for 5 min further.



5. Serve

- Serve the **Honey Glazed Chicken Miso Meatballs** with **Rainbow Slaw**.
- Drizzle with the **sriracha mayonnaise**.
- Garnish with the **fresh coriander** leaves and **sesame seeds**.

Moroccan Beef Kofta Tagine

with Herby Couscous

Tender and tasty kofta flavoured with Ras el Hanout, a spice blend originating from Morocco.

hello chef

839 calories | 51 protein | 99 carbs | 26 fat

Global Eats | Family Friendly

cook: 30 min

R4113-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3513 / 839
Fats (g)	25.8
of which saturated (g)	8.9
Carbohydrates (g)	99
of which sugars (g)	24.1
Fibers (g)	16.3
Proteins (g)	51
Salt (g)	3.7

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef Kofta	
Lean beef mince	700 Grams
Red onion	2 Piece
Fresh mint	10 Grams
Ras el hanout	10 Grams
Smoked paprika powder	4 Grams
Garlic onion powder	8 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Sauce	
Garlic cloves	2 Piece
Green beans	300 Grams
Coriander cumin powder	8 Grams
Tomatoes	2 Piece
Tomato passata	400 Grams
Water	120 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Kalamata olives	80 Grams

Couscous	
Spring onion	80 Grams
Fresh parsley	15 Grams
Water	600 ML
Couscous 10*,11*	300 Grams
Vegetable seasoning 2*,10*,11*,13*	10 Grams
Olive oil	1 Tbsp

To Serve	
Pomegranate	1 Piece

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *10 Wheat, *11 Gluten, *2 Tree Nuts, *13 Mustard

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1. Prep

- Peel and finely chop the **red onion**. Finely slice the **spring onion**.
- Pick and finely chop the **mint** and **parsley**.
- Peel and mince **garlic**.
- Trim the **green beans** and cut into thirds.
- Dice the **tomato**.
- In a large bowl add the **beef mince**, chopped **red onion**, **mint**, **ras el hanout**, **smoked paprika**, **garlic onion powder**, **olive oil**, **salt** and **pepper**.
- With clean hands, knead until all the ingredients are fully combined.
- Divide the mixture into 24 pieces and shape each piece into a **kofta**.



2. Fry koftas

- Heat a large non-stick pan over medium high heat with a drizzle of **oil**.
- Once hot, add the **koftas** and fry for 4-6 min until fully browned.

Tip! If the pan is looking crowded, fry the kofta in batches. This will stop them from stewing, rather than frying!



3. Cook sauce

- To the same pan as the **kofta**, add the **garlic**, **coriander cumin powder** and **tomatoes**. Cook for 3-4 min.
- Add the **passata**, **measured water** and crumble in 1 **stock cube**.
- Lower the heat and simmer the **sauce** for 3-5 min.
- Add the **green beans** to the **sauce**, cover and simmer for 10 min.
- At 1 min before the end add the **olives**.
- This is now your **tagine**.



4. Steam couscous

- Boil the measured **water**.
- To a large bowl, add the **couscous**, half the **spring onions** and **vegetable seasoning**.
- Add the boiling measured **water** and cover with a plate or clingfilm, leave to steam for 10 min.
- After 10 min, fluff up the **couscous** with a fork.
- Stir through the **parsley** and remaining **spring onions**.
- Drizzle over the **olive oil**.
- Cover and set aside.



5. Prep pomegranate

- Halve the **pomegranate**, hold each half over a large bowl, seeds facing down.
- Hit the skin with a wooden spoon, squeezing to release the seeds.
- Discard the shell and membrane.



6. Serve

- Serve the **Moroccan Beef Kofta Tagine** with the **Herby Couscous**.
- Sprinkle the **pomegranate** seeds over the top.

Cheesy Bolognese Pizza

with Cauliflower Crust

Low-Carb decadence at its best!

hellochef

765 calories | 73 protein | 22 carbs | 43 fat

Low Carb

cook: 60 min

R2664-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3201 / 765
Fats (g)	43.4
of which saturated (g)	22.6
Carbohydrates (g)	22
of which sugars (g)	11.4
Fibers (g)	7.9
Proteins (g)	72.9
Salt (g)	2.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Crust	
Cauliflower	800 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Parmesan 4*	60 Grams
Organic Eggs 5*	3 Pieces

Bolognese	
Lean beef mince	700 Grams
Garlic cloves	4 Pieces
Olive oil	2 Tbsp
Tomato paste	70 Grams
Tomato passata	500 Grams
Salt	1 Tsp
Dried oregano	2 Grams
Black pepper	1 Tsp

Toppings	
Cherry tomatoes	250 Grams
Mozzarella ball 4*	250 Grams
Grated mozzarella 4*	120 Grams

To serve	
Fresh basil	15 Grams

Allergens: *4 Milk, *5 Eggs

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1. Prep crust

Preheat the oven to 220°C/200°C fan. Grate the **cauliflower** with a box grater until it resembles small crumbs. Heat a pan over a medium-high heat with a drizzle of **olive oil**. Fry the **cauliflower** crumbs with a pinch of **salt** for 7 min or until browned and dry. Transfer to a large bowl to cool.



2. Mix and bake

Grate the **Parmesan**. Add it to the cooled **cauliflower** along with the **eggs**. Mix until combined. Pour the mixture onto a lined baking tray. Pat it down until it resembles an even layer. If you're cooking for 3 or 4, use two trays. Bake in the oven for 10-15 min until golden brown and set.



3. Make bolognese

Meanwhile, peel and crush the **garlic**. Heat a pan over a high heat with a drizzle of **olive oil**. Fry the **beef mince** for 5-7 min until browned and starting to crisp. Add the **garlic** and **tomato paste** and cook for 2 min further. Add the **tomato passata** and simmer for a final 5-7 min. Season with **salt**, **dried oregano** and **pepper** (see pro tip).



4. Flip and bake

Place a second piece of baking paper on the table. Remove the pre-baked **cauliflower** crust from the oven. Quickly, flip the crust onto the second piece of baking paper so that the underside is now on top. Remove the old baking paper. Bake for 5 min further.



5. Top and bake

Halve the **cherry tomatoes**. Slice the soft **mozzarella**. Remove the pre-baked **cauliflower** crust from the oven. Spread the bolognese over the crust. Top with the **cherry tomatoes**, soft and **grated mozzarella**. Bake in the oven for a final 10-15 min until browned.



6. Serve

Garnish the hot pizzas with the **fresh basil** leaves and serve immediately.

Soy Glazed Chicken

with Asian Slaw and Sushi Rice

This Japanese inspired dish has the perfect mix of sweet and savoury and an umami-rich Japanese style glaze.

910 calories | 60 protein | 102 carbs | 28 fat

Family Friendly

cook: 30 min

R3774-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3580 / 910
Fats (g)	28.2
of which saturated (g)	3.9
Carbohydrates (g)	102
of which sugars (g)	20.2
Fibers (g)	6.2
Proteins (g)	59.8
Salt (g)	3.1

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What You'll Need

- Box grater

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken & glaze	
Chicken breast	800 Grams
Corn starch	60 Grams
Salt	1 Tsp
Water	100 ML
Vegetable oil	2 Tbsp
Soy sauce 9*,10*,11*	40 ML
Sweet soy sauce 9*,10*,11*,14*	30 ML

Asian slaw	
Rice vinegar	30 ML
Mayonnaise 5*,9*,13*	100 Grams
Tahini 3*	40 Grams
Chilli jam	56 Grams
Large red chilli	2 Piece
Carrot	2 Piece
Sugar snap peas	300 Grams

Sushi rice	
Sushi rice	300 Grams
Water	600 ML
Salt	1 Tsp

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *5 Eggs, *13 Mustard, *3 Sesame Seeds

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1. Prep chicken

- Wrap the **chicken breasts** in cling film.
- Place them on a chopping board.
- Using a rolling pin, bash the **chicken breasts** until halved in thickness.
- Add the **chicken** to a large bowl.
- Reserve and set aside 2 tsp of the **corn starch** in a small bowl.
- Add the remaining **corn starch** to the **chicken** with a generous pinch of **salt**.
- Toss to coat.
- Set aside.



2. Boil rice

- Rinse the **sushi rice** in a sieve under cold water until the water runs clear.
- Add the **sushi rice**, a pinch of **salt** and the **measured water** to a pot with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 15 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from the heat.
- Let the **sushi rice** cool slightly.

Tip! The trick to perfect sushi rice is allowing it to steam dry in the pot after cooking.



3. Prep slaw

- Meanwhile, in a large bowl, combine the **mayonnaise**, **rice vinegar**, **tahini** and **chilli jam** with a generous pinch of **salt**.
- Set the **slaw dressing** aside.
- Finely chop the **red chilli**.
- Peel and grate the **carrot**.
- Trim and finely slice the **sugar snap peas** lengthwise.
- Add the **carrot**, **red chilli (spicy!)** and the **sugar snap peas** to the **slaw dressing**.
- Mix well. Set aside.

Tip! Sensitive to spice? Go easy on the red chilli.



4. Fry chicken

- Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the coated **chicken breasts**.
- Fry for 3-5 min on each side until golden and cooked through.
- Once cooked, transfer the **chicken** onto a plate.
- Wipe and reserve the pan.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready.



5. Make glaze

- Add the **measured water**, **soy sauce** and **sweet soy sauce** to the reserved **corn starch**.
- Mix until combined.
- Set the **soy glaze** aside.
- Return the pan to a medium heat.
- Once hot, add the **soy glaze**.
- Cook for 1 min or until thickened.
- Return the **chicken** to the pan.
- Toss to coat.
- Remove the pan from the heat.



6. Serve

- Serve the **Soy Glazed Chicken** with **Asian Slaw** and **Sushi Rice**.
- Drizzle any remaining **soy glaze** from the pan over the **chicken**.

Lamb Filled Turkish Pide

with Eggs and Yogurt

hello chef

947 calories | 58 protein | 82 carbs | 38 fat

Family Friendly

cook: 30 min

R3606-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4226 / 947
Fats (g)	38.2
of which saturated (g)	18.5
Carbohydrates (g)	82
of which sugars (g)	6.9
Fibers (g)	4.3
Proteins (g)	58
Salt (g)	4

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pide	
Pizza dough ball 10*,11*	2 Piece
Plain flour 10*,11*	30 Grams
Olive oil	4 Tbsp

Lamb filling	
Lean lamb mince	700 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Cumin powder	4 Grams
Garlic cloves	2 Piece
Fresh mint	10 Grams
Feta cheese 4*	100 Grams
Fresh coriander	15 Grams
Tomato paste	70 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp
Organic Eggs 5*	4 Piece
Black pepper	1 Tsp
Smoked paprika powder	4 Grams
Soy sauce 9*,10*,11*	30 ML

To serve	
Cucumber	2 Piece
Tomatoes	2 Piece
Sumac	4 Grams

Allergens: *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs, *9 Soya

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1. Prep

Preheat the oven to 200°C/180°C fan. Peel and finely chop the **onion**. Peel and mince the **garlic**. Pick and roughly chop the **mint** and **coriander** leaves.

Tip! Keep some mint and coriander leaves whole for garnish.



2. Fry

Heat a pan over a medium heat with a drizzle of **oil**. Once hot, add the **onions** and **lamb mince** and fry for 5 min. Add the **garlic**, **smoked paprika**, **cumin powder**, Worcestershire **sauce** and **tomato paste**. Fry for 2 min further. Stir through half of the **fresh coriander** and half of the **fresh mint** (reserve the rest). Season with **salt** and **pepper**.



3. Form dough

Sprinkle half of **flour** onto a clean surface. Sprinkle the rest of the **flour** onto a rolling pin and roll out the **dough balls** into long ovals, about 0.5 cm thick. Carefully transfer the rolled out **dough** onto the pre-heated trays. Place the **lamb mixture** on top and fold the sides to create a boat-like shape. Brush the sides of the **pide** with **olive oil**. Bake for 15 min.

Tip! The trick to rolling out your dough is to roll once, then let it rest for a couple of minutes before rolling again.



4. Add

After 15 min, crack the **eggs** into the middle of each **pide** and crumble over the **feta cheese**. Return to the oven and bake for another 5 min or until golden brown.

Tip! Sprinkle the baking tray with some of the plain flour. This will prevent the dough from getting soaked with the moisture of the filling.



5. Make salad

Meanwhile, chop the **tomato** and **cucumber** into cubes. To a bowl, add the **tomatoes** and **cucumbers** with a drizzle of **olive oil** and a pinch of **salt**. Add the remaining **coriander** and **mint** and toss. In a small bowl, mix the yoghurt with the **garlic powder** and a pinch of **salt**.



6. Serve

Serve the **pide** with the **salad** and yogurt alongside. Sprinkle the yogurt with the **sumac**.

Classic Chicken Caesar Salad

with Croutons and Parmesan

You'll want to make this one over and over again!

hello chef

820 calories | 68 protein | 47 carbs | 40 fat

Family Friendly | Speedy

cook: 20 min

R2407-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3434 / 820
Fats (g)	39.8
of which saturated (g)	14.6
Carbohydrates (g)	47
of which sugars (g)	4.8
Fibers (g)	7.2
Proteins (g)	67.7
Salt (g)	3.7

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Box grater

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Olive oil	4 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Croutons	
Ciabatta 10*,11*	2 Piece
Butter 4*	50 Grams

Dressing	
Parmesan 4*	120 Grams
Garlic cloves	2 Piece
Anchovies 6*	20 Grams
Lemon	1 Piece
Mayonnaise 5*,9*,13*	100 Grams
Black pepper	1 Tsp
Dijon mustard 13*	12 Grams
Olive oil	2 Tbsp

Salad	
Baby gem lettuce	3 Piece
Romaine lettuce	400 Grams

Allergens: *10 Wheat, *11 Gluten, *4 Milk, *6 Fish, *5 Eggs, *9 Soya, *13 Mustard

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1. Make croutons

- Slice the **ciabatta** into cubes.
- Heat a pan over a medium heat with the **butter**.
- Once melted, add the **ciabatta**.
- Toast, stirring, for 5 min or until the **bread cubes** are golden brown and crispy.
- Transfer the **croutons** to a plate and set aside.
- Reserve the pan.



2. Fry chicken

- Slice the **chicken** into strips.
- Return the pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken** with a generous pinch of **salt** and reduce the heat to medium.
- Fry for 4-5 min on each side until cooked through.
- Once cooked, season with **black pepper**.

> **Tip!** Cook the chicken on a preheated grill/barbecue/braai. Let it rest before slicing.



3. Make dressing

- Meanwhile, grate half of the **Parmesan** with a fine blade (use the rest for garnishing).
- Peel and mince the **garlic**.
- Finely chop the **anchovies**.
- In a very large bowl, juice the 1 **lemon**.
- Add the grated **Parmesan**, minced **garlic**, 2 tbsp of **lemon juice**, **mayonnaise**, **black pepper**, **Dijon mustard** and **olive oil**.
- Whisk until smooth.
- If the **dressing** is too thick add a splash of **olive oil**.



4. Chop lettuce

- Roughly chop the **gem lettuce** and **Romaine lettuce**.



5. Serve

- Combine the chopped **lettuce** and the **dressing**.
- Toss well, until all the leaves are coated in the **dressing**.
- Serve the **Classic Chicken Caesar Salad**.
- Top with the sliced **chicken** and **croutons**.
- Grate or shave the remaining **Parmesan** over.

Vietnamese Chicken Banh Mi

Sandwich

The perfect dinner sandwich! Rich, savoury, bright and crunchy.

hellochef

886 calories | 62 protein | 109 carbs | 23 fat

Quick Prep | Speedy

prep: 5 min | cook: 25 min | R3037-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3723 / 886
Fats (g)	23
of which saturated (g)	3.7
Carbohydrates (g)	109
of which sugars (g)	24.3
Fibers (g)	10.8
Proteins (g)	61.5
Salt (g)	5.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven | Box grater

hello@hellochef.com
04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Vegetable oil	4 Tbsp
Salt	2 Tsp
Sweet chilli sauce	80 ML
Soy sauce 9*,10*,11*	40 ML

Vegetables	
Carrot	4 Piece
Lime	3 Piece
Rice vinegar	30 ML
Brown sugar	10 Grams
Salt	0.5 Tsp
Cucumber	2 Piece
Fresh coriander	30 Grams
Large green chilli	4 Piece

Sriracha mayo	
Mayonnaise 5*,9*,13*	100 Grams
Sriracha sauce	28 Grams

To serve	
Ciabatta 10*,11*	4 Piece

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *5 Eggs, *13 Mustard

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1. Prep carrots

Preheat the oven to 200°C/180°C fan. Peel and coarsely grate the **carrot** into a bowl. In a small glass, combine half of the juice from the **limes** with the **rice vinegar**, **sugar** and a pinch of **salt**. Stir until the **sugar** dissolves. Pour over the grated **carrots**, mix well and set aside.

Tip! Marinate the carrots beforehand!



2. Fry chicken

Heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken breasts** with a pinch of **salt** and cook for 5-7 min on either side until golden and cooked through. Remove the pan from the heat.



3. Glaze chicken

Add the **sweet chilli sauce** and **soy sauce** to the **chicken**. Reduce the heat to low and cook for a final 1 min. Remove the pan from the heat and set aside.



4. Bake ciabatta

Meanwhile, place the **ciabatta** on a baking tray and heat in the hot oven for 10 min or until crispy on the outside and warm on the inside.



5. Prep extras

Meanwhile, combine the **mayonnaise**, **sriracha** (spicy!) and a squeeze of **lime** juice in a small bowl. Mix well. Thinly slice the **cucumbers**. Trim the **fresh coriander** (keep the stems and leaves attached). Slice the **green chilli**.



6. Assemble

Slice the rested **chicken**. Slice the hot **ciabatta** open. Load with the **sriracha mayonnaise**, drained **carrots**, sliced **chicken**, **cucumber** slices, **fresh coriander** and **green chilli** (spicy!). Serve immediately.

Chicken Nicoise Salad

with New Potatoes and Mustard Dressing

Enjoy this family friendly of the Côte d'Azur classic!

hello chef

652 calories | 55 protein | 83 carbs | 13 fat

Family Friendly

cook: 30 min

R2110-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2726 / 652
Fats (g)	12.8
of which saturated (g)	3.1
Carbohydrates (g)	83
of which sugars (g)	19
Fibers (g)	13.2
Proteins (g)	54.6
Salt (g)	1.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salad	
Chicken breast	600 Grams
New potatoes	1000 Grams
Organic Eggs 5*	4 Piece
Green beans	250 Grams
Olive oil	4 Tbsp
Salt	2 Tsp
Black pepper	1 Tsp
Romaine lettuce	400 Grams
Cherry tomatoes	300 Grams
Shallots	2 Piece
Kalamata olives	80 Grams

Dressing	
Garlic cloves	1 Piece
Dijon mustard 13*	12 Grams
Red vinegar	30 ML
White balsamic vinegar 14*	30 ML
Olive oil	8 Tbsp
Honey	30 Grams
Dried oregano	2 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *5 Eggs, *13 Mustard, *14 Sulphur Dioxide

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1. Boil potatoes

Peel the **potatoes** and cook them in salted boiling water for 15-20 min until tender.



2. Boil eggs

Meanwhile, cook the **eggs** in boiling water for 6-7 min or until cooked to your liking. Drain, run under cold water, peel and halve.



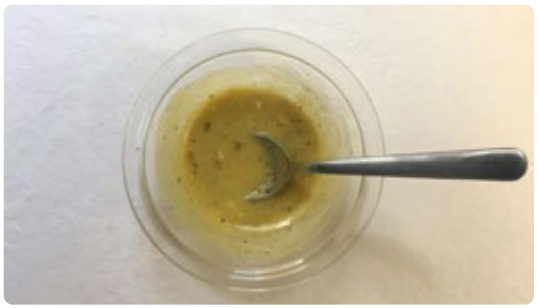
3. Boil green beans

Meanwhile, wash and trim the **green beans**. Cook the **green beans** in a pot of salted boiling water for 3-4 min or until tender. Drain.



4. Fry chicken

Heat a pan over a medium-high heat with a drizzle of **olive oil**. Once hot, add the **chicken breasts** with a pinch of **salt** and cook for 5-7 min on either side until golden and cooked through. Season with **black pepper**. Leave to rest for 3 min, then slice.



5. Make dressing

Meanwhile, peel and mince 1 **garlic** clove into a bowl or jar (don't like raw **garlic**? Go easy!). Add the **Dijon mustard**, **red** and **white balsamic vinegar**, a generous lug of **olive oil**, the **honey**, a pinch of **oregano** and the **salt** and **pepper**. Whisk or shake until fully combined - this is your **dressing**.



6. Make salad

Rinse and chop the **lettuce** leaves. Chop the **cherry tomatoes**. Peel and finely slice the **shallots**. In a bowl, combine the **lettuce**, **cherry tomatoes**, **shallots**, **green beans**, **potatoes**, **olives** and the **dressing**. Toss, and divide among plates. Top with the **chicken** and halved **eggs**.

Mediterranean Chicken and Rice Bake

with Tomato and Olive Salsa

A family dinner inspired by the flavours of the Mediterranean.

hellofresh

741 calories | 61 protein | 86 carbs | 17 fat

Family Friendly | Global Eats

cook: 45 min

R4708-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3101 / 741
Fats (g)	17.3
of which saturated (g)	4.2
Carbohydrates (g)	86
of which sugars (g)	9
Fibers (g)	8.9
Proteins (g)	60.5
Salt (g)	4.8

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What You'll Need

Oven

hello@hellochef.com

04-825-44-00

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Traybake	
Skin-on, bone-in chicken thighs	1000 Grams
Brown onion	2 Piece
Garlic cloves	4 Piece
Lemon	2 Piece
Small zucchini	4 Piece
Chicken stock cube 4*,5*,9*,15*	2 Piece
Water	700 ML
Long grain rice	300 Grams
Dried oregano	4 Grams
Dried thyme	4 Grams

Salsa	
Fresh dill	15 Grams
Fresh parsley	30 Grams
Green olives	100 Grams
Tomatoes	2 Piece
Olive oil	6 Tbsp

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Prep

- Preheat oven to 210°C/190°C fan.
- Boil the **measured water**.
- Peel and thinly slice the **onion**.
- Peel and finely chop **garlic**.
- Cut half the **lemon** into **slices** and keep the rest for step 4.
- Trim the **zucchini** and cut into half moons.
- Dissolve the **chicken stock cube** in boiled **measured water** - this is the **chicken stock**.



2. Cook onions

- Heat a large pan over medium heat with drizzle of **oil**.
- Fry the **onion** and **garlic** for 8-10 min until softened and caramelised.



3. Bake

- Meanwhile rinse and drain the **rice**.
- In a large oven-proof dish, add the **rice**, **chicken stock**, **oregano** and **thyme**. Stir to mix well.
- Add the cooked **onion** and **garlic**, chopped **zucchini** and **lemon slices**.
- Season the **chicken** with **salt** and **pepper**.
- Nestle the **chicken** into the **rice** mixture. Drizzle the **chicken** with **oil**.
- Bake for 30-35 min until the **rice** is tender, the **stock** is absorbed and the **chicken** is cooked.

Tip! Add another 50-100ml water if the rice is not tender before the stock is absorbed.



4. Make salsa

- Meanwhile, pick and finely chop the **dill** and **parsley**.
- Finely chop the **olives**.
- Chop the **tomato** into small bite-sized pieces.
- Combine in a bowl with **olive oil** and a squeeze of **lemon juice**, to taste.



5. Serve

- Serve the **Mediterranean Chicken and Rice Bake** topped with the **Tomato and Olive Salsa**.

Aloo Gobi Potato Cauliflower Curry

with Chapati and Raita

Enjoy the magical Indian flavours! This classic vegetarian dish gets its name from Hindi words aloo (potatoes) and gobi (cauliflower).

hello chef

602 calories | 28 protein | 81 carbs | 21 fat

cook: 35 min

R4089-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2518 / 602
Fats (g)	21.1
of which saturated (g)	6.6
Carbohydrates (g)	81
of which sugars (g)	14.8
Fibers (g)	15
Proteins (g)	28.4
Salt (g)	1.8

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Potatoes	600 Grams
Cauliflower	600 Grams
Brown onion	1 Piece
Curry leaves	12 Piece
Large green chilli	2 Piece
Vegetable oil	4 Tbsp
Salt	2 Tsp
Tomato paste	70 Grams
Peanut butter 1*,9*	60 Grams
Ginger garlic paste	20 Grams
Coriander cumin powder	8 Grams
Garam masala	8 Grams
Curry powder	5 Grams
Fenugreek leaves	4 Grams
Chilli flakes	4 Grams
Water	600 ML

Raita	
Cucumber	2 Piece
Fresh mint	10 Grams
Greek yogurt 4*	300 Grams
Cumin powder	4 Grams
Salt	0.5 Tsp

To serve	
Chapati 10*,11*	8 Piece

Allergens: *1 Peanuts, *9 Soya, *4 Milk, *10 Wheat, *11 Gluten

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1. Prep

Peel the **potatoes** and chop them into small cubes. Chop the **cauliflower** into small florets. Peel and finely chop the **onion**. Pick the **curry leaves**. Deseed and finely chop the **green chilli**. Use half of the chopped **green chilli** in the **curry**, and the remaining half in the **raita**.



2. Start curry

Heat a large pan or pot over a medium-high heat with a generous drizzle of **oil**. Once hot, add the **onion** and **potatoes** with a large pinch of **salt**. Cook for 7-8 min or until the **onion** has softened.

Tip! If bubbles appear when a small piece of onion is placed in the oil, it's hot enough to fry.



3. Stew curry

Add the **curry leaves**, half of the **green chilli (spicy!)**, **tomato paste**, **peanut butter**, **ginger garlic paste**, **coriander cumin powder**, **garam masala**, **curry powder**, **fenugreek**, and a large pinch of **chilli flakes (spicy!)**. Fry for 1 min. Add the **cauliflower**, **measured water** and a second pinch of **salt**. Bring to a simmer, cover with a lid and reduce the heat to low. Cook for 10-12 min, stirring occasionally, or until the **potatoes** have softened.

Tip! The ideal aloo gobi has soft cooked potatoes and slightly crunchy cauliflower.



4. Make raita

Meanwhile, peel the **cucumber** and halve it lengthwise. Using a small spoon, scoop out and discard the seeds. Chop the **cucumber** into small cubes. Pick and finely chop the **mint leaves**. In a large bowl, combine the **Greek yogurt**, **cucumber**, **mint**, the remaining **green chilli (spicy!)** and **cumin powder** with a pinch of **salt**. Mix well.



5. Heat chapatis

Microwave the **chapatis** for 30 sec or until warm.

Tip! Did you know that chapati is also known as roti, rooti, rotli, rotta, safati, shabaati, phulka, chapo, sada roti, poli, and roshi?



6. Serve

Serve the **aloo gobi curry** with the warm **chapatis** and the **cucumber** raita.

Mozzarella, Tomato and Zucchini Oven Omelette

with Side Salad

Enjoy this light and perfectly pretty supper!

hellochef

760 calories | 48 protein | 18 carbs | 56 fat

Low Carb

cook: 50 min

R2970-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3167 / 760
Fats (g)	56
of which saturated (g)	32.8
Carbohydrates (g)	18
of which sugars (g)	11.6
Fibers (g)	4.5
Proteins (g)	48.3
Salt (g)	1.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Omelette	
Large zucchini	1 Pieces
Parmesan 4*	60 Grams
Cherry tomatoes	300 Grams
Fresh chives	15 Grams
Organic Eggs 5*	12 Pieces
Cooking cream 4*	200 ML
Garlic powder	4 Grams
Salt	2 Tsp
Black pepper	1 Tsp
Olive oil	2 Tbsp
Mozzarella ball 4*	250 Grams

To serve	
Fresh basil	15 Grams

Side salad	
Romaine lettuce	400 Grams
White balsamic vinegar 14*	30 ML
Dijon mustard 13*	12 Grams
Honey	40 Grams
Olive oil	4 Tbsp
Salt	0.5 Tsp
Black pepper	0.5 Tsp

Allergens: *4 Milk, *5 Eggs, *14 Sulphur Dioxide, *13 Mustard

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1. Prep ingredients

Preheat the oven to 200°C/180°C fan. Grate the **zucchini**, then squeeze any excess water from it. Grate the **Parmesan**. Halve the **cherry tomatoes**. Chop half of the **chives** (reserve the rest for garnish).



2. Combine

Crack the **eggs** into a bowl and whisk them. Add the grated **zucchini**, **Parmesan**, chopped **chives**, measured **cream**, **garlic powder**, **salt** and **pepper** (see pro tip). Mix well to combine.



3. Transfer

Grease a baking dish with **olive oil** (or line with baking paper). Pour the **zucchini** and **egg** mixture into the dish.



4. Decorate and bake

Tear the **mozzarella** into pieces and arrange it on top of the **omelette**. Decorate with the remaining **chives** and the **cherry tomato** halves. Bake in the oven for 30 min or until set but juicy (see pro tip).



5. Prep salad

Meanwhile, wash and dry the **Romaine lettuce**. Tear it into large pieces. In a small bowl, combine the **balsamic vinegar**, **mustard**, **honey** and **olive oil**. Season with a pinch of **salt** and **pepper**. Whisk until combined. Don't dress the **salad** until ready to serve.



6. Serve

Allow the **omelette** to rest for 5 min before serving. Garnish with the **fresh basil** leaves. Toss the **lettuce** in the **dressing**. Serve the **salad** to the side.

Chocolate Overnight Oats

with Banana, Toasted Coconut and Belgian Dark Chocolate

Overnight oats is a quick and easy make-ahead breakfast and this one feels like a real treat!

hellochef

446 calories | 17 protein | 32 carbs | 14 fat

Quick Prep

cook: 10 min

R4566-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1867 / 446
Fats (g)	14.3
of which saturated (g)	6.4
Carbohydrates (g)	32
of which sugars (g)	18.2
Fibers (g)	8.4
Proteins (g)	17
Salt (g)	0.2

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Oats	
Rolled oats	200 Grams
Chia seeds	15 Grams
Cocoa powder	15 Grams
Whole milk *4*	400 ML
Greek yogurt *4*	150 Grams
Honey	30 Grams
Vanilla essence	5 ML

Toppings	
Banana	1 Piece
Desiccated coconut	15 Grams
Belgian dark chocolate *9*	20 Grams

Allergens: *4 Milk, *9 Soya

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1. Mix dry ingredients

- In a large bowl, combine the **oats**, **chia seeds** and **cocoa powder**.



2. Add wet ingredients

- Add the **milk**, **Greek yogurt**, **honey** and **vanilla essence** and stir to combine.
- Leave the mixture in the mixing bowl or portion into individual containers.



3. Refrigerate

- Cover the **oats mixture** with cling film.
- Place into the fridge and leave to set overnight.
- Stir well before serving to develop a creamy consistency.

> **Tip!** Overnight, the oats will soak up the liquid and flavour - delivering a delicious breakfast that is ready to go.



4. Prepare toppings

- Just before serving, prepare toppings.
- Slice the **banana** into thin rounds.
- In a small pan over medium heat without any oil, dry toast the **desiccated coconut** for 1-2 min until golden brown and fragrant.

> **Tip!** Toasting the coconut develops more caramelised flavours however, it can be used without being toasted.



5. Serve

- Serve the **Chocolate Overnight Oats** topped with slices of **banana**, a sprinkle of the **toasted desiccated coconut** and a few **Belgian dark chocolate chips**.

> **Tip!** Store in an airtight container in the fridge and consume within 2 days.

Tandoori Chicken and Coriander Rice

with Kachumber and Mint Chutney

Fenugreek, also known as Kasuri Methi, is a green leafy plant that's widely used in Indian cuisine. It's what gives this spicy dish a deliciously distinct aroma and flavour.

hello chef

587 calories | 57 protein | 80 carbs | 3 fat

Calorie Smart

cook: 35 min

R4176-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2456 / 587
Fats (g)	3.4
of which saturated (g)	0.7
Carbohydrates (g)	80
of which sugars (g)	7.1
Fibers (g)	6
Proteins (g)	57.4
Salt (g)	2

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What You'll Need

Oven | Blender

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Curry powder	4 Grams
Tandoori masala	4 Grams
Fenugreek leaves	4 Grams
Garlic paste	20 Grams
Tomato paste	70 Grams
Vegetable oil	2 Tbsp

Rice	
Fresh coriander	30 Grams
Long grain rice	300 Grams
Vegetable oil	2 Tbsp
Cardamom pods	6 Piece
Water	600 ML
Salt	1 Tsp

Salad	
Lime	2 Piece
Red onion	2 Piece
Cucumber	2 Piece
Tomatoes	2 Piece
Salt	0.5 Tsp

Mint chutney	
Fresh mint	10 Grams
Small green chilli	2 Piece
Ginger paste	20 Grams
Cumin powder	4 Grams
Water	100 ML

Allergens:

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Egg, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur dioxide and Celery.**



1. Marinate chicken

- Preheat the oven to 200°C/180°C fan.
- Cut the **limes** into wedges.
- In a large bowl combine the **curry powder**, **tandoori masala** (spicy!), **fenugreek**, **tomato paste**, **garlic paste**, with a squeeze of **lime** juice (reserving some for the chutney and salad) and a drizzle of **oil**.
- Add the **chicken breast** and mix to fully coat in the **marinade**.
- Set aside.

Tip! Sensitive to spice? Use only a small amount of tandoori masala in the marinade.



2. Bake chicken

- Place the **chicken breast** on a lined baking tray.
- Bake in the oven for 15-17 min until fully cooked.



3. Cook rice

- Meanwhile, pick and finely chop the **coriander**.
- Rinse the **rice**.
- Heat a pot with a lid over medium heat with a drizzle of **oil**.
- Once hot, add the **cardamom pods**, **rice**, half the **coriander** (reserving the rest for the salad).
- Mix well, add the **measured water**, **salt**, and bring to a boil.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from the heat. Keep covered until serving.



4. Make mint chutney

- Meanwhile, pick the **mint leaves**.
- Deseed and roughly chop the **green chilli** (spicy!).
- To a blender, add the **mint**, **green chilli**, **ginger paste**, **cumin**, a squeeze of **lime**, and the **measured water**.
- Blend until smooth.
- If it's a little thick, add a splash of water, one teaspoon at a time.
- Season with a pinch of **salt** to taste.
- Set the **mint chutney** aside.



5. Make Kachumber salad

- Peel and finely slice the **onion**.
- Finely chop the **cucumber** and **tomato**.
- To a bowl, add the **onion**, **cucumber**, **tomato** and remaining **coriander** with a squeeze of **lime** juice.
- Mix well.
- Season the **Kachumber** with **salt** to taste.



6. Serve

- Serve the **Tandoori Chicken** on **Coriander Rice** with **Kachumber** salad and **Mint Chutney** alongside.
- Garnish with extra **lime** wedges.

Festive Beef Bacon and Cranberry Gnocchi

-

-

1201 calories 45 protein 117 carbs 63 fat

Family Friendly

cook: 25 min

R4784-4



Nutritional information

	per serving*
Energy (kJ/kcal)	5035 / 1201
Fats (g)	63
of which saturated (g)	13.5
Carbohydrates (g)	117
of which sugars (g)	19.2
Fibers (g)	11.6
Proteins (g)	44.5
Salt (g)	9

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Gnocchi	
Beef bacon	240 Grams
Gnocchi 4*,5*,9*,10*,11*	1000 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Chicken stock cube 4*,5*,9*,15*	1 Piece
Water	400 ML
Fresh sage	15 Grams
Whipping cream 4*	300 ML
Parmesan 4*	60 Grams
Baby spinach	90 Grams
Dried cranberries	60 Grams
Walnuts 2*	60 Grams
Brussels sprouts	400 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten, *15 Celery, *2 Tree Nuts

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1. Prep

Peel and finely chop the **red onion**. Chop the **bacon** into small pieces. Roughly chop the sun **dried** tomatoes.



2. Fry

Heat a non-stick pan over a medium-high heat with a drizzle of oil. Fry the **bacon** and **onion** for 5 min until crispy. Add the tomato paste, sun **dried** tomatoes and **gnocchi**. Fry for 1 min.



3. Simmer

Add the **cream**, **garlic** powder, smoked paprika, vegetable seasoning and measured **water**. Simmer for 3-5 min.



4. Finish

Add peas and **parmesan**.



5. Serve

Pick over basil.

Tomato and Egg Shakshuka

with Khobz al Khameer Bread

Bake your own Emirati-style flat breads!

1057 calories | 55 protein | 157 carbs | 25 fat

Family Friendly

cook: 60 min

R2653-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4425 / 1057
Fats (g)	25.3
of which saturated (g)	8.7
Carbohydrates (g)	157
of which sugars (g)	29.9
Fibers (g)	13.9
Proteins (g)	54.8
Salt (g)	2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Khobz al Khameer	
Whole milk 4*	200 ML
Plain flour 10*,11*	300 Grams
Yeast	8 Grams
White sugar	5 Grams
Salt	0.5 Tsp
Olive oil	1 Tbsp
Saffron Splash	10 ML
Organic Eggs 5*	12 Pieces
Black sesame seeds 3*	15 Grams

Shakshuka	
Shallots	4 Pieces
Garlic cloves	5 Pieces
Tomatoes	4 Pieces
Red pepper	2 Pieces
Large red chilli	2 Pieces
Olive oil	4 Tbsp
Salt	1 Tsp
Tomato paste	70 Grams
Tomato passata	800 Grams
Honey	40 Grams
Black pepper	1 Tsp
Zaatar	10 Grams

Allergens: *4 Milk, *10 Wheat, *11 Gluten, *5 Eggs, *3 Sesame Seeds

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1. Make dough

Add the **milk** to a saucepan and warm it until it starts to steam (it shouldn't be hot!). Combine the **flour** (reserve 2-4 Tbsp), **yeast**, **sugar** and **salt** in a mixing bowl. Add the warm **milk**, **olive oil** and **saffron**. Knead the dough for 5 min. Shape it into a ball and cover it with a cloth and let it 'prove' at room temperature for 30 min or until doubled in size.



2. Prep vegetables

Meanwhile, preheat the oven to 220°C/200°C fan. Peel and finely chop the **shallots**. Peel and crush the **garlic**. Chop the **tomatoes** and bell **peppers**. Finely chop the **chilli** (tip: deseed if you like it milder).



3. Start shakshuka

Heat a pan over a medium-high heat with a generous drizzle of **olive oil** (if you're cooking for 3 or 4, use two pans). Once hot, add the **shallots**, **garlic**, **tomatoes**, bell **peppers** and **chilli** with a pinch of **salt**. Cook for 5 min. Remove the pan from the heat and set aside.



4. Form breads

Divide the dough into 8 pieces. Dust a clean work surface with the reserved **flour**. Using a rolling pin, roll each piece of dough out into thin breads. Place the breads onto a lined baking tray. Set aside to rest for 5 min. (If you're cooking for 3-4 people, use two baking trays.)



5. Bake

Crack an egg into a cup and whisk it. Brush the breads with the beaten egg. Sprinkle with the **black sesame seeds** (see pro tip). Bake the breads in the oven for 10-12 min until browned.



6. Finish shakshuka

Add the **tomato paste**, **tomato passata**, **honey** and **black pepper** to the shakshuka. Simmer for 5 min. Crack the **eggs** into the shakshuka. Mix the **whites** into the sauce using a fork, but don't poke the **yolks**. Cook for a final 5 min. Sprinkle with **zaatar**. Serve with the Khobz al Khameer bread.

Quick Chicken Florentine Skillet

Enjoy this classic chicken dinner - Florence style!

hellofresh

571 calories | 61 protein | 16 carbs | 30 fat

Low Carb | Quick Prep | Calorie Smart

prep: 5 min | cook: 30 min | R3886-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2378 / 571
Fats (g)	30.3
of which saturated (g)	10.1
Carbohydrates (g)	16
of which sugars (g)	4.9
Fibers (g)	5.1
Proteins (g)	60.9
Salt (g)	2.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken pan	
Chicken breast	800 Grams
Spinach	200 Grams
Grated Parmesan 4*,5*	60 Grams
Olive oil	2 Tbsp
Water	300 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Cooking cream 4*	200 ML
Black pepper	1 Tsp
Garlic cloves	4 Piece
Almond flour 1*,2*	80 Grams
Lemon	1 Piece

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *1 Peanuts, *2 Tree Nuts

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1. Prep

Peel and mince the **garlic**. Boil the **measured water** and dissolve the 1 **stock cube** in it. This is your **chicken stock**. Combine the **grated Parmesan** and **almond flour** with a pinch of salt in a large bowl.



2. Prep chicken

Slice each **chicken breast** in half as if you were cutting a burger bun, so you are left with two thinner **chicken** escalopes. Turn each piece of **chicken** in the **almond Parmesan** mixture.



3. Fry chicken

Heat a pan over a medium-high heat with a generous drizzle of **oil**. Once hot, add the coated **chicken breast** and cook for 5 min, flipping halfway, or until golden and crispy. Once cooked, transfer to a plate lined with kitchen paper. Reserve the pan (wipe it clean).



4. Make sauce

Return the pan to a medium heat with another drizzle of **oil**. Add the **garlic** and fry for 1 min. Add the **chicken stock** and **cooking cream** and bring to a simmer. Simmer for 5 min.



5. Finish sauce

After 5 min, add the **spinach** to the **cream** sauce. Simmer for 3 min further until the sauce has thickened nicely and the **spinach** has wilted. Add a squeeze of **lemon** juice and season with salt and **pepper** to taste.



6. Serve

Return the cooked **chicken** to the pan and warm through. Divide among plates and finish with a crack of **black pepper**.

Cajun Fish with Cheesy Peppers
and Cucumber Corn Salsa

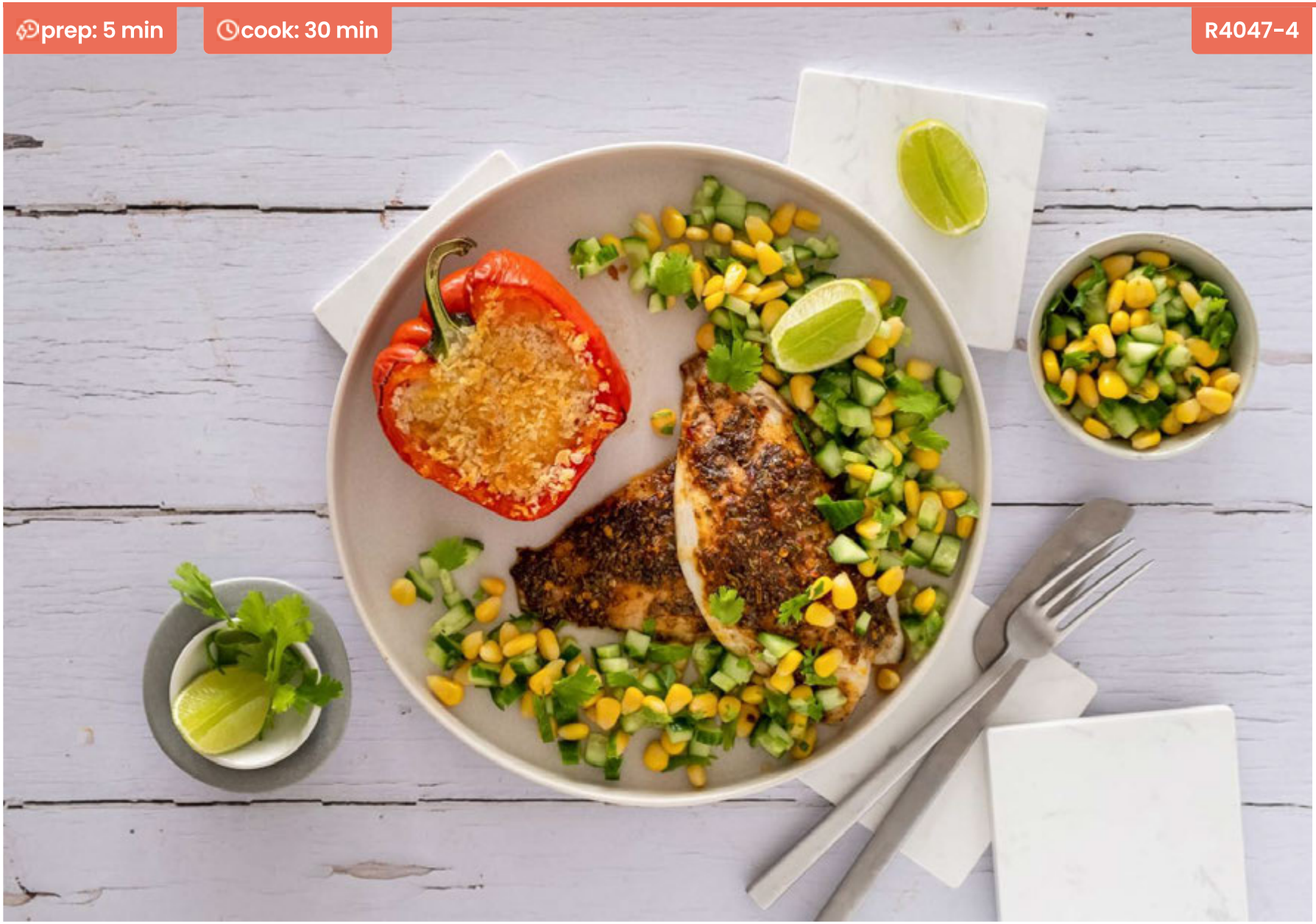
No pans or pots needed! You'll just be using an oven tray to cook the stuffed peppers, and the spicy, smoky Cajun fish.

hello chef

540 calories | 53 protein | 32 carbs | 27 fat

Low Carb | Quick Prep | Calorie Smart

prep: 5 min | cook: 30 min | R4047-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2258 / 540
Fats (g)	26.6
of which saturated (g)	15.5
Carbohydrates (g)	32
of which sugars (g)	10.6
Fibers (g)	5.9
Proteins (g)	53.4
Salt (g)	1.9

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What You'll Need

Oven

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fish	
Seabream 6*	660 Grams
Smoked paprika powder	4 Grams
Chilli flakes	4 Grams
Garlic onion powder	8 Grams
Dried oregano	4 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Olive oil	2 Tbsp

Cheesy peppers	
Red pepper	2 Piece
Olive oil	2 Tbsp
Jalapeno slices	60 Grams
Cream cheese 4*	160 Grams
Grated orange cheddar 4*	120 Grams
Panko bread crumbs 10*,11*,12*	20 Grams
Vegetable oil	2 Tbsp

Cucumbers	
Cucumber	2 Piece
Sweet corn kernels	244 Grams
Fresh coriander	15 Grams
Lime	2 Piece

Allergens: *6 Fish, *4 Milk, *10 Wheat, *11 Gluten, *12 Lupin

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1. Bake peppers

- Preheat the oven to 200°C/ 180°C fan.
- Slice the **peppers** in half lengthwise, leaving their stems in place. Deseed them.
- Place the **peppers** onto a lined baking tray and drizzle with **oil**.
- Bake for 10 min.



2. Season fish

- Meanwhile, in a large bowl, combine the **smoked paprika**, **chilli flakes** (spicy!), **garlic onion powder**, **oregano**, a pinch of **salt** and **pepper** and a generous drizzle of **oil**.
- Mix into a thick paste.
- Transfer the **seabream fillets** to a plate skin side down, and divide the spice paste on the **seabream fillets**.
- Set aside.

Tip! Can't handle the heat? Go easy on the chilli flakes.



3. Prep stuffing

- Finely chop the **jalapeno slices**.
- In a small bowl, combine the chopped **jalapeno** and the **cream cheese**.
- Mix well and set aside.



4. Bake fish

- Once the **peppers** have baked for 10 min, spoon the **jalapeno cream cheese** stuffing into the **pepper halves**.
- Divide the **grated cheddar** on top and finally sprinkle with the **panko bread crumbs**. Drizzle with **oil**.
- Add the marinated **seabream fillets** onto the tray alongside the **peppers**.
- Bake for 15 min further or until the fish is cooked through and the **stuffed pepper** tops are crispy and golden.

Tip! A drizzle of vegetable oil helps the bread crumbs to crisp up nicely.



5. Prep salsa

- Meanwhile, chop the **cucumber** to small cubes.
- Drain the **sweet corn**.
- Pick the **coriander** leaves and roughly chop them.
- In a large bowl, combine the **cucumber**, **sweet corn** and **coriander**.
- Slice the **lime** in half.
- Add the juice of one **lime** half to the bowl and toss.
- Slice the remaining **lime** into wedges.

Tip! For a slightly drier salsa, halve the cucumbers lengthwise. Scoop out and discard the watery core, using a small spoon.



6. Serve

- Serve the **Cajun Fish** with the **Cheesy Peppers** and the **Cucumber Corn Salsa**.
- Garnish with the remaining **lime wedges**.

Tip! Cooking the seasoned fish fillets in the oven results in an evenly cooked, flaky and flavourful fish.

Loaded Tex-Mex Sweet Potatoes

with Beef Chilli, Sour Cream and Salsa

This spin on the classic jacket potato is loaded with Tex-Mex flavours!

1115 calories | 67 protein | 119 carbs | 42 fat

Low Carb

cook: 30 min

R3144-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4666 / 1115
Fats (g)	41.9
of which saturated (g)	24.6
Carbohydrates (g)	119
of which sugars (g)	26.9
Fibers (g)	21.7
Proteins (g)	66.7
Salt (g)	3.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Loaded Sweet Potatoes	
Lean beef mince	700 Grams
Sweet potatoes	1600 Grams
Red onion	2 Piece
Black beans	480 Grams
Black pepper	1 Tsp
Garlic cloves	4 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Tomato passata	400 Grams
Fajita seasoning	20 Grams
Chipotle powder	2 Grams
Grated orange cheddar 4*	120 Grams
Grated mozzarella 4*	120 Grams

Toppings	
Fresh chives	15 Grams
Sour cream 4*	120 Grams
Mild tomato salsa	200 Grams
Lime	2 Piece

Allergens: *4 Milk

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1. Bake sweet potatoes

Preheat the oven to 220°C/ 200°C fan. Slice the **sweet potatoes** into rounds. Place them, cut-side down, onto an oiled, lined baking tray. Bake for 20-25 min until soft and cooked through.

Tip! To check if your sweet potatoes are fully cooked, stab them with a fork! If it's easy to push through, the potato is ready



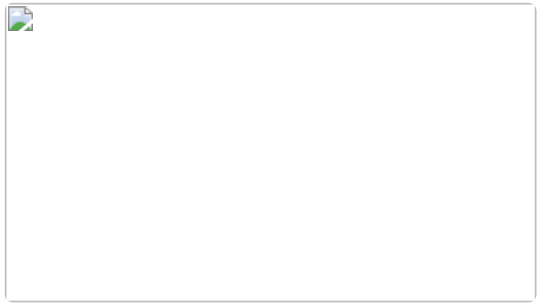
2. Prep

Meanwhile, finely chop the **onion**. Drain and rinse the **black beans**. Peel and mince the **garlic**. Finely chop the coriander.



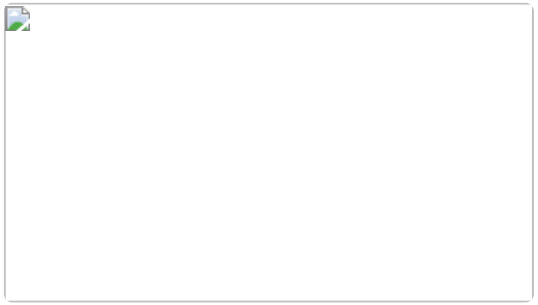
3. Make beef filling

Meanwhile, heat a large non-stick pan over a medium heat with a drizzle of **oil**. Once hot, add the **onion** and **beef mince** with a pinch of **salt** and cook for 5 min. Add the **black beans**, **garlic**, **tomato passata**, **fajita seasoning** and a pinch of **chipotle powder (spicy!)** and cook for 3 min. Season with **salt** and **pepper**.



4. Make loaded potatoes

Once the **sweet potatoes** are cooked, turn them over on the tray and sprinkle with half of the **grated cheeses**. Top with the **beef** mixture and finally sprinkle with the rest of the **cheeses**. Bake for 5-7 min until the **cheese** is melted.



5. Serve

Top the loaded **sweet potatoes** with the **sour cream**, chopped **chives**, **tomato salsa** and a squeeze of **lime juice**.

Chicken Ramen

with Soft Boiled Egg and Sweetcorn

Whilst time is traditionally the most important ingredient in ramen, in this recipe we've tried our best to speed things up!

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631 calories | 57 protein | 57 carbs | 20 fat

Chef's choice | Family Friendly

cook: 30 min

R3493-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2669 / 631
Fats (g)	20.1
of which saturated (g)	4
Carbohydrates (g)	57
of which sugars (g)	6
Fibers (g)	7.1
Proteins (g)	57.1
Salt (g)	3.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Curry powder	4 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp

Broth	
Organic Eggs 5*	4 Piece
Egg noodles 5*,10*,11*	200 Grams
Snow peas	200 Grams
Ginger	45 Grams
Garlic cloves	4 Piece
Fresh baby corn	225 Grams
Onion powder	4 Grams
Water	1000 ML
Chicken jus 15*	300 ML
Soy sauce 9*,10*,11*	20 ML
Sambal oelek	30 Grams
Miso paste 9*	40 Grams

To serve	
Lime	2 Piece
Spring onion	80 Grams
Black sesame seeds 3*	15 Grams
Sesame oil 3*,9*	30 ML

Allergens: *5 Eggs, *10 Wheat, *11 Gluten, *15 Celery, *9 Soya, *3 Sesame Seeds

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1. Boil

Bring a pot of salted water to the boil. Once boiling, add the **eggs** and cook for 3 min. After 3 min, add the **noodles** and **snow peas** and cook for 3 min further or until tender. Once tender, drain the **noodles**, **snow peas** and **eggs** and run under cold water. Remove the **eggs** and set aside so they don't stick to the **noodles**.



2. Fry chicken

Meanwhile, slice each **chicken breast** in half as if you were cutting a burger bun, so you are left with two escalopes. Sprinkle the **chicken** with **curry powder** and **salt**. Heat a drizzle of **oil** in a large pan over a medium-high heat. Once hot, fry the **chicken** for 3-5 min on each side until golden and cooked through.



3. Prep

Meanwhile, peel and finely grate the **ginger** (tip: use a spoon to peel the **ginger**). Peel and mince the **garlic**. Halve the **baby corn**, lengthways.



4. Make broth

Once cooked, transfer the **chicken** to a plate and return the pan to a medium heat. Using a spatula, loosen any sticky bits from the bottom of the pan. Add another drizzle of **oil** along with the **garlic**, **ginger**, **baby corn** and **onion powder**. Fry for 1 min. Add the **measured water**, **chicken jus**, **soy sauce** and **sambal oelek** (spicy!). Simmer for 4-5 min.



5. Prep toppings

Meanwhile, finely slice the **chicken breast**. Add any meat juices from the plate to the broth. Peel the **eggs** and slice them in half. Slice the **lime** into wedges. Trim and finely slice the **spring onions**.



6. Serve

Once ready, add the **miso paste** to the broth and whisk. Add the **noodles** and **snow peas** and cook for 1 min further. Squeeze the juice of half of the **limes** into the broth. Ladle the broth into bowls and top with the sliced **chicken** and **eggs**. Garnish with the **spring onion**, **sesame seeds** and the remaining **lime** wedges. Drizzle with the **sesame oil**.

Cheat's Chicken Kiev

with Crushed Potatoes and Green Beans

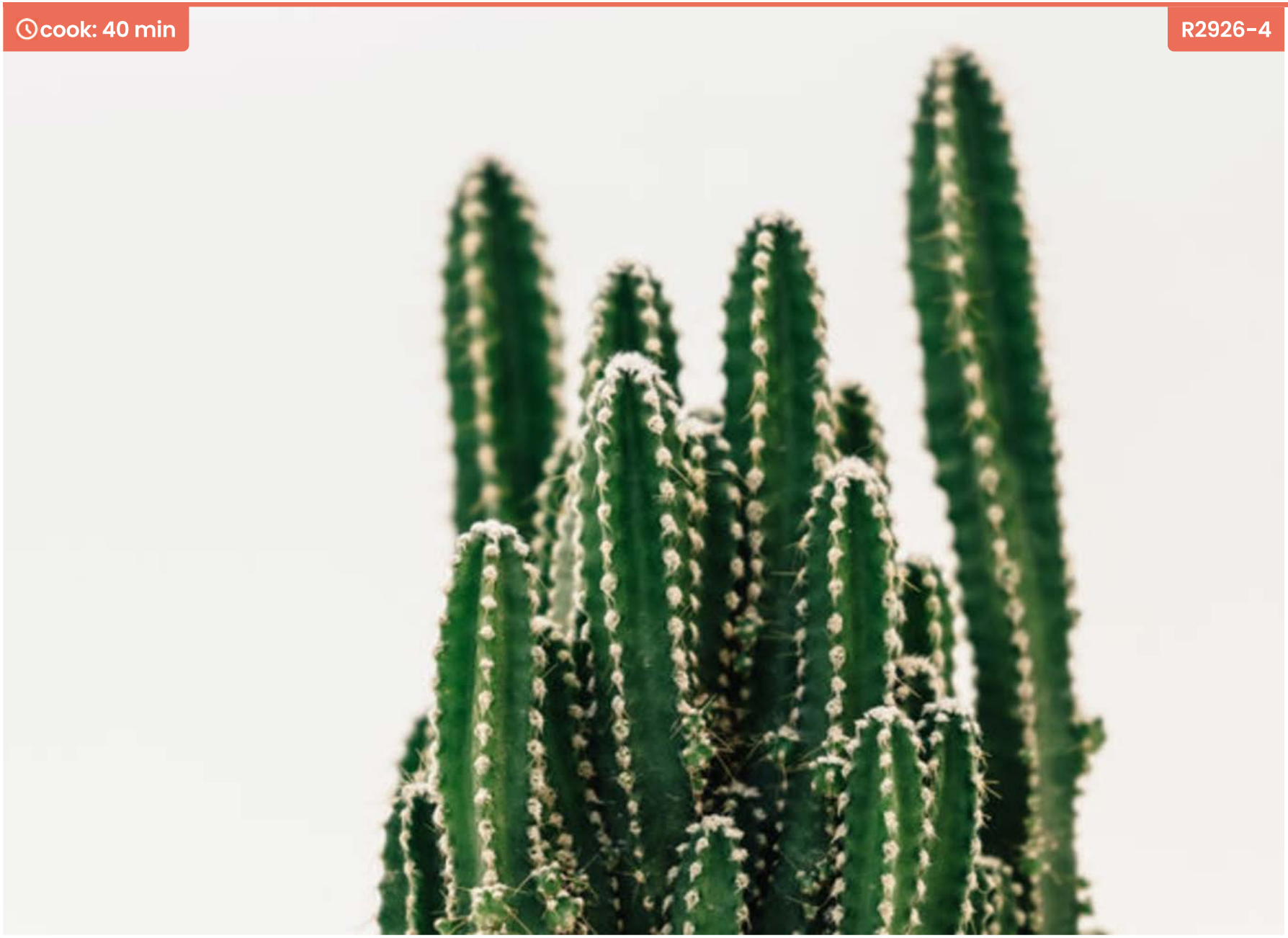
Instead of stuffing chicken breasts with garlic butter, you'll be drizzling them with it!

hello chef

792 calories | 56 protein | 31 carbs | 49 fat

cook: 40 min

R2926-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3292 / 792
Fats (g)	48.6
of which saturated (g)	29.5
Carbohydrates (g)	31
of which sugars (g)	4.7
Fibers (g)	4.2
Proteins (g)	56.3
Salt (g)	1.3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Kiev	
Chicken breast	600 Grams
Organic Eggs 5*	2 Pieces
Panko bread crumbs 10*,11*,12*	180 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Vegetable oil	4 Tbsp

Butter	
Garlic cloves	6 Pieces
Fresh parsley	30 Grams
Butter 4*	200 Grams

Sides	
Green beans	500 Grams

Allergens: *5 Eggs, *10 Wheat, *11 Gluten, *12 Lupin, *4 Milk

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1. Prep vegetables

Preheat the oven to 200°C/180°C fan. Trim the **green beans**. Peel and finely chop the **garlic**. Finely chop the **parsley**. Rinse and halve the potatoes.



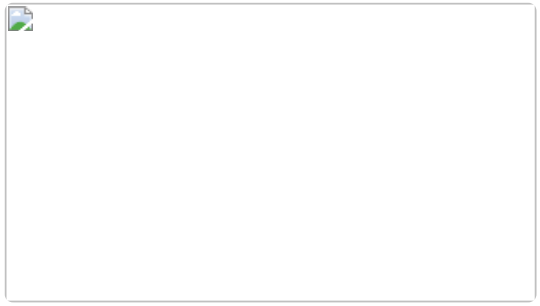
2. Boil potatoes

Add the potatoes to a large pot of water with a generous pinch of **salt**. Bring to a boil over a high heat and cook for 15-20 min until soft. Once soft, drain the potatoes and return them to the pan. Crush gently with a fork.



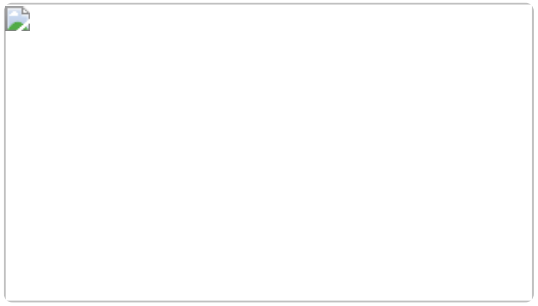
3. Bread chicken

Meanwhile, add the flour, **eggs** and **panko** breadcrumbs to three separate bowls. Beat the **eggs**. Season the flour with **salt** and **pepper**. Pat the **chicken breasts** dry and turn them in the seasoned flour, then dip them in the beaten **eggs** and finally coat them in the **panko bread crumbs**.



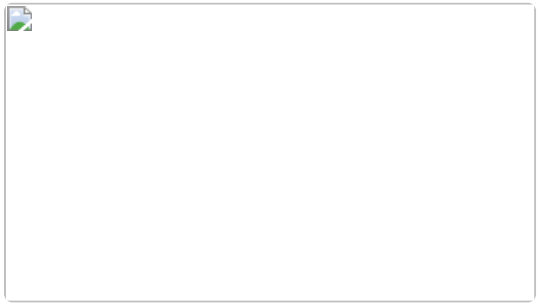
4. Fry chicken

Heat a non-stick pan over a medium heat with a drizzle of **vegetable oil**. Once hot, add the breaded **chicken breasts** and cook for 5-6 min on each side until golden. If the surface starts to brown too quickly, reduce the heat to low. (Option: you can finish cooking the **chicken** in the oven for 10 min.)



5. Boil green beans

Meanwhile, add the **green beans** to a pot with a pinch of **salt** and cover with boiling water. Cook the **beans** over a medium heat for 5 min until tender. Drain.



6. Make garlic butter

Meanwhile, heat a second pot or pan over a low heat with the **butter** and chopped **garlic**. Once melted, simmer for 1 min. Add the chopped **parsley** and cook for 1 min further. Serve the breaded **chicken** alongside the crushed potatoes and **green beans**. Drizzle everything with the **garlic butter**.

French Onion Chicken Bake

with Mashed Potatoes and Green Beans

This one takes inspiration from French onion soup!

hello chef

689 calories | 72 protein | 64 carbs | 16 fat

Global Eats

cook: 45 min

R3782-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2883 / 689
Fats (g)	16.4
of which saturated (g)	9.2
Carbohydrates (g)	64
of which sugars (g)	18.3
Fibers (g)	13.7
Proteins (g)	71.8
Salt (g)	3.9

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Oven
- Potato masher

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Water	300 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Chilli flakes	4 Grams
Dried oregano	4 Grams
Garlic powder	4 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Parmesan 4*	60 Grams
Grated mozzarella 4*	120 Grams

Caramelised onion	
Brown onion	4 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp

Sides	
Potatoes	1200 Grams
Whole milk 4*	200 ML
Salt	1 Tsp
Black pepper	1 Tsp
Green beans	375 Grams
Vegetable oil	2 Tbsp

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Make mash

- Preheat the oven to 200°C/180°C fan.
- Bring a pot of salted water to the boil.
- Peel and chop the **potatoes** into bite-sized pieces.
- Once the water is boiling, add the **potatoes**.
- Cook over medium heat for 20 min or until soft.
- Once soft, drain the **potatoes**.
- Return them to the pan.
- Mash until smooth, gradually adding the **milk** until it reaches your desired consistency.
- Season with **salt** and **pepper**.
- Cover and set aside.



2. Caramelise onions

- Meanwhile, peel and finely slice the **onion**.
- Heat a large pan over a medium-heat with a drizzle of **oil**.
- Once hot, add the **onion** with a pinch of **salt**.
- Fry for 5 min until lightly browned.
- Reduce the heat to medium.
- Fry, stirring occasionally, for 10 min further or until the **onions** have fully softened and caramelised.

Tip! Taking your time in browning the onions will ensure they are soft, brown and naturally sweet.



3. Prep chicken

- Meanwhile, boil the **measured water** and dissolve the 1 **chicken stock cube** in it.
- Set the **chicken stock** aside.
- Place the **chicken breast** in a baking dish and sprinkle with the **chilli flakes (spicy!)**, **oregano** and the **garlic powder**.
- Season with **salt** and **pepper**.
- Grate the **Parmesan**.

Tip! Sensitive to spice? Go easy on the chilli flakes.



4. Bake chicken

- Divide the **caramelised onions** among the **chicken breasts**.
- Reserve the pan.
- Pour the **chicken stock** into the baking dish.
- Top the **chicken** with the **grated Parmesan** and **mozzarella**.
- Bake for 15-20 min or until the **chicken** is cooked through and the **cheese** is golden.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready!



5. Fry green beans

- Meanwhile, trim the **green beans**.
- Return the reserved pan to a medium-high heat with a drizzle of **oil**.
- Once hot, add the **green beans** with a pinch of **salt**.
- Fry for 5 min.
- Remove from the heat.
- Season with **pepper**.



6. Serve

- Serve the **French Onion Chicken** Bake with **Mashed Potato** and **Green Beans** alongside.
- Drizzle the **chicken** with any leftover **chicken stock** from the baking dish.

Parmesan Chicken Nuggets

with Potato Cubes and Slaw

Breading chicken is super easy in this recipe which simply leaves the breadcrumbs out!

hellochef

893 calories | 73 protein | 76 carbs | 25 fat

Family Friendly

cook: 35 min

R2534-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3728 / 893
Fats (g)	24.8
of which saturated (g)	10
Carbohydrates (g)	76
of which sugars (g)	18.6
Fibers (g)	16.1
Proteins (g)	72.6
Salt (g)	1.5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Nuggets	
Chicken breast	600 Grams
Grana padano 4*,5*	120 Grams
Plain flour 10*,11*	50 Grams
Salt	1 Tsp
Organic Eggs 5*	2 Piece
Vegetable oil	4 Tbsp

Potato cubes	
Potatoes	1200 Grams
Vegetable oil	2 Tbsp
Salt	2 Tsp
Smoked paprika powder	4 Grams

Slaw	
White cabbage	600 Grams
Carrot	2 Piece
Green apple	2 Piece
Mayonnaise 5*,9*,13*	100 Grams
White vinegar	30 ML
Salt	0.5 Tsp

Allergens: *4 Milk, *5 Eggs, *10 Wheat, *11 Gluten, *9 Soya, *13 Mustard

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1. Bake potatoes

Preheat the oven to 200°C/180°C fan. Chop the **potatoes** (skins on) into cubes. Add the **potatoes** to a large baking tray with a drizzle of **vegetable oil** and a generous pinch of **salt**. Toss the **potatoes** in the **oil** until they are fully coated. Roast in the oven for 25-30 min or until starting to turn golden and crisp. Once crisp, sprinkle with the **smoked paprika**.



2. Prep ingredients

Meanwhile, chop the **chicken breast** into nuggets. Slice or shred the **white cabbage** as finely as possible. Peel and grate the **carrot**. Trim and finely slice the **apple** into matchsticks.



3. 'Bread' chicken

In a bowl, combine the **Grana Padano**, all purpose **flour** and a pinch of **salt**. Add the **eggs** to a separate bowl and whisk. Dip the **chicken nuggets** in the whisked **eggs**, then coat them in the cheesy **flour**.



4. Fry chicken

Heat a non-stick pan over a medium heat with a drizzle of **oil**. Once hot, add the coated **chicken nuggets** and fry them for 5-6 min on each side until golden and cooked through. If the surface starts to brown too quickly, reduce the heat to low. Try not to move the **nuggets** around too much.



5. Assemble slaw

Meanwhile, mix the **mayonnaise**, **white vinegar** and a pinch of **salt** in a large bowl. Add the shredded **cabbage**, grated **carrot** and **apple**. Give everything a good mix up.



6. Serve

Serve the **chicken nuggets** with the **potatoes** and **slaw** to the side.

Cambodian Salmon and Spinach Curry

with Jasmine Rice

This creamy, aromatic salmon curry is inspired by 'Amok', a traditional Cambodian fish stew.

hello chef

800 calories | 52 protein | 96 carbs | 29 fat

Global Eats

cook: 30 min

R2972-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3346 / 800
Fats (g)	29.4
of which saturated (g)	13.6
Carbohydrates (g)	96
of which sugars (g)	7.7
Fibers (g)	9.3
Proteins (g)	51.6
Salt (g)	2.1

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Rolling pin

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Salmon cubes 6*	700 Grams
Shallots	2 Piece
Ginger	60 Grams
Lemongrass	2 Piece
Green beans	250 Grams
Spinach	200 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Turmeric powder	4 Grams
Coconut milk	400 ML
Water	100 ML
Fish sauce 6*,10*	20 ML
Sambal oelek	30 Grams
Lime	2 Piece

Rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML

Allergens: *6 Fish, *10 Wheat

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1. Prep

- Peel and finely slice the **shallots**.
- Peel and finely chop (or grate) the **ginger**.
- Bash the **lemongrass** with a rolling pin.
- Slice it down the middle length-ways.
- Remove the tough outer layers and chop the soft inner core finely.
- Trim and roughly chop the **green beans**.

Tip! In French, 'Mise en place' means 'putting in place'. When cooking, it refers to the prepping and chopping of ingredients in advance. In our experience it helps unnecessary flapping when things get hot in the kitchen!



2. Boil rice

- Rinse the **jasmine rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pan with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pan from heat.
- Keep covered until serving.



3. Prep spinach

- Meanwhile, boil a kettle.
- Trim the **spinach** and place it in a colander.
- Pour the freshly boiled water from the kettle over it.
- Once the **spinach** is cool enough to handle, give it a good squeeze.
- Chop it roughly.



4. Fry salmon

- Heat a large pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **salmon cubes** and a pinch of **salt**.
- Cook for 4 min on either side until cooked through.
- Transfer the **salmon** to a plate.
- Reserve the pan.



5. Simmer

- Return the pan to a medium-low heat with another drizzle of **oil**.
- Once hot, add the **shallots**.
- Cook for 3 min or until softened.
- Once softened, add the **ginger**, **lemongrass** and **turmeric**.
- Cook for 1 min.
- Add the **coconut milk**, **water**, **fish sauce** and **sambal oelek (spicy!)** and **green beans**.
- Simmer for 8-10 min.



6. Serve

- Gently fold the wilted **spinach** and **salmon** into the **curry**.
- Cook for 1 final min.
- Serve the **Cambodian Salmon and Spinach Curry** with **Jasmine Rice**.
- Garnish with a squeeze of fresh **lime** juice.

Persian Beef, Herb and Kidney Bean Stew

with Rice and Cucumber Radish Salad

Inspired by Iran's national dish, Ghormeh Sabzi; this stew has an intoxicating aroma and flavour from braised spinach, herbs, fenugreek, and dried lemon.

hello chef

791 calories | 51 protein | 107 carbs | 16 fat

Global Eats

cook: 45 min

R4165-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3312 / 791
Fats (g)	15.8
of which saturated (g)	6.2
Carbohydrates (g)	107
of which sugars (g)	12.6
Fibers (g)	14.1
Proteins (g)	50.5
Salt (g)	1.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stew	
Pulled beef	400 Grams
Dried lemon	3 Piece
Spinach	200 Grams
Fresh parsley	30 Grams
Fresh coriander	30 Grams
Red onion	2 Piece
Spring onion	80 Grams
Olive oil	4 Tbsp
Salt	0.5 Tsp
Turmeric powder	4 Grams
Dried mint	4 Grams
Fenugreek leaves	4 Grams
Red kidney beans	480 Grams
Vegetable stock cube [15*]	2 Piece
Water	600 ML
Corn starch	15 Grams

Rice	
Long grain rice	300 Grams
Salt	1 Tsp
Water	600 ML

Salad	
Cucumber	2 Piece
Red radish	125 Grams
Fresh mint	10 Grams
Lime	2 Piece
Salt	0.5 Tsp
Olive oil	1 Tbsp

To serve	
Natural yogurt [4*]	340 Grams

Allergens: *15 Celery, *4 Milk

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1. Prep dried lemon

Rinse the **dried lemons**. With one hand, hold tightly and using a fork, gently pierce holes through the hard shell several times all the way around.

Tip! Piercing the dried lemons will help them soften and infuse their flavour better while braising in the stew.



2. Prep herbs

Pick the **spinach leaves**, discarding the woody stalks and ends. Gather the **spinach leaves**, **fresh parsley**, and **fresh coriander** (stems included) in a tight bunch, and chop as finely as possible. Peel and finely chop the **red onion**. Trim and finely chop the **spring onion**.



3. Make stew

Drain and rinse the **kidney beans**. Heat a large pot over medium-high heat with **olive oil**. Add the chopped **herbs** and **onions** with a pinch of **salt**. Fry for 8-10 min until they have greatly reduced in volume and turned into a dark green colour. Add the **turmeric**, **dried lemon**, **dried mint**, and **fenugreek**, and fry for 1-2 min further. Add the **pulled beef**, **kidney beans**, **stock cube**, and the **measured water**. Cover and simmer on medium heat for 20-25 min.

Tip! Prefer a thicker stew? Use Tip #6!



4. Cook rice

Meanwhile, rinse and drain the **rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 12-14 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pot from the heat and keep covered until serving.



5. Make salad

Slice the **cucumber** into small bite-sized pieces. Trim the **radish** ends and thinly slice into half moons. Pick the **mint leaves**. Slice the **lime** in half. In a bowl, mix the **cucumber**, **radish**, **mint**, a squeeze of **lime** juice, a pinch of **salt**, and a drizzle of **olive oil**. Toss to combine.



6. Serve

Finish the **stew** with a squeeze of **lime**. Divide the **rice** and **stew** amongst bowls and serve with the **yogurt** and **salad** alongside.

Tip! If the stew is too watery to your liking, make a cornstarch slurry, and add it towards the end of cooking. Mix 1 tsp of cornstarch and 4 Tbsp of cold water in a small bowl until lump free. Add the slurry to the stew and cook on high for 1 min until the sauce thickens.

Sweet Potato and Lentil Roast

with Mushroom Gravy

Make a dinner statement with this beautiful vegan roast. Packed with warm flavours and hearty vegetables, it's bound to impress!

helló chef

908 calories | 25 protein | 117 carbs | 42 fat

cook: 60 min

R4247-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3801 / 908
Fats (g)	41.9
of which saturated (g)	16.4
Carbohydrates (g)	117
of which sugars (g)	36.2
Fibers (g)	20.6
Proteins (g)	25.3
Salt (g)	0.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Oven
- Food processor

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04-825-44-00
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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Lentil loaf	
Brown lentils	200 Grams
Fresh thyme	10 Grams
Sweet potatoes	800 Grams
Red onion	2 Piece
Olive oil	2 Tbsp
Paprika powder	4 Grams
Garlic powder	4 Grams
Vegetable seasoning 2*,10*,11*,13*	10 Grams
Water	200 ML
Fresh sage	15 Grams
Pecan nuts 2*	80 Grams
Panko bread crumbs 10*,11*,12*	60 Grams
Salt	1 Tsp
Black pepper	0.5 Tsp
Pomegranate	1 Piece

Gravy	
Mushroom	500 Grams
Mushroom stock cube	1 Piece
Onion marmalade	56 Grams
Plant based cream	250 ML
Water	300 ML

Allergens: *2 Tree Nuts, *10 Wheat, *11 Gluten, *13 Mustard, *12 Lupin

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1. Prep

- Preheat the oven to 220°C/200°C fan.
- Rinse the **lentils**.
- Bring a small pot of salted water to a boil over a high heat.
- Once boiling, add the **lentils** and cover.
- Cook on medium heat for 13-15 min until they are cooked through.
- Drain and set aside.



2. Fry vegetables

- Strip the **thyme** leaves.
- Peel and chop the **sweet potatoes** into small bite-sized pieces.
- Peel and finely chop the **onions**.
- Heat a large pan over a medium-high heat with a drizzle of **olive oil**.
- Once hot, add the **onions**, **sweet potatoes**, **paprika powder**, **garlic powder**, **vegetable seasoning**. Cook for 2-3 min.
- Add half the **thyme** leaves, (reserving the rest for the **mushroom sauce**) and the **measured water**.
- Cover with a lid. Cook for 8-10 min until the **sweet potatoes** have softened.



3. Mix lentil loaf

- Chop half the **sage** leaves.
- To a food processor, add the **pecan** and **panko**.
- Pulse the mixture until finely chopped.
- Add the cooked **sweet potatoes**, **lentils**, and half the **sage** leaves.
- Pulse the mixture 6-8 times until they're mostly mashed, with some chunks remaining.
- Transfer to a large mixing bowl.
- Mix in a good drizzle of **olive oil**.

Tip! No food processor? Use a knife to finely chop the pecans, and mash the potatoes and lentils using a fork!



4. Bake lentil loaf

- Line a baking tray with parchment paper.
- Scoop the mixture onto the tray.
- Form the **lentil loafs** into approx 9-10cm long rectangular shapes onto the baking tray.
- Drizzle with **olive oil**.
- Roast for 20-25 min until browned and crispy on the edges.

Tip! For the 3 and 4 ppl boxes, divide the mixture into individual loafs and bake them on another tray. Alternatively, bake the mixture into one long loaf and serve it family style. Just add 5-8 more min of baking time.



5. Make gravy

- Meanwhile, clean the **mushrooms** with a cloth, knife or brush (don't wash them with water).
- Finely slice the **mushrooms**.
- Heat a pan over a medium-high heat with a drizzle of **oil**.
- Add the remaining **sage** and fry until crispy.
- Set aside.
- To the same pan, add the **mushrooms** with a pinch of **salt**.
- Fry for 6-7 min or until browned.
- Mix in 1 **mushroom stock**, **onion marmalade**, **plant based cream**, reserved **thyme**, and **measured water**.
- Cook until thickened.



6. Serve

- Meanwhile, halve the **pomegranate**, hold each half over a large bowl, seeds facing down.
- Hit the skin with a wooden spoon, squeezing to release the seeds.
- Discard the shell and membrane.
- Slice the **nut loaf** into pieces, and garnish with the **sage** and **pomegranate** kernels.
- Serve the **Sweet Potato and Lentil Roast** with **Mushroom Gravy**.

Caprese Salad with Fresh Mozzarella and Balsamic Glaze

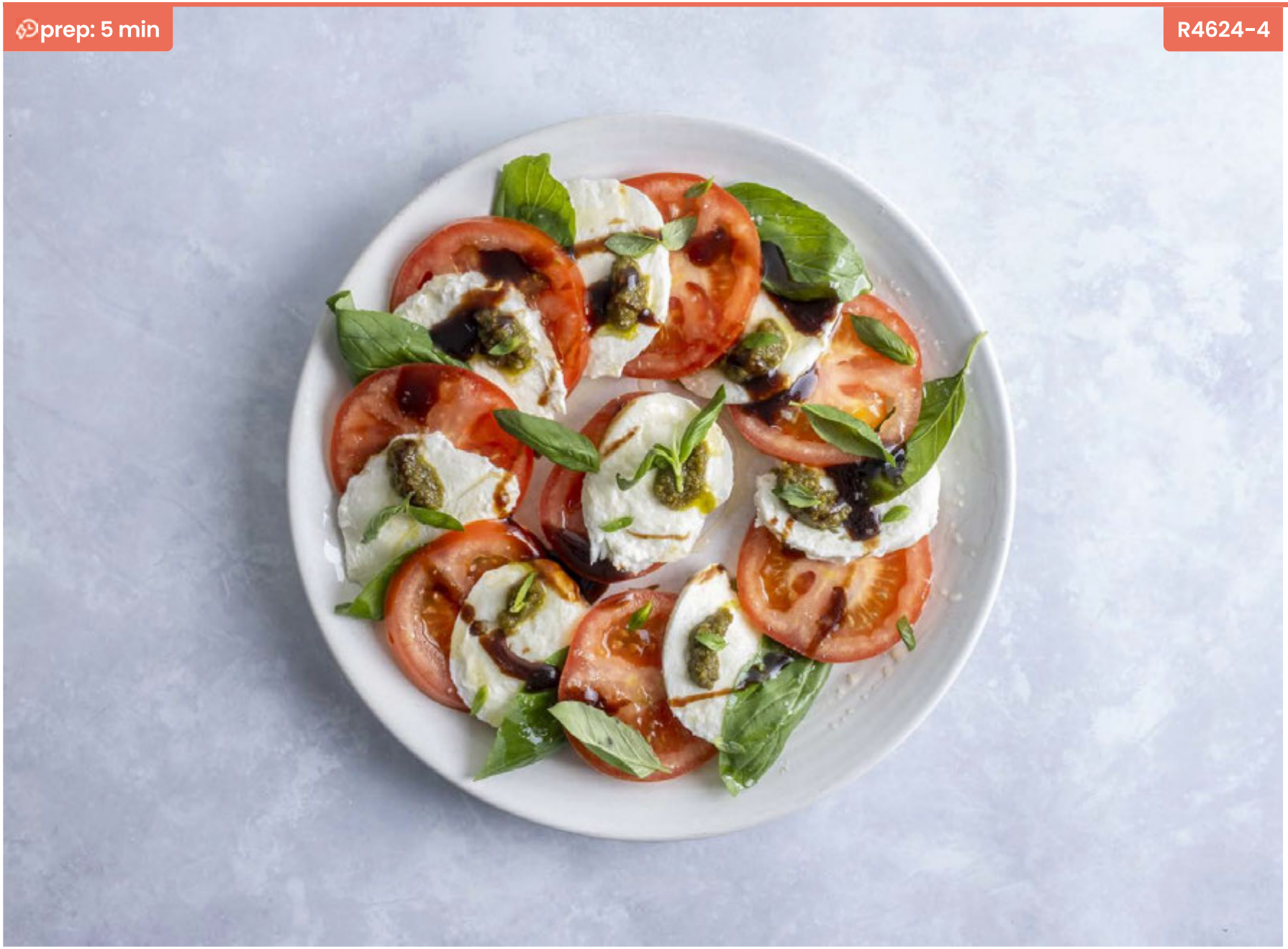
A classic salad that pairs wonderfully well as a side or starter to your favourite Italian meal.

hellochef

282 calories | 16 protein | 8 carbs | 21 fat

prep: 5 min

R4624-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1176 / 282
Fats (g)	20.7
of which saturated (g)	10.8
Carbohydrates (g)	8
of which sugars (g)	5.9
Fibers (g)	1
Proteins (g)	16.3
Salt (g)	0.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 3 servings

Salad	
Mozzarella ball 4*	250 Grams
Tomatoes	2 Piece
Fresh basil	15 Grams
Green pesto 2*,4*	30 Grams
Olive oil	1 Tbsp
Balsamic vinegar glaze 14*	20 ML
Flaky sea salt	2 Grams

Allergens: *4 Milk, *2 Tree Nuts, *14 Sulphur Dioxide

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1. Prep

- Cut each **mozzarella ball** into 4 slices.
- Slice the **tomatoes** into thick rounds.
- Pick the **basil** leaves.



2. Layer

- Arrange the slices of **tomatoes**, **mozzarella**, and **basil** leaves in alternating layers on a dish.



3. Finish

- Dot each slice of **mozzarella** with **green pesto**.
- Drizzle over some **olive oil**, and the **balsamic vinegar glaze**.
- Sprinkle over a pinch of **sea salt**.
- Serve the **Caprese Salad** as a starter or side. Enjoy!

Rib-Eye Steak

Sweet Potato Wedges and Buttered Mushrooms

Chimichurri is a classic Argentinian sauce which is commonly served with steak, isn't cooked and is flavoured with raw herbs and garlic.

hellofresh

852 calories | 61 protein | 67 carbs | 39 fat

Gourmet

cook: 40 min

R4813-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3553 / 852
Fats (g)	38.5
of which saturated (g)	19.4
Carbohydrates (g)	67
of which sugars (g)	13.8
Fibers (g)	11.2
Proteins (g)	61.4
Salt (g)	1.7

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steak & mushrooms	
Fillet steak	1000 Grams
Vegetable oil	4 Tbsp
Salt	1 Tsp
Mushroom	500 Grams
Soy sauce 9*,10*,11*	20 ML
Butter 4*	100 Grams

Sweet potatoes	
Sweet potatoes	1200 Grams
Vegetable oil	4 Tbsp
Salt	1 Tsp
Smoked paprika powder	4 Grams

Chimichurri	
Small red chilli	2 Piece
Fresh coriander	30 Grams
Fresh parsley	30 Grams
Garlic cloves	2 Piece
Water	60 ML
Salt	1 Tsp
Olive oil	8 Tbsp
Red vinegar	45 ML
Dried oregano	4 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *4 Milk

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1. Roast chips

- Preheat the oven to 200°C/180°C fan.
- Slice the **sweet potatoes** (skins on) into **wedges**.
- Add the **wedges** to a large baking tray.
- Drizzle with **vegetable oil** and sprinkle with the **salt**, and **smoked paprika**.
- Roast for 30 min or until golden.



2. Prep chimichurri

- Meanwhile, finely chop the **red chilli (spicy!)**, **coriander** and **parsley**, including the stalks.
- Peel and finely chop the **garlic**.
- Add the lot in a large bowl with the **measured water**, **salt**, **olive oil**, **red vinegar** and **dried oregano**.

Tip! Make the chimichurri a day ahead to allow the flavours to intensify! Or, if preferred, blend into a thick consistency.



3. Fry steak

- Pat the **steaks** dry with kitchen paper.
- Rub them with **oil** and season with **salt**.
- Heat a large pan over a high heat.
- Once very hot, add the **steaks**.
- Fry them for 3 min on each side.
- Transfer the **steaks** to a plate.
- Leave them to rest for 10 min.
- Reserve the pan.



4. Fry mushrooms

- Return the pan to a medium-high heat with a drizzle of **vegetable oil**.
- Once hot, tear the chestnut **mushrooms** into the pan.
- Fry for 5 min until starting to crisp.
- Once starting to crisp, add the **soy sauce** and **butter** and cook for 1 min further.



5. Serve

- Spoon the **mushrooms** over the rested **steaks**.
- Serve the **Steak** with **Chimichurri**, **Sweet Potato Chips** and **Buttered Mushrooms**.
- Serve with the **chimichurri sauce** to the side.

Peri-peri Chicken

with Spicy Rice and Peas

While Peri-peri is in fact a type of chilli, the name has become synonymous with spicy grilled chicken.

hello chef

894 calories | 58 protein | 104 carbs | 32 fat

Tips for Kids

cook: 40 min

R3113-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3735 / 894
Fats (g)	32
of which saturated (g)	10.4
Carbohydrates (g)	104
of which sugars (g)	16.6
Fibers (g)	9.5
Proteins (g)	58.3
Salt (g)	5.2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Peri-peri chicken	
Chicken breast	600 Grams
Garlic onion powder	8 Grams
Red vinegar	30 ML
Smoked paprika powder	4 Grams
Soy sauce 9*,10*,11*	20 ML
Honey	30 Grams
Sriracha sauce	14 Grams
Chipotle powder	2 Grams
Vegetable oil	2 Tbsp
Worcestershire sauce 6*,11*	30 ML

Rice	
Shallots	2 Piece
Red pepper	2 Piece
Vegetable oil	2 Tbsp
Turmeric powder	2 Grams
Chilli flakes	2 Grams
Basmati rice	300 Grams
Chicken stock cube 4*,5*,9*,15*	2 Piece
Water	600 ML
Fresh parsley	30 Grams
Lemon	2 Piece

To serve	
Fresh mint	10 Grams
Butter 4*	50 Grams
Green peas	250 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Mayonnaise 5*,9*,13*	100 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *6 Fish, *4 Milk, *5 Eggs, *15 Celery, *13 Mustard

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1. Marinate chicken

- Pre-heat the grill to high.
- Slice each **chicken breast** in half as if you were cutting a burger bun, so you are left with two thinner **chicken** escalopes.
- In a bowl, combine the **garlic onion powder**, **red vinegar**, **smoked paprika**, **soy sauce**, **honey**, **sriracha** (spicy!), a pinch of **chipotle** (spicy!) and **oil** with the **Worcestershire sauce**.
- Place the **chicken** escalopes into the **marinade** and turn to coat.

Tip! If cooking for kids, keep a portion of the chicken aside and season it only with salt.



2. Prep

- Peel and finely chop the **shallots**.
- Deseed and finely chop the **pepper**.

Tip! If cooking for kids, keep a small portion of the peppers to the side.



3. Start rice

- Heat a pan over a medium heat with a drizzle of **oil**.
- Add the **shallots** and **pepper**.
- Fry for 3 min.
- Add the **turmeric** and a pinch of **chilli flakes** (spicy!).
- Fry for 1 min further.
- Add the **rice**, **stock cube** and **measured water** and bring to a boil.
- Reduce the heat to low.
- Simmer for 10-12 min until the **rice** is cooked.

Tip! If cooking for kids, keep the chilli flakes aside as a garnish to add to your own plate when serving.



4. Grill chicken

- Meanwhile, place the **chicken** onto a lined baking tray.
- Grill for 8-10 min until cooked through.

Tip! If cooking for kids, grill the plain chicken separately on a second baking tray.



5. Make peas

- Meanwhile, pick and finely chop the **parsley** and **mint** leaves.
- Melt the **butter** in a saucepan, then add the **peas**.
- Cook for 2 min.
- Remove from the heat.
- Add half of the chopped **parsley** and all of the **mint**.
- Toss to coat.
- Season with **salt** and **pepper**.

Tip! If cooking for kids, remove a portion of the peas before adding in the herbs and set aside.



6. Serve

- Finish the **spicy rice** with a squeeze of **lemon** juice and the remaining **parsley**.
- Add a spoon of the cooked **marinade** from the tray to the **mayonnaise**.
- Mix the **Peri-peri mayonnaise** well.
- Serve the **Peri-peri Chicken** with **Spicy Rice** and **Peas** with **Peri-peri mayonnaise** to the side.

Tip! If cooking for kids, set aside a portion of the rice before adding the lemon. Serve the rice, plain chicken, peppers, coriander and peas separately. Serve the mayonnaise with any remaining lemon wedges to the side.

Brie and Black Pepper Risotto

with Slow Cooked Grape and Pecan Salad

This delicious creamy risotto is paired with a sharp sweet grapes and rocket salad.

hello chef

833 calories | 27 protein | 116 carbs | 37 fat

Global Eats

cook: 45 min

R3423-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3486 / 833
Fats (g)	37.2
of which saturated (g)	15.7
Carbohydrates (g)	116
of which sugars (g)	28.8
Fibers (g)	7.4
Proteins (g)	26.9
Salt (g)	2.2

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What You'll Need

- Oven
- Box grater
- Pestle & Mortar

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Risotto	
Water	1400 ML
Vegetable stock cube 15*	2 Piece
Brown onion	2 Piece
Garlic cloves	4 Piece
Black peppercorns	10 Grams
Parmesan 4*	60 Grams
Brie 4*	200 Grams
Olive oil	2 Tbsp
Arborio rice	320 Grams

Salad	
Red grapes	400 Grams
Olive oil	2 Tbsp
Balsamic vinegar 14*	30 ML
Salt	1 Tsp
Black pepper	1 Tsp
Honey	30 Grams
Pecan nuts 2*	80 Grams
Rocket	125 Grams

Allergens: *15 Celery, *4 Milk, *14 Sulphur Dioxide, *2 Tree Nuts

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1. Roast grapes

- Preheat the oven to 200°C/180°C fan.
- Pick the **grapes** and add to a baking dish or tray.
- Drizzle with **olive oil** and the **balsamic vinegar**.
- Sprinkle with a pinch of **salt** and **pepper**.
- Roast for 10 min.
- Once the **grapes** have been in the oven for 10 min, drizzle with the **honey**.
- Roast for 5-10 min further.



2. Prep

- Meanwhile, boil the **measured water**.
- Add the **stock cube** and boiled water to a jug.
- Set the **stock** aside.
- Peel and finely chop the **onion**.
- Peel and mince the **garlic**.
- Grind the **peppercorns** in a pestle and mortar.
- Grate the **Parmesan** and chop the **brie** into small pieces.



3. Fry

- Heat a non-stick pan over a medium-low heat with a drizzle of **olive oil**.
- Once hot, add the **onion**.
- Cook for 5 min or until softened.
- Once softened, add the **arborio rice** and **garlic**.
- Cook for 1 min further, stirring to coat the grains in the **oil**.



4. Simmer

- Add 1/3 of the **stock** and stir continuously until it has absorbed.
- Continue to add the **stock**, a little at a time for 20 min or until all the **stock** is absorbed and the **rice** is cooked 'al dente'.
- If you run out of **stock**, add more water.
- Meanwhile, roughly chop the **pecan nuts**.

Tip! The amount of stock you will require, depends on the size of your pan and the heat over which you simmer the risotto. Make sure to adjust the amount accordingly.



5. Season

- Once the **risotto** is cooked, add the **Brie**, **Parmesan** and a large pinch of the **ground pepper (spicy!)** to it.

Tip! Peppercorns can be overwhelming for some palates! Go easy.



6. Serve

- Toss the **rocket**, **pecan nuts** and **grapes** (with any juices from the tray!) in a drizzle of **olive oil** with a pinch of **salt**.
- Serve the **Brie and Black Pepper Risotto** with **Slow Cooked Grape and Pecan Salad** alongside.

Egg Chow Mein

with Bean Sprouts and Pak Choi

A fried noodle dish originating from the Guangdong province in China, this dish has gained popularity worldwide.

hello chef

690 calories | 23 protein | 114 carbs | 16 fat

cook: 30 min

R3749-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2888 / 690
Fats (g)	16.1
of which saturated (g)	3.6
Carbohydrates (g)	114
of which sugars (g)	22.5
Fibers (g)	12.8
Proteins (g)	23.3
Salt (g)	7.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stir-fry	
Wheat noodles 10*,11*	400 Grams
White enoki	200 Grams
Red onion	2 Piece
Spring onion	80 Grams
Carrot	2 Piece
Baby pak choi	6 Piece
Red pepper	2 Piece
Organic Eggs 5*	4 Piece
Salt	1 Tsp
Black pepper	1 Tsp
Vegetable oil	2 Tbsp

Sauce	
Oyster sauce 8*,10*	40 Grams
Brown sugar	10 Grams
Chilli flakes	4 Grams
Ginger garlic paste	20 Grams
Rice vinegar	30 ML
Sweet soy sauce 9*,10*,11*,14*	30 ML

To serve	
Bean sprouts	100 Grams
Sesame oil 3*,9*	30 ML
Sesame seeds 3*	20 Grams

Allergens: *10 Wheat, *11 Gluten, *5 Eggs, *8 Molluscs, *9 Soya, *14 Sulphur Dioxide, *3 Sesame Seeds

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1. Prep veg

Peel and finely slice the **red onion**. Trim and finely slice the **spring onion**. Peel and grate the **carrot**. Trim and roughly chop the **pak choi**. Deseed and finely slice the **red pepper**.



2. Fry enoki

Trim and discard the base of the **enoki mushrooms**. Gently break the bunch apart. Heat a large pan over a medium-high heat with a drizzle of **oil**. Once hot, fry the **enoki** for 2-3 min and transfer onto a plate. Set aside and return the pan to a medium-high heat.



3. Stir-fry

Add another drizzle of **oil** to the pan, once hot, add the **onions** with a pinch of **salt** and fry for 5 min until softened. Move the **onions** to the side of the pan and add the **eggs**. Fry for 1-2 min, scrambling with a spatula as you go. Add the **spring onion** (reserve some for garnish), **carrot**, **pak choi** and **red pepper**. Fry for 3 min further.



4. Make sauce

Meanwhile, in a small bowl, add the **oyster sauce**, **brown sugar**, **chilli flakes (spicy!)**, **ginger garlic paste**, **rice vinegar** and **sweet soy sauce**. Mix well and set aside.

Tip! Sensitive to spice? Go easy on the chilli flakes.



5. Boil noodles

Meanwhile, bring a large pot of salted water to a boil. Add the **wheat noodles** and cook for 3-4 min. Drain well.



6. Serve

Add the **sauce**, **wheat noodles** and **sesame seeds** (reserve some for garnish) to the stir-fry. Toss well and fry for 2 min further. Remove from the heat and add the **bean sprouts**, **sesame oil** and give it a final toss. Divide **chow mein** among bowls, top with the **white enoki**. Garnish with the remaining **spring onion** and **sesame seeds** and serve.

Mie Goreng

with Prawns

Mie Goreng is an Indonesian fried noodle dish coated in a sticky, savoury, sweet sauce.

hellochef

714 calories | 48 protein | 95 carbs | 18 fat

Chef's choice | Family Friendly

cook: 30 min

R3140-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2984 / 714
Fats (g)	17.5
of which saturated (g)	3.5
Carbohydrates (g)	95
of which sugars (g)	22.8
Fibers (g)	10
Proteins (g)	47.5
Salt (g)	8.4

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Noodles	
Jumbo prawns 7*	600 Grams
Egg noodles 5*,10*,11*	300 Grams
Savoy cabbage	450 Grams
Carrot	2 Piece
Garlic cloves	4 Piece
Organic Eggs 5*	4 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Bean sprouts	200 Grams
Sweet soy sauce 9*,10*,11*,14*	40 ML
Soy sauce 9*,10*,11*	60 ML
Oyster sauce 8*,10*	40 Grams
Sesame oil 3*,9*	30 ML
Lime	2 Piece
Large red chilli	2 Piece
Dark soy sauce 9*,10*,11*	40 ML
Ketchup	16 Grams
Sambal oelek	20 Grams

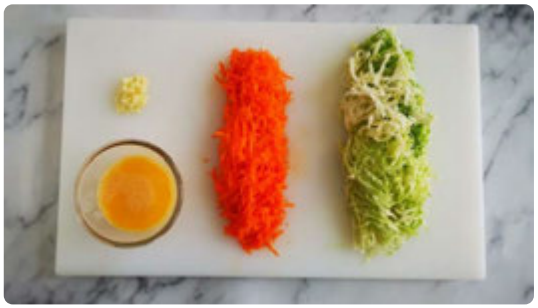
Allergens: *7 Crustaceans, *5 Eggs, *10 Wheat, *11 Gluten, *9 Soya, *14 Sulphur Dioxide, *8 Molluscs, *3 Sesame Seeds

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1. Boil noodles

Bring a pot of salted water to the boil. Once boiling, add the **noodles** and cook for 4 min until tender. Once tender, drain and run under cold water to keep them from sticking together. Set aside.



2. Prep

Shred the **cabbage**. Peel and grate the **carrots**. Peel and mince the **garlic**. Crack the **eggs** into a shallow bowl and whisk. Finely chop the **red chilli**.



3. Fry prawns

Rinse and drain the **prawns**. Pat dry with kitchen paper. Heat a non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **prawns** with a pinch of **salt** and cook for 2-3 min until pink and cooked through. Transfer the **prawns** to a plate. Reserve the pan.



4. Start stir-fry

Return the pan to a medium heat with a drizzle of **oil** and add the **eggs**. Scramble. Add the **carrots**, **cabbage** and **garlic**. Fry for 7 min or until softened. Add the **bean sprouts** and cook for 1 min further.



5. Finish stir-fry

Add the **noodles**, **prawns**, **sweet soy sauce**, **soy sauce**, **dark soy**, **sambal oelek**, **ketchup** and **oyster sauce**. Toss to coat.



6. Serve

Remove the pan from the heat add the **sesame oil**. Slice the **lime** into quarters and squeeze them over the **noodles**. Divide amongst bowls and serve.

Spicy Merguez Sausages
with Sweet Potato Traybake

This one tray wonder might be just the thing you have been craving for! Our signature merguez sausages and the ras el hanout spiced veggies bring together popular flavours from North Africa.

hello chef

1043 calories | 51 protein | 69 carbs | 61 fat

Low Carb

cook: 30 min

R3209-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4365 / 1043
Fats (g)	60.5
of which saturated (g)	10.9
Carbohydrates (g)	69
of which sugars (g)	19.5
Fibers (g)	11
Proteins (g)	50.6
Salt (g)	6.4

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Tray bake	
Merguez sausage	800 Grams
Sweet potatoes	800 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Ras el hanout	10 Grams
Salt	2 Tsp
Olive oil	4 Tbsp
Yellow pepper	2 Piece
Cherry tomatoes	300 Grams
Pomegranate molasses	40 Grams

Garnish	
Fresh parsley	15 Grams
Labneh 4*	400 Grams

Allergens: *4 Milk

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1. Prep

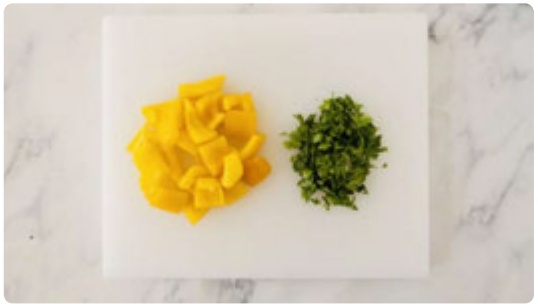
- Preheat the oven to 220°C/ 200°C fan.
- Peel and chop the **sweet potatoes** into bite-sized pieces.
- Peel and slice the **onion** into wedges.
- Peel and mince the **garlic**.
- Place the **sweet potatoes**, **onion** wedges, **garlic**, **ras el hanout**, **salt** and a generous drizzle of **olive oil** onto a lined baking tray.
- Toss until coated. Bake for 20 min.

Tip! Preheating your oven should be the very first thing you do when you start cooking. Depending on your oven, it can take up to 30 minutes to reach the right temperature.



4. Serve

- Serve the **Spicy Merguez Sausages with Sweet Potato Traybake**
- Garnish with the **fresh parsley**. Serve the **labneh** to the side.



2. Prep vegetables

- Meanwhile, deseed and roughly chop the **peppers**.
- Finely chop the **parsley** leaves.

Tip! Parsley is rich in vitamin C and other antioxidants. It is also an excellent source of vitamin A and folate.



3. Bake

- After 15 min, add the **peppers**, **cherry tomatoes**, **pomegranate molasses**, a generous pinch of **salt** and **olive oil** to the tray.
- Top with the **Merguez sausage (spicy!)**.
- Bake for 10-15 min further or until the **vegetables** are nicely roasted and the **sausages** are cooked through.

Tip! North African Merguez sausage is a powerhouse of spicy and earthy flavour, making it one of the tastiest sausages around.

Easy Pea-sy Fish Cakes

with a Light Potato Salad

The classic combination of fish, peas and potatoes but with a new twist.

985 calories | 39 protein | 108 carbs | 48 fat

Family Friendly | Tips for Kids

cook: 40 min

R4372-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4119 / 985
Fats (g)	47.9
of which saturated (g)	11.2
Carbohydrates (g)	108
of which sugars (g)	25.8
Fibers (g)	11.9
Proteins (g)	38.5
Salt (g)	4.2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Oven
- Whisk
- Food processor

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fishcakes	
Cod fillet 6*	400 Grams
Spring onion	80 Grams
Fresh parsley	15 Grams
Lemon	2 Piece
Organic Eggs 5*	2 Piece
Green peas	200 Grams
Vegetable seasoning 2*,10*,11*,13*	10 Grams
Panko bread crumbs 10*,11*,12*	120 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp

Potato salad	
New potatoes	1000 Grams
Red onion	1 Piece
Red grapes	400 Grams
Feta cheese 4*	100 Grams
Fresh dill	15 Grams

Dressing	
Olive oil	12 Tbsp
Red vinegar	60 ML
Dijon mustard 13*	18 Grams
Garlic cloves	2 Piece
Dried mint	4 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp

To serve	
Mayonnaise 5*,9*,13*	200 Grams

Allergens: *6 Fish, *5 Eggs, *2 Tree Nuts, *10 Wheat, *11 Gluten, *13 Mustard, *12 Lupin, *4 Milk, *9 Soya

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1. Prep

Preheat oven to 200°C/180°C fan. Cut the **potatoes** (skin on) into bite-sized pieces. Roughly chop **spring onion** and **parsley**. Grate the **lemon zest**, taking care to avoid its bitter white pith and cut into quarters.



2. Boil potatoes

Bring a pot of salted water to the boil. Boil **potatoes** for 15-18 min or until soft. Drain and set aside to cool.

Tip! If cooking for kids, reserve some plain potatoes, before adding to the salad in Step 5.



3. Make fishcakes

Slice **cod** into smaller chunks. In a food processor, add **cod**, **spring onion**, **parsley**, **egg**, **green peas**, **lemon zest**, **vegetable seasoning**, half the **panko crumbs** (reserving half for coating) and a pinch of **salt** and **pepper**. Blitz or pulse 8-10 times to a course texture.



4. Bake fishcakes

Using clean hands, shape into 16 fishcakes. Lightly coat with reserved **panko crumbs**. Add to a lined baking tray and bake in the oven for 7-9 min.



5. Make dressing

Thinly slice the **onion**. Halve the **grapes**. Cut the **feta** into small cubes. Roughly chop the **dill**. Finely chop the **garlic**. Add to a large bowl with drained **potatoes**. Whisk together **olive oil**, **red vinegar**, **Dijon mustard**, **garlic**, **dried mint**, **salt** and **pepper** and pour over the **potato salad**. Toss to mix.

Tip! If cooking for kids, reserve some feta and grapes before adding the rest to the salad.



6. Serve

Mix together **mayonnaise** and a squeeze of **lemon juice** to taste. Serve **Easy Pea-sy Fishcakes** and **Potato Salad** with a dollop of **mayonnaise**.

Tip! If cooking for kids, serve the fishcakes cut into bite-sized portions. Add the potatoes and feta cheese without dressing. Serve the grapes as a sweet treat.

Smoked Salmon Egg Benedict and Homemade Hollandaise Sauce

with Caper and Rocket Salad

We will teach you how to make a simple yet delicious hollandaise right in the comfort of your own home - breakfast just got a whole lot more delicious!

hellochef

1869 calories | 51 protein | 96 carbs | 147 fat

Family Friendly

cook: 30 min

R4444-4



Nutritional information

	per serving*
Energy (kJ/kcal)	7801 / 1869
Fats (g)	147
of which saturated (g)	60.6
Carbohydrates (g)	96
of which sugars (g)	8.8
Fibers (g)	17.1
Proteins (g)	50.9
Salt (g)	5.4

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Eggs benedict	
Smoked Salmon Slices 6*	100 Grams
Ciabatta 10*,11*	2 Piece
Organic Eggs 5*	4 Piece
Vegetable oil	1 Tbsp
Salt	0.5 Tsp
Black pepper	0.5 Tsp

Hollandaise - 1	
Organic Eggs 5*	1 Piece
Dijon mustard 13*	9 Grams
Lemon	2 Piece
Smoked paprika powder	2 Grams
Butter 4*	150 Grams
Salt	0.25 Tsp
Black pepper	0.5 Tsp

Hollandaise - 2	
Mayonnaise 5*,9*,13*	100 Grams
Sour cream 4*	120 Grams
Dijon mustard 13*	12 Grams

Salad	
Capers	20 Grams
Rocket	20 Grams
Olive oil	2 Tbsp
Black pepper	0.5 Tsp

To serve	
Avocado	1 Piece

Allergens: *6 Fish, *10 Wheat, *11 Gluten, *5 Eggs, *13 Mustard, *4 Milk, *9 Soya

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1. Bake bread

Preheat the oven to 200°C/180°C fan. Slice the **ciabatta** in half and bake in the oven for 10 min or until golden and crispy.



2. Make hollandaise

Melt the **butter** in a small pot or microwavable bowl. Slice the **lemon** into wedges. Separate the **egg** and add the **egg yolk** into a large bowl. Discard the **egg white**. To the **egg yolk**, add the **dijon mustard**, a generous squeeze of **lemon** juice and a pinch of **smoked paprika**. Using a whisk, vigorously whisk until well combined. Add the **melted butter** a tablespoon at a time, ensuring it is fully combined with each addition.

Tip! Don't want to discard the egg white? Use it to make desserts such as meringues, cakes or chocolate mousse.



3. Make salad

Finely chop the **capers**. Add the **capers** and **rocket** into a large bowl with a drizzle of **olive oil**, and **pepper** to taste.



4. Fry eggs

Heat a large pan over a medium-high heat over medium heat with a drizzle of **oil**. Once hot, crack the **eggs** into the pan and fry for 2-4 min or until done to your liking. For a set egg yolk, cover the pan with a lid. Season with **salt** and **pepper** to taste.



5. Prep

Meanwhile, cut the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon and slice into thins. Separate the **smoked salmon slices**.

Tip! Cut and prepare the avocado just before serving to prevent it from turning brown.



6. Serve

Top the **ciabatta** with the **avocado**, **caper and rocket salad**, the **fried eggs**, **smoked salmon slices** followed by a generous serving of the **hollandaise sauce**. Serve any remaining **lemon** wedges alongside.

Redev: Middle Eastern Lamb and Eggplant

–

Ras el hanout is a North African spice mix that traditionally contains cinnamon, cumin, coriander and sometimes even rose petals.

hello chef

1007 calories 63 protein 71 carbs 60 fat

Global Eats

cook: 45 min

R4754-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3869 / 1007
Fats (g)	60.2
of which saturated (g)	17.4
Carbohydrates (g)	71
of which sugars (g)	41.7
Fibers (g)	19.9
Proteins (g)	63.2
Salt (g)	2.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Lamb crumble	
Lamb mince	700 Grams
Shallots	4 Piece
Pine nuts 2*	40 Grams
Olive oil	2 Tbsp
Ras el hanout	10 Grams
Chilli flakes	2 Grams
Brown sugar	10 Grams
Soy sauce 9*,10*,11*	40 ML

Eggplants and garnish	
Eggplant	3 Piece
Vegetable oil	4 Tbsp
Salt	1 Tsp
Fresh mint	10 Grams
Pomegranate	2 Piece

Tahini sauce	
Garlic cloves	2 Piece
Tahini 3*	60 Grams
Mayonnaise 5*,9*,13*	50 Grams
Natural yogurt 4*	340 Grams
White vinegar	30 ML
Water	30 ML
Salt	1 Tsp

Allergens: *2 Tree Nuts, *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds, *5 Eggs, *13 Mustard, *4 Milk

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1. Roast eggplants

Preheat the oven to 200°C/ 180°C fan. Cut the **eggplants** in half, lengthwise. Score them in a criss-cross pattern, around two thirds into the flesh. Place the **eggplants** on a baking tray, skin-side down. Drizzle with a generous lug of **vegetable oil** and season liberally with **salt**. Rub the **salt** and **oil** into the flesh with cleans hands. Roast for 30-35 min.



2. Prep

Meanwhile, peel and finely slice the **shallots**. Roughly chop the **pine nuts**. Chop the **mint** leaves finely. Peel and mince the **garlic**. Halve the **pomegranate**. Hold each **pomegranate** half over a large bowl, seeds facing down and hit the skin with a wooden spoon, squeezing a little to release the seeds. Discard the shell and membrane.



3. Make tahini sauce

Add the crushed **garlic**, **tahini**, **mayonnaise**, **natural yogurt**, **white vinegar**, a splash of cold **water** and a pinch of **salt** to a bowl and whisk until fully combined - this is your **tahini sauce**.



4. Fry lamb

Heat a large pan over a medium heat with a drizzle of **olive oil**. Once hot, add the **lamb mince** and fry for 5-6 min or until browned. Add the **shallots**, **Ras el hanout** and **chilli flakes** (spicy!) and cook for 3 min. Add the **brown sugar** and **soy sauce** and cook for 1 min. Remove the pan from the heat and add the **pine nuts**.



5. Serve

Once ready, pile the **lamb** crumble over the roasted **eggplant** halves. Drizzle with the **tahini sauce** and garnish with **pomegranate** seeds and chopped **mint**.

Bang Bang Chicken Bowl

with Crispy Slaw

Bang Bang is from Chinese cuisine - a sweet, spicy and creamy sauce to coat chicken.

hello chef

576 calories | 49 protein | 35 carbs | 27 fat

Speedy

cook: 25 min

R4574-4



shutterstock.com · 2298156069

Nutritional information

	per serving*
Energy (kJ/kcal)	2408 / 576
Fats (g)	26.8
of which saturated (g)	4.4
Carbohydrates (g)	35
of which sugars (g)	21.4
Fibers (g)	5.5
Proteins (g)	49.3
Salt (g)	2.2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Box grater

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken cubes	800 Grams
Bamboo skewers	12 Piece
Smoked paprika powder	8 Grams
Garlic onion powder	4 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Vegetable oil	2 Tbsp

Bang Bang sauce	
Lime	2 Piece
Mayonnaise 5*,9*,13*	120 Grams
Sweet chilli sauce	80 ML
Sriracha sauce	42 Grams
Honey	30 Grams

Salad	
Red cabbage	200 Grams
Carrot	2 Piece
Cucumber	2 Piece

To serve	
Fresh coriander	30 Grams
Black sesame seeds 3*	10 Grams

Allergens: *5 Eggs, *9 Soya, *13 Mustard, *3 Sesame Seeds

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1. Prep

Add the **chicken cubes** to a large bowl, cutting bigger pieces in half. Soak the **bamboo skewers**.



2. Spice chicken

To the **chicken**, add the **paprika powder**, 1 sachet **garlic onion powder**, **salt** and **pepper**. Mix to coat the **chicken**. Divide the **chicken** between the **skewers**. Set aside until step 4.



3. Salad

Thinly shred the **cabbage**. Peel and thinly slice or grate the **carrot**. De-seed and thinly slice the **red pepper**. Pick the **coriander** leaves. In a large bowl, combine the **cabbage**, **carrot**, **red pepper** and **coriander**, reserving some for garnish. Add the soy **sauce**, rice vinegar, **sesame oil**. Toss to combine and set aside.

Tip! Drain off some of the dressing before serving to avoid a soggy salad.



4. Make sauce

Cut the **lime** in half. In a small bowl, combine the **mayonnaise**, **sweet chilli sauce**, **Sriracha sauce**, **honey** and a squeeze of **lime** juice to taste. This is your **Bang Bang sauce**.



5. Fry chicken

Heat a large frying pan over medium-high heat with a drizzle of **oil**. Fry the **chicken skewers** for 3-4 min on each side, turning often. Baste with the **Bang Bang sauce**, reserving some for serving. Cook for 2-3 min further until the **chicken** is nicely browned and cooked through.



6. Serve

Serve the **Bang Bang Chicken Skewers** alongside the **Asian Slaw**, topped with crushed peanuts and reserved **coriander**. Serve left over **Bang Bang sauce** for dipping.

Chutney Glazed Chicken

with Green Bean Salad and Garlic Bread

Fruit chutney creates a sticky and flavourful glaze for chicken that is perfectly cooked in the oven or on the barbecue.

1014 calories | 77 protein | 59 carbs | 51 fat

Family Friendly

cook: 45 min

R4589-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4245 / 1014
Fats (g)	51.1
of which saturated (g)	20.7
Carbohydrates (g)	59
of which sugars (g)	15
Fibers (g)	6.4
Proteins (g)	76.5
Salt (g)	5.2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

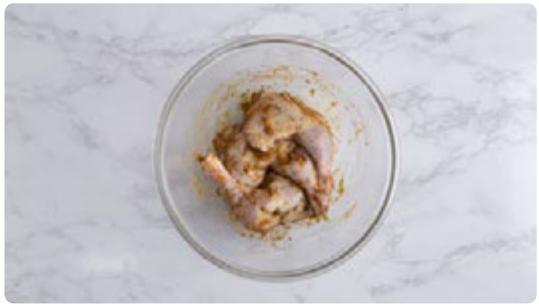
Chicken	
Chicken legs	1000 Grams
Chutney 14*	100 Grams
Olive oil	2 Tbsp
BBQ spice 15*	10 Grams
Coriander cumin powder	8 Grams
Dried thyme	4 Grams
Black pepper	0.5 Tsp

Garlic bread	
Garlic cloves	4 Piece
Fresh parsley	30 Grams
Butter 4*	50 Grams
Ciabatta 10*,11*	3 Piece

Salad	
Green beans	300 Grams
Olive oil	4 Tbsp
Green peas	200 Grams
Fresh mint	20 Grams
White balsamic vinegar 14*	30 ML
Black pepper	0.5 Tsp
Feta cheese 4*	75 Grams

Allergens: *14 Sulphur Dioxide, *15 Celery, *4 Milk, *10 Wheat, *11 Gluten

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1. Marinate meat

- Preheat oven to 220°C/200°C fan.
- Line a large baking tray with baking paper.
- In a large bowl, mix the **chutney**, **olive oil**, **BBQ spice**, **coriander cumin powder**, **dried thyme** and a pinch of **pepper**.
- Add the **chicken** and toss well to coat.

Tip! Marinate up to 24 hours in advance for better flavour absorption!



2. Roast chicken

- Add the **chicken** to the lined baking tray and roast in the oven for 30-35 min until the **chicken** is sticky and cooked through.

Tip! Alternatively, it can be grilled on the barbecue. To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready.



3. Make garlic bread

- Meanwhile, peel and finely chop the **garlic**.
- Pick and finely chop the **parsley leaves**.
- In a small bowl, mix the **butter**, **garlic** and **parsley** until well combined.
- Slice the **ciabatta** in half, lengthways.
- Spread the **garlic** and **parsley butter** onto each half of the **ciabatta**.
- Around 10 min before the **chicken** is done, add the **ciabattas** alongside the **chicken** or to another lined baking tray and bake for 8-10 min until browned.



4. Cook vegetables

- Trim the **green beans**.
- Heat a large pan over high heat with a drizzle of **oil**.
- Fry the **green beans** with a pinch of **salt** for 3-4 min until charred.
- Remove from the heat.
- Boil the kettle.
- Add the **peas** to a bowl and cover with boiling water for 2-3 min.
- Drain

Tip! For a softer green bean texture, add a splash of water to the pan and cover with a lid for 1-2 min to steam the green beans.



5. Make salad

- Pick the **mint** leaves.
- In a large bowl, mix the **olive oil**, **white balsamic vinegar** and a pinch of **black pepper**.
- Add the **green beans** and **peas** and toss to coat.
- Crumble over the **feta**.
- Mix the **mint** leaves through just before serving.

Tip! Adding the mint just before serving prevents it from browning due to the vinegar in the dressing.



6. Serve

- Serve the **Chutney Glazed Chicken** portions with a side of **Green Bean Salad** and **Garlic Bread**.

Crispy Bean and Mushroom Tostadas
with Avocado

Messy and fun!

820 calories | 29 protein | 102 carbs | 22 fat

cook: 30 min

R3027-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3429 / 820
Fats (g)	22.1
of which saturated (g)	7.3
Carbohydrates (g)	102
of which sugars (g)	8.1
Fibers (g)	19.3
Proteins (g)	28.9
Salt (g)	3.3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Topping	
Chestnut mushrooms	500 Grams
Black beans	480 Grams
Vegetable oil	4 Tbsp
Salt	2 Tsp
Tomato paste	70 Grams
Taco seasoning	20 Grams
Water	100 ML
Cashew cream cheeze 2*	110 Grams
Black pepper	1 Tsp

Tortillas	
8" tortilla wraps 10*,11*	8 Piece
Vegetable oil	4 Tbsp
Salt	0.5 Tsp

To serve	
Red radish	125 Grams
Avocado	2 Piece
Lime	2 Piece
Large green chilli	2 Piece
Fresh coriander	15 Grams

Allergens: *2 Tree Nuts, *10 Wheat, *11 Gluten

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1. Prep vegetables

- Preheat the oven to 200°C/180°C fan.
- Chop the **mushrooms**.
- Rinse and drain the **black beans**.



2. Fry mushrooms

- Heat a pan over a high heat with a generous drizzle of **vegetable oil**.
- Once hot, add the **mushrooms** and fry for 5-7 min or until well browned and starting to crisp.



3. Roast tortillas

- Meanwhile, place the **tortilla wraps** on a large baking tray (use multiple trays if the tortillas overlap too much).
- Drizzle with **vegetable oil** and season with **salt**.
- With clean hands, rub the **salt** and **oil** into the **tortillas**.
- Bake in the oven for 5-10 min until crispy and golden.
- Once golden, remove the tray from the oven and set aside.



4. Finish topping

- Meanwhile, add a large pinch of **salt**, the drained **beans**, **tomato paste**, **taco seasoning** (spicy!) and a splash of **water** to the **mushrooms**.
- Reduce the heat to low and cook for 2-3 min.
- Fold in the **cashew cream cheeze**. Season with **pepper**.
- Cover to keep warm until serving.



5. Prep extras

- Finely slice the **red radishes**.
- Cut the **avocado** in half and remove its stone.
- Scoop the **avocado** out of its skin using a spoon, then slice it.
- Slice the **lime** into wedges.
- Slice the **green chilli**.
- Pick the **coriander** leaves.



6. Serve

- Top the crispy **tortillas** with the **mushroom** and **bean** mix, **radishes**, **avocado**, **green chilli** (spicy!) and **coriander**.
- Squeeze some **lime** juice over the top, and serve immediately.

Moroccan inspired Chicken

with Herby Couscous and Harissa Yoghurt

Moroccan inspired flavours that bring a zing to this quick chicken dinner!

587 calories | 59 protein | 72 carbs | 7 fat

Calorie Smart

cook: 25 min

R4714-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2456 / 587
Fats (g)	6.6
of which saturated (g)	2.3
Carbohydrates (g)	72
of which sugars (g)	20.9
Fibers (g)	8.2
Proteins (g)	59.1
Salt (g)	2.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Seabream	
Chicken breast	800 Grams
Ras el hanout	10 Grams
Garlic onion powder	4 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Vegetable oil	2 Tbsp

Herby couscous	
Vegetable stock cube 15*	1 Piece
Water	400 ML
Couscous 10*,11*	225 Grams
Red pepper	1 Piece
Cucumber	2 Piece
Fresh parsley	15 Grams
Fresh mint	10 Grams
Lemon	2 Piece
Golden raisins 14*	60 Grams
Olive oil	1 Tbsp
Salt	0.5 Tsp
Black pepper	0.5 Tsp

To serve	
Natural yogurt 4*	340 Grams
Harissa paste	40 Grams

Allergens: *15 Celery, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *4 Milk

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1. Steam couscous

Bring a kettle to a boil. Dissolve the 1 **stock cube** with boiled **measured water**. This is your **vegetable stock**. In a large bowl, combine the **couscous** and **vegetable stock**. Cover with a plate or clingfilm and leave to steam for 10 min.



2. Prep

Meanwhile, deseed and chop the **red pepper** into small cubes. Chop the **cucumber** into small cubes. Pick and finely chop the **parsley** and **mint leaves**. Grate the **lemon zest**, taking care to avoid its bitter white pith. Cut **lemon** in wedges.



3. Fry fish

In a large bowl, combine the **ras el hanout**, a pinch of **garlic onion powder**, **salt** and **pepper**. Heat a large pan over a medium-high heat with a drizzle of **oil**. Fry the **chicken** for 4 min or until crispy. Once crispy, flip and cook for 1-2 min further.

Tip! You can tell when fish is cooked by checking if the flesh flakes easily.



4. Make yogurt

In a small bowl, combine the **yogurt** and **harissa paste (spicy!)** with a squeeze of **lemon juice** to taste.

Tip! Can't handle the heat? Go easy on the harissa.



5. Make herby couscous

Fluff up the **couscous** with a fork. Add the **red pepper**, **cucumber**, **lemon zest**, **raisins**, **parsley** and **mint**. Add a drizzle of **olive oil** and season with **salt** and **pepper** to taste.



6. Serve

Serve the **Moroccan inspired Chicken** over **Herby Couscous**, with dollops of **harissa yogurt**.

Chicken Paella

with Peas and Sunny Aioli

Paella, famously cooked in a wide, shallow pan, originally comes from Valencia. And guess what, in Valencian, 'Paella' simply means 'frying pan'.

hellochef

795 calories | 58 protein | 99 carbs | 24 fat

Family Friendly

cook: 45 min

R2949-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3322 / 795
Fats (g)	23.7
of which saturated (g)	4.6
Carbohydrates (g)	99
of which sugars (g)	10.2
Fibers (g)	8.3
Proteins (g)	57.7
Salt (g)	3.5

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Paella	
Chicken breast	600 Grams
White onion	2 Piece
Garlic cloves	4 Piece
Yellow pepper	2 Piece
Tomatoes	2 Piece
Water	500 ML
Chicken stock cube **4*,5*,9*,15***	2 Piece
Saffron Splash	30 ML
Olive oil	2 Tbsp
Salt	1 Tsp
Turmeric powder	4 Grams
Smoked paprika powder	4 Grams
Dried oregano	2 Grams
Basmati rice	300 Grams
Green peas	200 Grams
Fresh parsley	15 Grams

Aioli	
Lemon	2 Piece
Mayonnaise **5*,9*,13***	100 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *13 Mustard

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1. Prep

- Peel and finely chop the **onion** and **garlic** (reserve 1 clove of garlic for step 4).
- Deseed and finely chop the **yellow peppers**.
- Finely chop the **tomatoes**.
- Boil the **measured water** and dissolve the **stock cube** and **saffron** in it.
- Chop the **chicken** into bite-sized pieces.



2. Fry

- Heat a pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion** and **peppers** with a pinch of **salt**.
- Fry for 5 min until softened.
- Add the **chicken**, **garlic**, the **smoked paprika** and a pinch of **turmeric** (reserve the rest for the aioli).
- Fry for 4 min further.



3. Simmer

- Add the **oregano**, **rice** and **tomatoes** and give everything a good mix up.
- Pour the **stock** over the **rice** and cover with a lid immediately.
- Cook over a medium-low heat for 15-18 min or until the **rice** is cooked.



4. Prep aioli

- Meanwhile, slice the **lemon** into wedges.
- Add the remaining **turmeric** to a small bowl.
- Peel and mince the reserved **garlic** directly into the bowl.
- Add 2 Tbsp of boiled **water** and mix well.
- Add the **mayonnaise**.
- Season with a generous squeeze of **lemon** juice and a pinch of **salt** and **pepper**.

Tip! Don't like the taste of raw garlic? Go easy.



5. Add peas

- After the **rice** is cooked, remove the lid.
- Scatter the **peas** over the top and cover once more.
- Cook for 3 min further.

Tip! If the rice isn't cooked after 15 minutes, add a splash of water and cook, covered, for 5 minutes further.



6. Serve

- Meanwhile, roughly chop the **parsley** leaves.
- Once ready, squeeze the remaining **lemon** juice over the **paella**.
- Serve the **Chicken Paella with Peas and Sunny Aioli**.
- Garnish with the chopped **parsley**.
- Serve with the **aioli** on the side.

Apple and Walnut Overnight Oats

with Yogurt and Pumpkin Seeds

This Swiss-style overnight oatmeal is filled with wholesome ingredients like rolled oats, fruit and nuts, to keep you full and satisfied all morning.

hello chef

542 calories | 18 protein | 48 carbs | 19 fat

Family Friendly

cook: 15 min

R4537-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2268 / 542
Fats (g)	19.1
of which saturated (g)	4.7
Carbohydrates (g)	48
of which sugars (g)	35.1
Fibers (g)	11.3
Proteins (g)	18.1
Salt (g)	1.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Box grater

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Oats	
Green apple	2 Piece
Dried apricots 14*	50 Grams
Walnuts 2*	45 Grams
Rolled oats	200 Grams
Cinnamon powder	2 Grams
Whole milk 4*	400 ML
Honey	45 Grams

To serve	
Red apple	2 Piece
Natural yogurt 4*	170 Grams
Pumpkin seeds	30 Grams

Allergens: *14 Sulphur Dioxide, *2 Tree Nuts, *4 Milk

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1. Prep

- Cut the **green apple** (skin on) into quarters and remove the core and seeds.
- Using a box grater, grate the **apple** into a large bowl.
- Finely chop the **dried apricots**.
- Roughly chop the **walnuts**.

Tip! For a chunkier texture, chop the apple into small cubes instead of grating.



2. Mix oats

- To the bowl with the **apples**, add the **oats**, **cinnamon powder**, **dried apricots** and **walnuts**.
- Stir to distribute the fruit and nuts.



3. Add milk

- Add the **milk** and 1-2 sachets of **honey**, to taste.
- Mix well to ensure ingredients are well combined.
- Cover and refrigerate for 2-3 hours or overnight.

Tip! Mix the oats well after soaking to encourage a creamy texture.



4. Slice the apple

- Just before serving, cut the **red apple** into quarters and remove the core and seeds.
- Cut each quarter into thin slices.

Tip! It is best to cut the apple just before serving to avoid the slices from browning by the time it is consumed. Add a squeeze of lemon juice to delay browning.



5. Serve

- Serve each portion of **Overnight Bircher Muesli** with a dollop of **yogurt** and slices of **red apple**.
- Top with a scattering of **pumpkin seeds** and a drizzle of **honey**.

Sticky Hoisin Prawns with Baby Corn, Snow Peas and Cauliflower Rice

Enjoy this simple stir-fry that's guaranteed to be tasty and quicker than ordering take-out!

hello chef

376 calories | 30 protein | 39 carbs | 12 fat

Low Carb | Calorie Smart

cook: 30 min

R3832-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1602 / 376
Fats (g)	11.8
of which saturated (g)	2.1
Carbohydrates (g)	39
of which sugars (g)	19.7
Fibers (g)	8.1
Proteins (g)	29.7
Salt (g)	7.9

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Food processor

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Sticky prawns	
Jumbo prawns 7*	600 Grams
Corn starch	10 Grams
Soy sauce 9*,10*,11*	30 ML
White vinegar	30 ML
Brown sugar	10 Grams
Hoisin sauce 3*,9*,10*	40 Grams
Sweet soy sauce 9*,10*,11*,14*	30 ML
Ginger garlic paste	40 Grams
Sesame oil 3*,9*	30 ML
Vegetable oil	2 Tbsp
Salt	1 Tsp

Cauliflower rice	
Cauliflower	800 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Vegetables	
Fresh baby corn	225 Grams
Snow peas	200 Grams
Spring onion	80 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

To serve	
Fresh coriander	15 Grams
Sesame seeds 3*	20 Grams

Allergens: *7 Crustaceans, *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds, *14 Sulphur Dioxide

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1. Prep veg

- Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains and set aside.
- Slice the **baby corn** in half, lengthways.
- Trim the **snow peas**.
- Trim and roughly chop the **spring onions**, reserving the greens for garnish.
- Pick the **coriander** leaves.



2. Make sauce

- In a small bowl, combine 2 tsp of **corn starch**, the **soy sauce**, **white vinegar**, **brown sugar**, **hoisin sauce**, **sweet soy sauce**, **ginger garlic paste**, and **sesame oil**.
- Mix well.
- Keep the **sauce** aside until Step 5.



3. Fry cauli rice

- Place a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **cauliflower** with a pinch of **salt**.
- Stir-fry for 5-7 min.
- Set aside.



4. Fry vegetables

- Meanwhile, heat a second large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **baby corn** with a pinch of **salt**.
- Fry for 2-3 min.
- Add the **snow peas**, **spring onions**, and **sesame seeds**.
- Fry for 2-3 min further.
- Transfer the **vegetables** to a plate.
- Wipe and reserve the pan.



5. Fry prawns

- Drain the **prawns** on kitchen paper.
- Heat the reserved large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **prawns** with a pinch of **salt**.
- Fry for 2-3 min until pink and cooked through.
- Add the **sauce**.
- Fry for a further 1-2 min until it's thick and sticky.

Tip! For a thinner sauce, add a splash of water at the end and mix well.



6. Serve

- Serve the Sticky **Hoisin Prawns** with **Baby Corn**, **Snow Peas**, and **Cauliflower Rice**.
- Garnish with the **fresh coriander** and reserved **spring onion** greens.

Steak with Kimchi-Fried Rice
and Egg

This recipe takes inspiration from Korean home-style cooking, where fried eggs and kimchi are an everyday staple.

hello chef

810 calories | 53 protein | 97 carbs | 29 fat

Family Friendly

cook: 45 min

R2741-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3390 / 810
Fats (g)	29.1
of which saturated (g)	10.1
Carbohydrates (g)	97
of which sugars (g)	9.2
Fibers (g)	8.7
Proteins (g)	52.6
Salt (g)	4.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steak	
Sirloin steak-deprecated	600 Grams
Vegetable oil	2 Tbsp
Honey	40 Grams
Soy sauce 9*,10*,11*	40 ML
Sesame seeds 3*	20 Grams

Rice	
Basmati rice	300 Grams
Salt	1 Tsp
Water	700 ML
Shallots	2 Pieces
Carrot	2 Pieces
Ginger	60 Grams
Garlic cloves	4 Pieces
Vegetable oil	4 Tbsp
Kimchi 6*,7*	300 Grams
Green peas	200 Grams
Soy sauce 9*,10*,11*	40 ML

Garnishes	
Vegetable oil	2 Tbsp
Organic Eggs 5*	4 Pieces
Spring onion	80 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds, *6 Fish, *7 Crustaceans, *5 Eggs

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1. Boil rice

Add the **basmati rice**, **salt** and the measured **water** to a pan with a lid and bring to a boil. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the **water** is absorbed and the **rice** is cooled. Remove the pan from the heat and let the **rice** cool, uncovered, for as long as possible (see pro tip).



2. Prep vegetables

Peel and finely chop the **shallots** and **carrots**. Peel and finely grate the **ginger** and **garlic**. Set aside.



3. Prep steak

Pat the steaks dry with kitchen paper. Chop the steak into large cubes.



4. Fry steak

Heat a large pan with a drizzle of **oil** over a high heat. Once hot, add the steak cubes and fry them for 1 min on each side or until browned and cooked to your liking. Add the **honey** and **soy sauce** and immediately remove the pan from the heat. Give everything a good mix up and sprinkle with **sesame seeds**. Set aside to keep warm.



5. Fry rice

Heat a large pan over a medium heat with a drizzle of **vegetable oil**. Add the **shallots** and **carrots** and cook for 3 min. Add the **garlic** and **ginger** and stir-fry for 1 min. Add the cooled **rice**, **kimchi** and **peas** and stir-fry for 3 min further. Remove from the heat and fold in the **soy sauce**. Set aside to keep warm.



6. Fry eggs

Heat another non-stick pan with a drizzle of **vegetable oil** over a medium heat. Once hot, crack the **eggs** into the pan and fry for 2-4 min or until done to your liking. For a set egg yolk, cover the pan with a lid. Chop the **spring onion** finely. Divide the **rice** among plates and top with the steak cubes and fried **eggs**. Garnish with the **spring onion**.

Chicken Stir-fry with a Zingy Peanut Sauce

and Jasmine Rice

Stir-fry chicken with a simpler satay inspired sauce, what's not to love?

helló chef

797 calories | 64 protein | 104 carbs | 18 fat

Tips for Kids | Speedy

cook: 25 min

R3802-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3334 / 797
Fats (g)	18
of which saturated (g)	3.3
Carbohydrates (g)	104
of which sugars (g)	14.4
Fibers (g)	8.6
Proteins (g)	64.4
Salt (g)	3.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stir-fry	
Chicken breast	600 Grams
Red pepper	2 Piece
Snow peas	200 Grams
Spring onion	80 Grams
Corn starch	30 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp
Ginger garlic paste	20 Grams
Sesame seeds 3*	20 Grams

Jasmine rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML

Peanut sauce	
Peanut butter 1*,9*	90 Grams
Soy sauce 9*,10*,11*	40 ML
Honey	30 Grams
Sriracha sauce	28 Grams
Lime	2 Piece

Allergens: *3 Sesame Seeds, *1 Peanuts, *9 Soya, *10 Wheat, *11 Gluten

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1. Boil rice

- Rinse and drain the **rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat.
- Lower heat, cover and cook for 12-14 min, until **rice** is tender.
- Remove from the heat and keep covered until serving.



2. Prep

- Meanwhile, deseed and finely slice the **pepper**.
- Trim and slice the **snow peas** diagonally.
- Trim and finely slice the **spring onion**.
- Chop the **chicken breast** into bite-size strips.
- Add the **corn starch** to a large bowl.
- Toss the **chicken** strips in the **corn starch** with a pinch of **salt** until well coated.



3. Make sauce

- In a large bowl, whisk together the **peanut butter**, **soy sauce**, **honey**, **sriracha (spicy!)** and the **lime juice** until smooth.
- Set aside the **peanut sauce** until serving.

Tip! If cooking for kids, mix the sauce as instructed leaving out the sriracha sauce and set aside a portion. Add the sriracha sauce to the remaining sauce.



4. Fry chicken

- Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Fry the **chicken strips** with a pinch of **salt** for 3 min until browned.



5. Fry vegetables

- Add the **pepper**, **snow peas** and **ginger garlic paste** to the **chicken**.
- Stir-fry for 3-5 min further or until the **peppers** begin to soften.

Tip! If cooking for kids, fry the chicken, peppers and snow peas without the ginger garlic paste.



6. Serve

- Once the **rice** is cooked, stir through half of the **spring onion**.
- Serve the **Chicken and Stir fried [b]Vegetables** on a bed of warm **Jasmine Rice**.
- Drizzle with the **Zingy Peanut Sauce** and garnish with **sesame seeds** and any remaining **spring onion**.

Tip! If cooking for kids, reserve a portion of the rice and keep it plain. Serve the vegetables, rice and chicken separately. Serve the peanut sauce with the sesame seeds alongside.

Sweet Chilli Salmon

with Sesame Vegetable Egg Fried Rice

Fried rice was invented sometime during the Sui dynasty in Yangzhou, located within the eastern Jiangsu province of China.

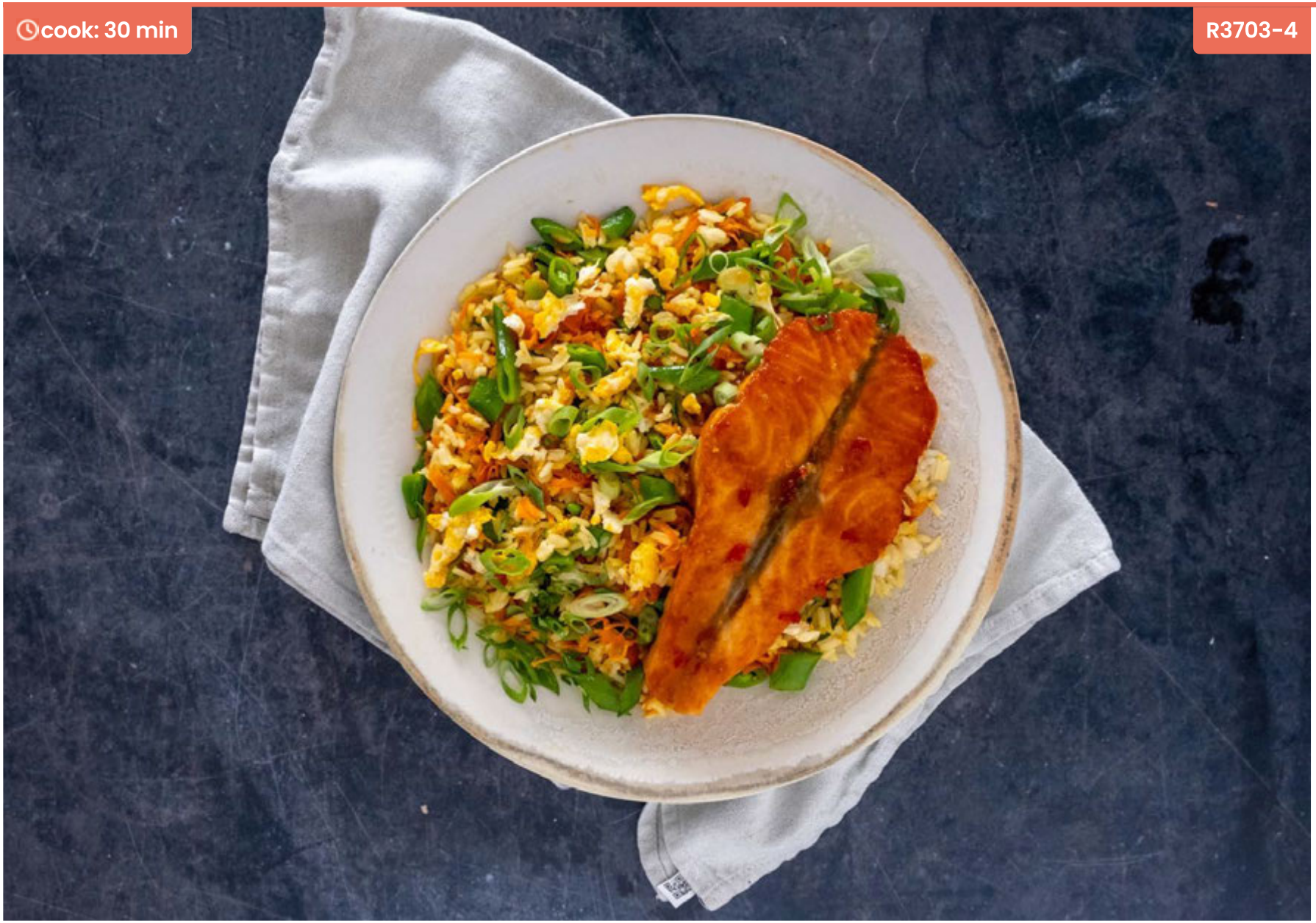
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843 calories | 48 protein | 95 carbs | 36 fat

Family Friendly

cook: 30 min

R3703-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3524 / 843
Fats (g)	35.5
of which saturated (g)	7.2
Carbohydrates (g)	95
of which sugars (g)	15.2
Fibers (g)	5.6
Proteins (g)	47.5
Salt (g)	2.5

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What You'll Need

- Box grater

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salmon

Skin-on salmon fillet 6*	700 Grams
Sweet chilli sauce	80 ML
Ginger garlic paste	30 Grams
Rice vinegar	30 ML
Soy sauce 9*,10*,11*	20 ML
Vegetable oil	2 Tbsp

Egg fried rice

Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML
Carrot	2 Piece
Sugar snap peas	200 Grams
Spring onion	80 Grams
Vegetable oil	2 Tbsp
Organic Eggs 5*	2 Piece
Sesame oil 3*,9*	30 ML

Allergens: *6 Fish, *9 Soya, *10 Wheat, *11 Gluten, *5 Eggs, *3 Sesame Seeds

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1. Boil rice

- Rinse the **rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pan with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pan from heat.
- Keep covered until serving.

Tip! This recipe works best with cold rice that's been cooked the day before. Simply cook the rice, store in the fridge and then add it to the stir fry the next day.



2. Make glaze

- Meanwhile, in a small bowl mix together the **sweet chilli**, **ginger garlic paste**, **rice vinegar**, **soy sauce** and a drizzle of **oil**.
- Keep the **sweet chilli glaze** aside.



3. Prep

- Peel and grate the **carrots**.
- Trim and chop the **sugar snap peas** into bite-sized pieces.
- Finely chop the **spring onion** (reserve some for garnish).



4. Butterfly salmon

- Portion the **salmon** into individual **fillets**.
- Using a sharp knife, make a deep incision along each **salmon fillet**, lengthways.
- The incision should reach through to the skin of the **salmon**, but not slice through it.
- Finally, turn each **salmon** piece out as though opening a book.
- The intact **salmon** skin should function as the book's spine.



5. Fry salmon

- Heat a large non-stick pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **salmon fillets**.
- Fry for 3-5 min or until cooked through.
- Transfer the **salmon** to a plate.
- Discard the **oil** in the pan.
- Return the pan to a medium heat with the **glaze**.
- Simmer for 1 min or until thickened.
- Return the **salmon** to the **glaze**.
- Remove the pan from the heat and set aside.



6. Serve

- Once the **rice** is cooked, heat a second non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **eggs**. Stir-fry for 1-2 min, scrambling with a spatula as you go.
- Add the **carrots** and **sugar snap peas** with a generous pinch of **salt**.
- Fry for 3 min.
- Add the **rice**. Toss to coat.
- Remove the pan from the heat. Add the **sesame oil** and **spring onion**.
- Serve the **Sweet Chilli Salmon** on top of the **Sesame Vegetable** Egg Fried **Rice**.
- Garnish with remaining **spring onion**.

Shredded Chicken and Mango Salad

with Ginger Dressing

This light salad packs a real flavour punch!

hello chef

601 calories | 57 protein | 48 carbs | 23 fat

Low Carb

cook: 30 min

R3090-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2514 / 601
Fats (g)	22.8
of which saturated (g)	3.2
Carbohydrates (g)	48
of which sugars (g)	28.2
Fibers (g)	9.8
Proteins (g)	56.8
Salt (g)	5.2

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Water	200 ML
Lime	2 Piece
Black pepper	1 Tsp

Dressing	
Ginger	60 Grams
Tamari 9*	30 ML
Rice vinegar	30 ML
Sesame oil 3*,9*	30 ML
Coconut sugar	10 Grams

Salad	
Carrot	2 Piece
Mango	2 Piece
Cucumber	4 Piece
Spring onion	80 Grams
Fresh mint	10 Grams
Fresh coriander	15 Grams
Black sesame seeds 3*	20 Grams
Salted peanuts 1*	80 Grams

Allergens: *9 Soya, *3 Sesame Seeds, *1 Peanuts

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1. Fry chicken

- Heat a non-stick pan over a medium heat with a drizzle of **vegetable oil**.
- Once hot, add the **chicken** with a pinch of **salt**.
- Cook for 3 min on each side until golden.



2. Simmer chicken

- Once golden, reduce the heat to medium-low.
- Add the **measured water** to the pan.
- Cover with a lid.
- Cook for 10-15 min further.



3. Prep dressing

- Peel and finely chop the **ginger**.
- Add the **ginger**, **tamari**, **rice vinegar**, **sesame oil** and **coconut sugar** to a bowl or jar.
- Whisk until well blended.
- Set the **dressing** aside.



4. Prep salad

- Peel the **carrot**, then continue peeling until you are left with a pile of **carrot** ribbons.
- Stack the ribbons on top of one another.
- Slice them into thin sticks.
- Peel and slice the **mango** into matchsticks.
- Slice the **cucumber** into discs.
- Slice each individual disc into matchsticks.
- Trim and finely slice the **spring onion**.
- Pick the **mint** and **coriander** leaves.
- Set aside.



5. Pull chicken

- Once ready, remove the pan from the heat.
- Using two forks, pull the **chicken** until it's fully shredded.
- Juice the **lime** directly into the pan.
- Season generously with **salt** and **pepper**.

Tip! Firmly roll the lime on the work surface before slicing it. This will help release more of its juices.



6. Toss

- In a large bowl, toss the **mint**, **coriander**, **mango**, **spring onion**, **carrot**, **cucumber**, shredded **chicken**, **sesame** and **peanuts** in the **dressing**.
- Serve the **Shredded Chicken and Mango Salad with Ginger Dressing** immediately.

Green Savoury Crepes

with Smoked Salmon and Spinach

Bright and colourful crepes with a delicious filling. They're suitable for breakfast, lunch or dinner!

hellochef

969 calories | 47 protein | 109 carbs | 41 fat

Family Friendly

cook: 30 min

R3267-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4054 / 969
Fats (g)	41
of which saturated (g)	14
Carbohydrates (g)	109
of which sugars (g)	21.2
Fibers (g)	12.8
Proteins (g)	47.3
Salt (g)	1.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Food processor

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Spinach pancakes	
Spinach	300 Grams
Plain flour 10*,11*	400 Grams
Whole milk 4*	600 ML
Organic Eggs 5*	6 Piece
Vegetable stock cube 15*	2 Piece
Black pepper	1 Tsp
Vegetable oil	2 Tbsp

Dressing	
Sweet chilli sauce	80 ML
Sour cream 4*	120 Grams

Toppings	
Smoked Salmon Slices 6*	200 Grams
Fresh chives	30 Grams
Avocado	2 Piece
Red radish	250 Grams

Allergens: *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs, *15 Celery, *6 Fish

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1. Blend

Tear the **spinach** into a blender or food processor. Add the **flour**, 600 ml of **milk**, the **eggs**, the crumbled **vegetable stock cube** and **pepper** to a food processor. Blitz until you are left with a smooth green batter. Set aside (see pro tip!).



2. Prep

Finely chop the **chives**. Cut the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon, then slice it. Finely slice the **radish**. In a small bowl, combine the **sweet chilli sauce** with the **sour cream**.



3. Make pancakes

Heat a non-stick pan over a medium-high heat with a drizzle of **oil**. Add a ladle of **batter**. Move the pan so that the batter spreads to an even, thin layer. Cover with a lid and fry for 4 min until nicely browned on the bottom and fully set. Keep warm. Repeat with the remaining batter (you should end up with 2-3 **crepes** per person).



4. Serve

Spread the **sweet chilli cream** over the **crepes**. Top with **radish**, torn **salmon** and **avocado slices**. Garnish with **chives**.

Emirati-Style Chicken and Rice Machboos

with Almonds and Dates

A take on a traditional Emirati dish where chicken and rice is cooked in a medley of warm Arabic spices with dried lemon, cardamom, and cinnamon.

hello chef

844 calories | 51 protein | 117 carbs | 19 fat

Global Eats

cook: 45 min

R4137-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3529 / 844
Fats (g)	18.7
of which saturated (g)	9.5
Carbohydrates (g)	117
of which sugars (g)	33.8
Fibers (g)	10.5
Proteins (g)	51.1
Salt (g)	3.3

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken Machboos	
Chicken breast	600 Grams
Turmeric powder	4 Grams
Arabic mix masala	6 Grams
Coriander cumin powder	8 Grams
Paprika powder	4 Grams
Lemon	1 Piece
Olive oil	3 Tbsp
Salt	1 Tsp
Water	150 ML

Rice	
Dried lemon	3 Piece
Red onion	2 Piece
Garlic cloves	4 Piece
Tomatoes	2 Piece
Fresh coriander	30 Grams
Tomato paste	70 Grams
Ghee 4*	45 Grams
Cinnamon stick	2 Piece
Cardamom pods	6 Piece
Fenugreek leaves	4 Grams
Long grain rice	300 Grams
Chicken stock cube 4*,5*,9*,15*	2 Piece
Saffron Splash	60 ML
Water	600 ML

To serve	
Almond slivers 2*	60 Grams
Dates	8 Piece
Natural yogurt 4*	340 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *2 Tree Nuts

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1. Marinate chicken

- Preheat the oven to 200°C/180°C fan.
- In a small bowl, combine the **turmeric powder**, **arabic mix masala**, **coriander cumin powder**, and **paprika powder**.
- Divide **spice mix** equally into two and put aside.
- Slice the **lemon** in half.
- In a large mixing bowl, combine the **olive oil**, half the **spice mix**, and a squeeze of **lemon** juice, reserving the rest for garnish.
- Add the **chicken**, season with **salt**. Marinate for 10-15 min.
- Rinse the **dried lemons** and pierce several holes with a fork all the way around.



2. Prep

- Meanwhile, peel and finely chop the **onions**.
- Peel and finely chop the **garlic**.
- Finely chop the **tomatoes** into small bite-sized pieces.
- Finely chop the **fresh coriander** (stems included).



3. Roast chicken

- Add the marinated **chicken** to a roasting pan or baking dish, with the squeezed **lemon**.
- Brush the **chicken** with half the amount of **tomato paste** (reserving the rest for the **rice**).
- Pour the **measured water** in the tray.
- Roast the **chicken** for 20 min.
- Turn the heat to grill.
- Roast for 5 min further until lightly charred on top.



4. Make rice

- Heat a non-stick pot over medium-high heat.
- Add the **ghee** and **onion**. Fry for 5 min until softened.
- Add the **garlic**, **dried lemon**, **cinnamon stick**, **cardamom pods**, **coriander leaves**, **fenugreek**, **tomatoes**, the remaining **tomato paste**, and remaining **spice mix**.
- Fry for 1-2 min.
- Add the **rice**, 2 **stock cube**, **saffron splash**, and the **measured water**.
- Bring to a boil, reduce the heat to low and cover. Cook for 10-12 min until the water is absorbed and the **rice** is cooked.
- Remove from the heat. Keep covered until serving.



5. Prep

- Meanwhile, heat a pan over a medium heat.
- Once hot, add the **almond slivers** and dry toast until golden.
- Once golden, remove from the pan and set aside in a small bowl.
- Deseed the **dates**, and chop them into small bite-sized pieces.



6. Serve

- Slice the **chicken** into pieces.
- Serve the **Emirati-Style Chicken** and **Rice Machboos** with **Almonds** and **Dates**.
- Garnish with **almond slivers**, **dates**, and a dollop of **yogurt**.
- Serve any extra **sauce** to the side, along with the remaining **lemon**.

English Style Chicken Chow Mein
with Curry Sauce

Our delectable take on the beloved Chinese takeaway classic

hello chef

742 calories | 60 protein | 85 carbs | 17 fat

Global Eats | Family Friendly

cook: 35 min

R4395-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3098 / 742
Fats (g)	17.3
of which saturated (g)	5.5
Carbohydrates (g)	85
of which sugars (g)	27
Fibers (g)	7.7
Proteins (g)	59.8
Salt (g)	8.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stir fry	
Chicken breast	600 Grams
Egg noodles 5*,10*,11*	200 Grams
Carrot	2 Piece
Chinese cabbage	600 Grams
Spring onion	80 Grams
Dark soy sauce 9*,10*,11*	40 ML
Sweet soy sauce 9*,10*,11*,14*	60 ML
Oyster sauce 8*,10*	60 Grams
Ginger garlic paste	20 Grams
Sesame oil 3*,9*	30 ML
Rice vinegar	45 ML
White sugar	10 Grams
Vegetable oil	1 Tbsp
Bean sprouts	100 Grams

Curry sauce	
Water	500 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Butter 4*	20 Grams
Corn starch	20 Grams
Curry powder	8 Grams
Chinese 5 spice	8 Grams
Garlic powder	4 Grams
Turmeric powder	2 Grams

Allergens: *5 Eggs, *10 Wheat, *11 Gluten, *9 Soya, *14 Sulphur Dioxide, *8 Molluscs, *3 Sesame Seeds, *4 Milk, *15 Celery

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1. Cook noodles

- Boil a kettle.
- In a large bowl or pan, add the **noodles**. Cover with the boiled water.
- Allow to soak for 10 min then rinse and drain.
- Set aside until step 5.

Tip! Drizzle the noodles with a small amount of oil to help prevent them sticking.



2. Prep

- Meanwhile, boil the **measured water**.
- Chop the **chicken** into bite-sized pieces.
- Peel and cut the **carrot** into thin matchsticks.
- Finely shred the **cabbage**.
- Finely slice the **spring onions**.
- In a small bowl, combine the **dark soy sauce**, **sweet soy sauce**, **oyster sauce**, **ginger garlic paste**, **sesame oil**, **rice vinegar** and **sugar**.
- In a jug, mix the boiled **measured water** with 1 **stock cube**.



3. Make curry sauce

- Heat a pan over a medium heat.
- Melt the **butter**.
- Add the **corn starch**, **curry powder**, **Chinese 5 spice**, **garlic powder** and **turmeric**.
- Fry for 1 min until fragrant.
- Turn the heat down.
- Slowly add the **stock** whisking constantly for 2-3 min until thickened.



4. Fry

- Heat a large frying pan over a medium-high heat with a drizzle of **oil**.
- Fry the **chicken** for 5-7 min until golden and cooked through.
- Add the **carrot**, **cabbage** and half of the **spring onions** (saving the rest for ganrish).
- Fry for 2-3 min.



5. Finish stir-fry

- Add the **noodles** and **bean sprouts**.
- Fry for 1-2 min.
- Pour over the **soy sauce mixture** and toss to coat.
- Fry for a further 1-2 min.



6. Serve

- Serve the **English Style Chicken Chow Mein** with the **Curry Sauce** on the side.
- Garnish with the remaining **spring onions**.

Baked Cinnamon Apple Crumble

with Oats and Nuts

The combination of spiced apples and crispy crumble make this dessert a must-have!

hello chef

756 calories | 13 protein | 66 carbs | 44 fat

Family Friendly

cook: 60 min

R4776-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3150 / 756
Fats (g)	44.3
of which saturated (g)	15.1
Carbohydrates (g)	66
of which sugars (g)	40.2
Fibers (g)	11.5
Proteins (g)	13.4
Salt (g)	1.3

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 2 servings

Apple filling

Green apple	1 Piece
Red apple	1 Piece
Cinnamon powder	2 Grams
Nutmeg	2 Grams
Ginger powder	2 Grams
Vanilla essence	5 ML
Honey	15 Grams
White sugar	20 Grams
Corn starch	10 Grams
Water	100 ML

Crumble topping

Butter 4*	50 Grams
Walnuts 2*	30 Grams
Almond flour 1*,2*	40 Grams
Plain flour 10*,11*	15 Grams
Rolled oats	50 Grams
Baking powder	5 Grams
Brown sugar	20 Grams
Cinnamon powder	2 Grams
Almond slivers 2*	20 Grams

Allergens: *4 Milk, *2 Tree Nuts, *1 Peanuts, *10 Wheat, *11 Gluten

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1. Prep

- Preheat the oven to 180°C/160°C fan.
- Peel the **apples** and slice in quarters, removing the core and seeds.
- Chop into smaller bite-sized pieces.

Tip! The smaller the cubes, the quicker the apples will bake in the oven.



2. Make filling

- In a large bowl, combine the **apples** with **2g cinnamon powder** (the remaining to be used in the crumble), **nutmeg**, **ginger**, **vanilla**, **honey**, **white sugar**, **0.5 tsp corn starch** and the **measured water**.



3. Make crumble

- Roughly chop the **walnuts**.
- In a medium bowl, melt the **butter** in the microwave.
- Add the **almond flour**, **plain flour**, **oats**, **baking powder**, **brown sugar**, remaining **cinnamon powder**, **walnuts** and **almond slivers** to the **melted butter**.
- Mix using a spatula until combined.



4. Combine

- Add the **apple filling** into a medium baking dish and spread in an even layer.
- Evenly top with the **crumble mixture**.



5. Bake

- Bake the **apple crumble** in the center of the oven for 30-35 min or until the **apples** have softened and the **crumble** is golden brown.
- The **apple crumble** is ready when a tip of a knife easily pierces through the **apples** from the center of the dish.

Tip! If the crumble is browning too quickly before the apples are done, cover with foil and continue to bake until the apples are cooked through.



6. Serve

- Serve the **Cinnamon Apple Crumble with Oats and Nuts** warm with your favourite vanilla ice cream!

Chicken and Baby Spinach Orzotto

with Truffle Oil

Orzotto is a risotto made with orzo pasta instead of rice!

hello chef

852 calories | 61 protein | 99 carbs | 21 fat

Global Eats

cook: 30 min

R3863-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3555 / 852
Fats (g)	21
of which saturated (g)	2.8
Carbohydrates (g)	99
of which sugars (g)	7.6
Fibers (g)	5.8
Proteins (g)	60.9
Salt (g)	4

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Orzotto	
Chicken breast	600 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Orzo 9*,10*,11*	500 Grams
Chicken stock cube 4*,5*,9*,15*	2 Piece
Water	1200 ML
Baby spinach	125 Grams
Grated Parmesan 4*	90 Grams
Black pepper	1 Tsp

To serve	
Fresh parsley	15 Grams
Truffle oil	30 ML

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs, *15 Celery

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1. Prep

- Peel and finely chop the **red onion**.
- Peel and mince the **garlic**.
- Chop the **chicken** into bite-sized pieces.



2. Fry chicken

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken** with a pinch of **salt**.
- Fry for 5-7 min or until cooked through.
- Once cooked through, transfer the **chicken** to a plate.
- Wipe and reserve the pan.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready.



3. Fry

- Return the reserved pan to a medium-high heat with another drizzle of **oil**.
- Once hot, fry the **onion** and **garlic** with a pinch of **salt** for 5 min.



4. Simmer

- Add the **orzo**, **chicken stock cube** and **measured water** to the pan. Bring to a simmer.
- Reduce the heat to medium.
- Simmer, stirring occasionally, for 10 min or until the water is absorbed and the **orzo** is tender.



5. Add Parmesan

- Meanwhile, pick and finely chop the **parsley** leaves.
- After 10 min, add the **baby spinach**, half of the **grated Parmesan** and half of the **parsley** (reserve the rest for garnish) to the **orzotto**.
- Simmer for 1 min further or until the **spinach** wilts.
- Remove the pan from the heat.
- Season with **salt** and **pepper** to taste.



6. Serve

- Serve the **Chicken** on **Baby Spinach Orzotto** drizzled with **Truffle Oil**.
- Garnish with the remaining **parsley** and **grated Parmesan**.

Tip! Add the truffle oil according to your own taste and preference.

Crispy Chicken and Fattoush Salad

with Pomegranate Molasses

New to Fattoush? Think of it as a Levantine tumble made with crispy bread and, well, whatever else you fancy!

545 calories | 47 protein | 65 carbs | 11 fat

Calorie Smart

cook: 30 min

R3084-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1147 / 545
Fats (g)	11.1
of which saturated (g)	0.5
Carbohydrates (g)	65
of which sugars (g)	8.6
Fibers (g)	7.7
Proteins (g)	46.8
Salt (g)	0.9

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Oven & Pan	
Chicken breast	600 Grams
Arabic flatbread packet 10*,11*	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Zaatar	10 Grams
Ras el hanout	10 Grams

Salad	
Cherry tomatoes	300 Grams
Cucumber	2 Piece
Fresh parsley	30 Grams
Pomegranate molasses	40 Grams

Sauce	
Garlic cloves	1 Piece
Lemon	2 Piece
Tahini 3*	60 Grams
Salt	1 Tsp

Allergens: *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Roast bread

- Preheat the oven to 200°C/180°C fan.
- Tear the **Arabic flatbreads** into bite-sized pieces.
- Add the **Arabic flatbreads** to a baking tray.
- Drizzle with **vegetable oil** and sprinkle with **salt** and **zaatar**.
- Give everything a good mix up.
- Roast in the oven for 10 min or until toasted.
- Once toasted, remove from the oven and set aside to cool slightly.



2. Cook chicken

- Meanwhile, sprinkle the **chicken breast** with **Ras el Hanout** and **salt**.
- Heat a large pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **chicken** for fry 5 min on each side until browned and cooked through.
- Once cooked, remove from the heat.
- Set aside to rest.



3. Make tahini sauce

- Meanwhile, peel and mince the **garlic**.
- Juice half the **lemon** directly into the bowl and whisk
- Add the **garlic**, **tahini** and **salt**. Whisk again.
- Finally, gradually add 2 Tbsp of **water**.
- Continue to whisk until smooth.
- Set **tahini sauce** aside.



4. Prep

- Halve the **cherry tomatoes**.
- Chop the **cucumber** and **parsley** leaves finely.



5. Toss

- Toss the **cherry tomatoes**, **cucumber** and **parsley** with the **bread**.
- Divide the **fattoush** among serving plates.
- Slice the **chicken breast**.



6. Serve

- Serve the **Crispy Chicken and Fattoush Salad** with a drizzle of **Tahini Sauce** and **Pomegranate Molasses**.

Tip! This recipe is endlessly customisable. Swap the chicken for lentils or use roasted eggplants instead of tomatoes.

Beef Sausage and Bean Casserole

with Potato Wedges and Broccoli

A comforting classic, sure to keep everyone full and happy!

926 calories | 58 protein | 70 carbs | 44 fat

Family Friendly

cook: 45 min

R4758-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3874 / 926
Fats (g)	43.9
of which saturated (g)	0.2
Carbohydrates (g)	70
of which sugars (g)	15.9
Fibers (g)	18.2
Proteins (g)	58.1
Salt (g)	9.6

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What You'll Need

Oven

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Casserole	
Italian sausage 10*	800 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
White beans	480 Grams
Tomato passata	400 Grams
Tomato paste	70 Grams
Beef stock cube 4*,5*,9*,11*,15*	1 Piece
Worcestershire sauce 6*,11*	30 ML
Dried thyme	4 Grams
Brown sugar	10 Grams
Water	400 ML

Potatoes	
Potatoes	1000 Grams
Vegetable seasoning 2*,10*,11*,13*	10 Grams

Veg	
Broccoli	400 Grams

Allergens: *10 Wheat, *4 Milk, *5 Eggs, *9 Soya, *11 Gluten, *15 Celery, *6 Fish, *2 Tree Nuts, *13 Mustard

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1. Bake wedges

- Preheat the oven to 200C/180C fan.
- Slice the **potatoes** into wedges (skin-on).
- Add to a lined baking tray, drizzle with oil and sprinkle with the **vegetable seasoning**.
- Bake for 30-35 min (turning halfway), or until golden.



2. Prep

- Chop the **sausages** into bite-sized pieces.
- Peel and finely chop the **onions** and **garlic**.
- Drain and rinse the **white beans**.



3. Fry sausages

- Heat a large frying pan over a medium-high heat with a small drizzle of oil.
- Fry the **sausages** for 3-4 min, until browned all over.
- Once browned, remove the **sausages** from the pan.
- Retain the pan and **sausage** oil.



4. Cook casserole

- Return the pan to the heat.
- Add the **onions** and **garlic** to the pan and fry for 5 min until softened.
- Add the **tomato paste**, **Worcestershire sauce**, **thyme**, **brown sugar** and 1 **stock cube**.
- Fry for 30 seconds until fragrant.
- Add the **passata**, measured **water** and **beans**.
- Bring to a boil, add the **sausages** back, lower the heat to a simmer and cover.
- Cook for 15-18 min, until the **sauce** has thickened.

Tip! For an extra thick sauce, remove the lid and cook for a further 5 min.



5. Cook broccoli

- Meanwhile, trim the **broccoli** florets, discarding the woody ends.
- Bring a pan of lightly salted **water** to the boil.
- Add the **broccoli** and steam for 3-5 min until tender.
- Drain.



6. Serve

- Serve the **Sausage** and Bean Casserole with Wedges and **Broccoli**.

South African Curry

with Geelrys

Geelrys, or yellow rice in English, is a classic side dish in South African cuisine. This recipe was developed to honour our South African customers. Enjoy!

hello chef

929 calories | 59 protein | 141 carbs | 20 fat

Family Friendly | Global Eats

cook: 40 min

R3401-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3881 / 929
Fats (g)	19.7
of which saturated (g)	10.3
Carbohydrates (g)	141
of which sugars (g)	34.7
Fibers (g)	11.7
Proteins (g)	59.4
Salt (g)	7.8

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Steak strips	700 Grams
Potatoes	450 Grams
Brown onion	2 Piece
Carrot	2 Piece
Garlic cloves	2 Piece
Corn starch	30 Grams
Salt	2 Tsp
Curry powder	8 Grams
Paprika powder	4 Grams
Beef stock 15*	300 ML
Water	400 ML
Dark soy sauce 9*,10*,11*	40 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Olive oil	4 Tbsp
Mango chutney	100 Grams
Chilli powder	4 Grams
Large red chilli	2 Piece
Fresh coriander	15 Grams
Black pepper	1 Tsp

Geelrys	
Basmati rice	300 Grams
Turmeric powder	8 Grams
Cinnamon stick	2 Piece
Golden raisins 14*	60 Grams
Water	600 ML
Butter 4*	50 Grams

Allergens: *15 Celery, *9 Soya, *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs, *14 Sulphur Dioxide

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1. Prep

- Wash and chop the **potatoes** into small, bite sized pieces.
- Peel and chop the **onions**, **carrots** and **garlic**.
- In a bowl, combine the **corn starch** with 4 tbsp of **water**.
- Set aside.



2. Start curry

- Heat a large pan over a high heat with a drizzle of **oil**.
- Add the **onions** and **carrots**.
- Fry for 5 min with a pinch of **salt** and **pepper**.
- Add the **garlic**, **curry powder** and **paprika powder** to the same pan.
- Fry for 1 min further.
- Add the **beef stock**, **measured water**, **dark soy**, 1 **chicken stock cube** (reserve the remaining for step 4) and the **potatoes**.
- Reduce the heat to low and cover.
- Cook for 20 min, stirring occasionally.



3. Fry steak strips

- Meanwhile, heat a second large pan over a high heat with a drizzle of **oil**.
- Once hot, add the **steak strips** with a pinch of **salt**.
- Fry for 5 min until browned.
- Transfer the **steak strips** to a plate.



4. Geelrys

- Meanwhile, rinse the **basmati rice**.
- Add the **rice**, **turmeric**, **cinnamon stick**, **raisins** a pinch of **salt**, the **measured water** and the remaining **chicken stock cube** to a pot with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min.



5. Finish

- Once the **potatoes** are tender, add the **corn starch** mix to the **curry**.
- Cook for 3 min further or until thickened.
- Add the **beef strips**.
- Cook for 1 min.
- Add the **mango chutney** and a pinch of **chilli powder (spicy!)** to the **curry**.
- Once the **rice** is cooked, remove the **cinnamon stick** and stir in the **butter**.

Tip! For a less sweet version, add only one tablespoon of the mango chutney to the curry.



6. Serve

- Slice the **red chilli** and pick the **coriander** leaves.
- Serve the **South African Beef curry** over the **Geelrys**.
- Garnish with the **chilli (spicy!)** and **fresh coriander**.

Pan-fried Salmon with Crispy Lentils, Green Beans and Avocado Hollandaise

Like all oily fish, salmon is rich in omega-3 fatty acids, making it an excellent promoter of heart and brain health.

hello chef

860 calories | 51 protein | 34 carbs | 58 fat

Low Carb

cook: 30 min

R3340-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3592 / 860
Fats (g)	58
of which saturated (g)	17.1
Carbohydrates (g)	34
of which sugars (g)	4.1
Fibers (g)	19.2
Proteins (g)	51
Salt (g)	1.3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Food processor

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salmon	
Skin-on salmon fillet 6*	700 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Hollandaise	
Spring onion	80 Grams
Avocado	2 Piece
Red vinegar	45 ML
Organic Eggs 5*	2 Piece
Water	200 ML
Vegetable stock cube 15*	2 Piece
Olive oil	2 Tbsp
Butter 4*	50 Grams

To serve	
Canned lentils	530 Grams
Green beans	375 Grams
Olive oil	2 Tbsp
Salt	1 Tsp

Allergens: *6 Fish, *5 Eggs, *15 Celery, *4 Milk

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1. Roast lentils

Preheat the oven to 200°C/180°C fan. Drain, rinse and dry the **lentils**. Place the **lentils** on a lined baking tray. Spread them in an even, thin layer. Drizzle with **oil** and sprinkle with **salt**. Roast for 15-20 min or until the **lentils** are crispy.



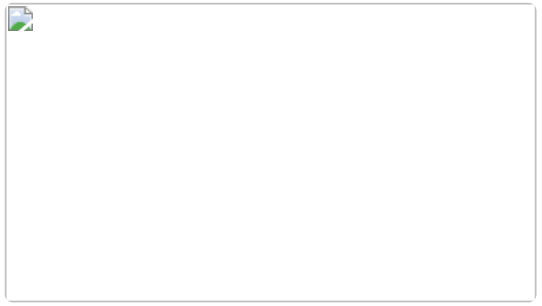
2. Make reduction

Meanwhile, very finely slice the **spring onions**. Place the **spring onions** in a small pan over a high heat with the **red vinegar**, **vegetable stock cube**, **butter** and measured **water**. Cook for 1 min. Set aside.



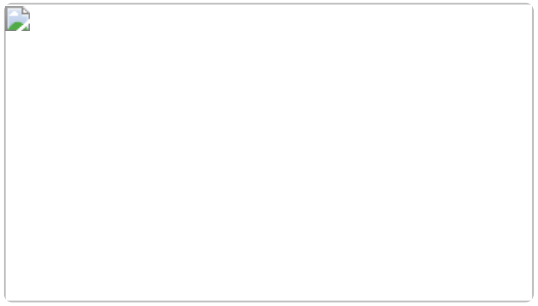
3. Fry salmon

Portion the **salmon**. Heat the pan over a medium-high heat with a second drizzle of **oil**. Add the **salmon**, skin side down and fry for 4 min. Once the skin is crispy, flip the **salmon** and cook for 3 min further.



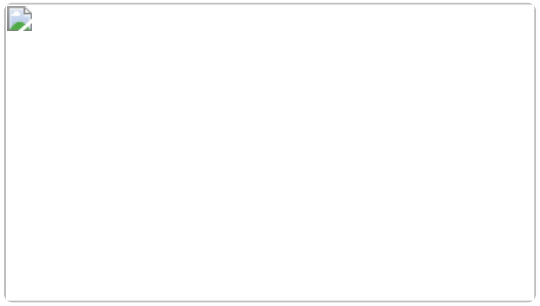
4. Boil beans

Meanwhile, wash and trim the **green beans**. Cook the **green beans** in a pot of salted boiling **water** for 3-4 min or until tender. Drain once cooked.



5. Make sauce

Separate the **egg** yolks from the whites. Add the yolks to a food processor, discard the whites. Halve the **avocado** and scoop the flesh into the food processor. Add the hot **spring onion** mixture. Blitz until silky smooth. Season with pepper. This is your **avocado hollandaise**.



6. Serve

Serve the pan-fried **salmon** alongside the cripsy **lentils**, greens **beans** and **avocado** hollandaise.

Quick Spicy Mushroom Pasta

This delicious dinner is ready in just 20 minutes!

hellochef

792 calories | 33 protein | 122 carbs | 21 fat

Tips for Kids | Speedy

cook: 20 min

R3972-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3305 / 792
Fats (g)	20.7
of which saturated (g)	8.8
Carbohydrates (g)	122
of which sugars (g)	18.5
Fibers (g)	14.5
Proteins (g)	33.4
Salt (g)	1.1

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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04-825-44-00
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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Mushroom sauce	
Chestnut mushrooms	500 Grams
Red onion	2 Piece
Fresh rosemary	10 Grams
Olive oil	2 Tbsp
Chilli flakes	4 Grams
Salt	1 Tsp
Tomato paste	70 Grams
Chopped tomatoes	800 Grams
Mushroom stock cube	1 Piece
Honey	30 Grams
Cooking cream 4*	200 ML
Grated Parmesan 4*	60 Grams
Black pepper	1 Tsp

To serve	
Penne 5*,10*,11*	500 Grams
Rocket	40 Grams

Allergens: *4 Milk, *5 Eggs, *10 Wheat, *11 Gluten

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1. Prep

- Bring a large pot of salted water to the boil.
- Meanwhile, peel and finely chop the **red onion**.
- Clean the **mushrooms** with a cloth, knife or brush (don't wash them with water).
- Roughly chop or tear the **mushrooms**.
- Pick and finely chop the **rosemary** leaves.

Tip! To speed things up, boil the water for the pasta in a kettle before adding it to the pot.



2. Boil pasta

- Once the water is boiling, add the **penne pasta** to the pot.
- Cook for 8-10 min until 'al dente' or cooked to your liking.
- Drain.



3. Fry

- Meanwhile, heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion**, **mushrooms**, chopped **rosemary** and **chilli flakes (spicy!)** with a pinch of **salt**.
- Fry for 5 min.

Tip! If cooking for kids, fry a portion of the mushrooms first and set aside.



4. Simmer

- Add the **tomato paste**, **chopped tomatoes**, 1 **mushroom stock cube**, and **honey**.
- Cook for 3 min further.
- Remove from the heat.
- Add the **cream**, **grated Parmesan** (reserve some for garnish) and cooked **pasta**.
- Season with **pepper** to taste.

Tip! If cooking for kids, set aside a plain portion of cooked pasta and grated Parmesan to use as 'sprinkles'.



5. Serve

- Serve the **Quick Spicy Mushroom Pasta**.
- Garnish with the **rocket** and remaining **grated Parmesan**.

Tip! If cooking for kids, serve the mushrooms, cooked pasta and rocket separately. Serve the grated Parmesan as 'sprinkles' to the side.

Palak Paneer

with Basmati Rice

One of the most classic Indian dishes!

hello chef

953 calories | 41 protein | 106 carbs | 48 fat

cook: 45 min

R4657-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3988 / 953
Fats (g)	47.7
of which saturated (g)	28.1
Carbohydrates (g)	106
of which sugars (g)	13
Fibers (g)	11.6
Proteins (g)	40.6
Salt (g)	1.5

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What You'll Need

- Blender

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

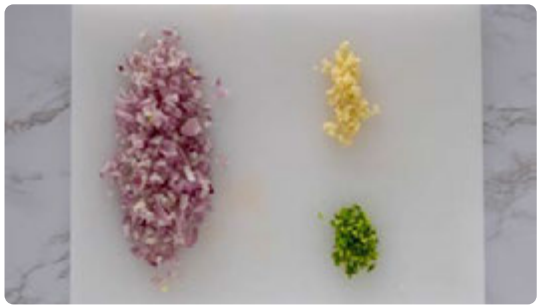
Tofu	
Paneer 4*	500 Grams
Vegetable oil	2 Tbsp

Curry	
Red onion	2 Piece
Garlic cloves	5 Piece
Large green chilli	2 Piece
Vegetable oil	2 Tbsp
Ginger paste	20 Grams
Cumin powder	4 Grams
Chilli powder	2 Grams
Garam masala	10 Grams
Vegetable stock cube 15*	1 Piece
Water	100 ML
Tomato passata	500 Grams
Brown sugar	10 Grams
Coconut milk	400 ML
Spinach	450 Grams
Salt	1 Tsp
Lemon	2 Piece

Rice	
Basmati rice	300 Grams
Salt	1 Tsp
Water	600 ML

Allergens: *4 Milk, *15 Celery

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1. Prep

- Peel and finely chop the **red onion**.
- Peel and mince the **garlic**.
- Finely chop the **green chilli**.
- Bring a pot of salted water to a boil.



2. Boil rice

- Add the **basmati rice**, a pinch of **salt** and the **measured water** to a pan with a lid.
- Bring to boil over high heat.
- Once boiling, reduce heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pan from the heat.
- Keep covered until serving.
- Before serving, fluff with a fork.



3. Make sauce

- Meanwhile, heat a large non-stick pan over a medium-low heat with a drizzle of **oil**.
- Add the **onion**.
- Cook for 5-6 min until softened.
- Once softened, add the **garlic**, **ginder paste**, **green chilli** (spicy!), **cumin**, **chilli powder** (spicy!) and **garam masala powder**.
- Cook for 1 min.
- Add the 1 **stock cube**, **measured water**, **tomato passata**, **brown sugar** and **coconut milk**.
- Simmer for 10 min until thickened.



4. Fry tofu

- Meanwhile, drain the **paneer** and pat dry with paper towel.
- Heat a separate large non-stick pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **paneer**.
- Fry for 5 min until golden and crispy (see pro tip).
- Season with **salt**.
- Set aside.

Tip! The key to achieving crispy tofu is a hot pan, a generous amount of oil and patience. Once you've placed the cubes in the hot pan, don't touch them for a while. Turn them only once browned.



5. Blanch

- Trim the **spinach** stems.
- Roughly chop the **spinach**.
- Once the water is boiling, add the **spinach**.
- Boil for 3 min.
- Drain and squeeze out any excess water.



6. Serve

- Add the **spinach** to the sauce.
- Blitz the sauce in a blender until smooth.
- Add the fried **paneer cubes**.
- Serve the **Palak Paneer** with **Basmati Rice** and **lemon** wedges.

Spicy Tamarind Prawn and Coriander Stew

with Basmati Rice and Cucumber Mint Yogurt

Inspired by Southern Persian flavours with Indian influence, this spicy-tangy stew is deliciously fragrant and simple to make.

hellochef

583 calories | 38 protein | 103 carbs | 6 fat

Calorie Smart

cook: 35 min

R4672-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2442 / 583
Fats (g)	6.3
of which saturated (g)	2.2
Carbohydrates (g)	103
of which sugars (g)	20.1
Fibers (g)	7.8
Proteins (g)	38.3
Salt (g)	2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Prawns	
Prawns 7*	700 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Fresh coriander	30 Grams
Small red chilli	2 Piece
Carrot	2 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Turmeric powder	4 Grams
Coriander cumin powder	8 Grams
Fenugreek leaves	4 Grams
Tamarind paste	30 Grams
Tomato passata	400 Grams
Brown sugar	10 Grams
Vegetable stock cube 15*	1 Piece
Water	400 ML

Rice	
Basmati rice	300 Grams
Salt	1 Tsp
Water	400 ML

Mint Yogurt	
Fresh mint	10 Grams
Cucumber	2 Piece
Natural yogurt 4*	340 Grams
Salt	1 Tsp

Allergens: *7 Crustaceans, *15 Celery, *4 Milk

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1. Cook rice

- Rinse and drain the **rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat.
- Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from the heat, and keep covered until serving.



2. Prep

- Meanwhile, peel and finely chop the **onions**.
- Peel and finely mince the **garlic**.
- Finely chop the **coriander** (stems included).
- Thinly slice the **red chilli**.
- Peel and chop the **carrots** into thin rounds or half moons.

Tip! Sensitive to spice? Deseed the red chilli and use only a small amount.



3. Start stew

- Heat a pot over a medium-high heat with a drizzle of **olive oil**.
- Add the **onion** with a pinch of **salt** and fry for 5 min until softened.
- Add the **carrot**, **garlic**, **red chilli (spicy!)** and the **coriander** and fry for 1-2 min further until fragrant.
- Add the **turmeric**, **coriander cumin powder**, and **fenugreek** and fry for 1-2 min further.



4. Finish stew

- Meanwhile, rinse and pat dry the **prawns**.
- To the pot, add the **tamarind paste**, **tomato passata**, and **brown sugar** and mix to combine.
- Add the 1 **vegetable stock cube**, and the **measured water**.
- Bring to a simmer, cover, and cook for 15-20 min on medium heat until the **carrots** have softened, and the **sauce** has thickened.
- Add the **prawns**, and simmer for 4-5 min until cooked through. Turn off the heat, and set aside.

Tip! Adjust the thickness of the stew to your liking by adding more or less water towards the end of cooking.



5. Make cucumber yogurt

- Meanwhile, pick and finely chop the **mint**.
- Chop the **cucumber** into small bite-sized pieces.
- In a bowl, combine the **cucumber**, **mint**, **yogurt**, and a pinch of **salt**. Stir and set aside.



6. Serve

- Serve the **Spicy Tamarind Prawn and Coriander Stew** with **Basmati Rice** and a side of the **Cucumber Mint Yogurt**.

Beef Kofta in Pitta

with Feta and Tzatziki

Straightforward to make, fun to eat!

hellochef

1085 calories | 46 protein | 81 carbs | 64 fat

Family Friendly

cook: 30 min

R3026-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4537 / 1085
Fats (g)	64.1
of which saturated (g)	24.2
Carbohydrates (g)	81
of which sugars (g)	18.2
Fibers (g)	9.2
Proteins (g)	46.3
Salt (g)	4.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pickled onion	
Red onion	2 Piece
Lemon	1 Piece
Olive oil	4 Tbsp
Salt	0.5 Tsp
Black pepper	0.5 Tsp

Beef kofta	
Beef mince	700 Grams
Fresh parsley	15 Grams
Garlic onion powder	8 Grams
Worcestershire sauce 6*,11*	30 ML
Garam masala	6 Grams
Coriander cumin powder	8 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Olive oil	4 Tbsp

Tzatziki	
Cucumber	2 Piece
Natural yogurt 4*	340 Grams
Salt	0.5 Tsp

For pittas	
Tomatoes	2 Piece
Pitta bread 4*,5*,9*,10*,11*	4 Piece
Feta cheese 4*	100 Grams
Rocket	80 Grams

Allergens: *6 Fish, *11 Gluten, *4 Milk, *5 Eggs, *9 Soya, *10 Wheat

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1. Prep

Peel and slice the **onion** into thin rings. Add them to a bowl. Squeeze 2 Tbsp of **lemon** juice over the top. Add a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Mix and set aside. Finely chop the **parsley**.

Tip! Pickle the onions up to 24 hours in advance.



2. Make kofta mix

In a bowl, combine the **beef mince**, **parsley**, **garlic onion powder**, **Worcestershire sauce**, **garam masala**, **coriander cumin powder**, **salt** and **pepper**. With clean hands, knead the mix until fully combined. Shape into 16 **koftas** and set aside.



3. Make tzatziki

Grate the **cucumber**, then carefully squeeze out any excess water. Add the grated **cucumber** to a bowl. Add the **yogurt** and a pinch of **salt**. Mix well and set aside. Cut the **tomatoes** in half, then slice into half moons.

Tip! If you have garlic cloves at home, add half a minced clove to your tzaztiki for extra deliciousness!



4. Fry koftas

Heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **koftas** and fry for 5-7 min, turning occasionally, until cooked through and nicely browned.

Tip! If the pan is looking crowded, fry the koftas in batches. This will stop them from stewing, rather than frying!



5. Serve

Meanwhile, warm the **pitta breads** in a microwave for 30 sec or until warmed through. Load with the **tzatziki**, **beef kofta**, **tomatoes**, **feta**, drained **onion** and the **rocket**. Serve any remaining **tzatziki** alongside.

Tip! Serve any extra toppings to the side.

Creamy Paneer Korma

with Basmati Rice and Green Beans

This curry is deliciously mild packed with an abundance of flavours.

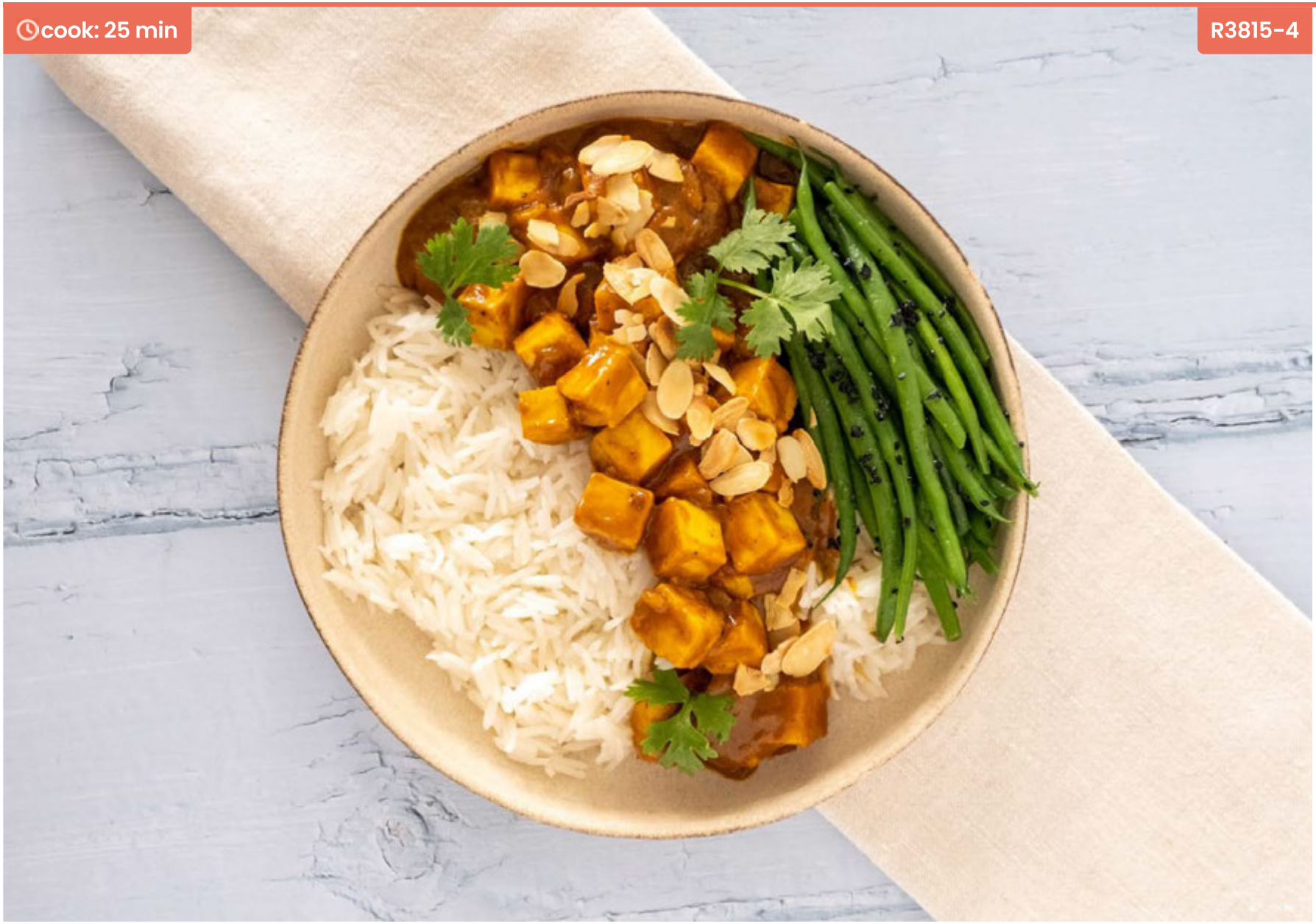
hello chef

1131 calories | 44 protein | 111 carbs | 64 fat

Tips for Kids

cook: 25 min

R3815-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4729 / 1131
Fats (g)	64.1
of which saturated (g)	42
Carbohydrates (g)	111
of which sugars (g)	19.8
Fibers (g)	11.1
Proteins (g)	43.5
Salt (g)	1.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Red onion	2 Piece
Cardamom pods	8 Piece
Vegetable oil	2 Tbsp
Ginger garlic paste	20 Grams
Coriander cumin powder	8 Grams
Garam masala	8 Grams
Turmeric powder	4 Grams
Chilli powder	4 Grams
Paneer 4*	500 Grams
Tomato paste	70 Grams
Mango chutney	100 Grams
Vegetable stock cube 15*	1 Piece
Coconut cream	400 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Almond flakes 1*,2*	60 Grams
Fresh coriander	15 Grams

Rice	
Basmati rice	300 Grams
Salt	1 Tsp
Water	600 ML

Green beans	
Green beans	375 Grams
Butter 4*	20 Grams
Nigella seeds 3*,13*	10 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *4 Milk, *15 Celery, *1 Peanuts, *2 Tree Nuts, *3 Sesame Seeds, *13 Mustard

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1. Boil rice

- Rinse the **rice**.
- Add the **rice** with a pinch of **salt** and **measured water** to a pot with a lid.
- Bring to a boil.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from the heat.
- Keep covered until serving.



2. Fry

- Meanwhile, peel and finely chop the **red onion**.
- Split the **cardamom pods** open with the back of a knife.
- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion**.
- Fry for 5 min until softened.
- Add the **ginger garlic paste**, **cardamom pods**, **coriander cumin powder**, **garam masala**, **turmeric** and a pinch of **chilli powder** (spicy!).
- Fry for 1 min further.

Tip! If cooking for kids, leave out the chilli powder.



3. Prep

- Meanwhile, bring a small pot of salted water to the boil.
- Chop the **paneer** into bite-sized cubes.



4. Simmer

- Add the **tomato paste** to the pan and fry for 1 min further.
- Add the **mango chutney**, 1 **vegetable stock cube**, **coconut cream** and **paneer**.
- Simmer for 6-8 min.
- Season with **salt** and **pepper** to taste.



5. Cook green beans

- Meanwhile, trim the **green beans**.
- Once the pot of salted water is boiling, add the **green beans**.
- Cook for 3-4 min or until tender.
- Drain once cooked.
- Return the **green beans** to the pot with the **butter** and **nigella seeds**.
- Stir until the **butter** melts.
- Season with **salt** and **pepper** to taste.

Tip! If cooking for kids, set aside a plain portion of cooked green beans and nigella seeds to use as 'sprinkles'.



6. Serve

- Serve the **Creamy Paneer Korma** on **Basmati Rice** with **Green Beans** alongside.
- Garnish with the **almond flakes** and **fresh coriander leaves**.

Tip! If cooking for kids, serve the cooked rice, paneer and cooked green beans separately. Serve the curry sauce, flaked almonds and nigella seeds as 'sprinkles' to the side.

Mediterranean Chicken Thigh Skillet

with Orzo and Feta

In this recipe, you'll marinate chicken thighs in herbs and serve with delicious orzo inspired by Mediterranean flavours.

hello chef

931 calories | 78 protein | 102 carbs | 22 fat

Family Friendly

cook: 45 min

R3619-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3892 / 931
Fats (g)	22
of which saturated (g)	7.5
Carbohydrates (g)	102
of which sugars (g)	17.2
Fibers (g)	11.9
Proteins (g)	78.4
Salt (g)	5.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Skin-on, bone-in chicken thighs	1200 Grams
Garlic cloves	4 Piece
Fresh rosemary	10 Grams
Olive oil	2 Tbsp
Dried oregano	4 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Lemon	1 Piece

Orzo	
Brown onion	2 Piece
Red pepper	2 Piece
Water	600 ML
Chicken stock cube 4*,5*,9*,15*	2 Piece
Salt	1 Tsp
Smoked paprika powder	4 Grams
Orzo 9*,10*,11*	400 Grams
Cherry tomatoes	300 Grams
Black olive slices	80 Grams
Feta cheese 4*	100 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *10 Wheat, *11 Gluten

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1. Marinate chicken

- Peel and mince the **garlic**.
- Strip and finely chop the **rosemary**.
- Add the **chicken thighs** to a bowl.
- Add the **olive oil**, **garlic**, **rosemary**, **dried oregano**, **salt**, **pepper** and half of the **lemon** juice (reserve the rest of the **lemon** for serving).
- Toss to coat.
- Set aside.

Tip! Marinate the chicken for up to 24 hours in advance! Keep half of the rosemary whole and place the whole sprigs on top of the orzo whilst it simmers.



2. Prep

- Peel and finely chop the **onion**.
- De-seed and roughly chop the **pepper**.
- Boil the **measured water** and dissolve the **stock cube** in it.



3. Fry chicken

- Heat a pan over a high heat with a drizzle of **oil**.
- Once hot, remove the **chicken** from the marinade.
- Discard any excess marinade.
- Add the **thighs** to the pan skin-side down.
- Fry for 5 min until browned and crisp.
- Transfer the **chicken** to a plate.
- Return the pan to a medium-high heat.



4. Add orzo

- Add the **onions** and **peppers** to the pan with a pinch of **salt**.
- Fry for 5 min until softened.
- Add the **smoked paprika**.
- Fry for 1 min further.
- Add the **orzo**, whole **tomatoes** and **chicken stock**.
- Bring to a boil.



5. Simmer

- Reduce the heat to medium.
- Top the **orzo** with the **chicken thighs**.
- Cover with a lid.
- Simmer for 15-20 min until the **orzo** and **chicken** are cooked through.



6. Serve

- Once the **orzo** is cooked, top with the **olive slices**.
- Finish with a squeeze of **lemon**.
- Serve the **Mediterranean Chicken Thigh Skillet with Orzo** garnished with crumbled **Feta**.

Classic Shepherd's Pie

A British classic! Shepherd's pie is traditionally made with lamb mince, whilst cottage pie is made with beef.

hellochef

755 calories | 49 protein | 67 carbs | 29 fat

Family Friendly

cook: 60 min

R3273-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3421 / 755
Fats (g)	28.9
of which saturated (g)	18.4
Carbohydrates (g)	67
of which sugars (g)	19.4
Fibers (g)	13.9
Proteins (g)	49.1
Salt (g)	3.6

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What You'll Need

- Oven
- Box grater
- Potato masher

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pie

Lean lamb mince	700 Grams
Brown onion	2 Piece
Garlic cloves	4 Piece
Carrot	2 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Tomato paste	140 Grams
Water	400 ML
Chicken stock cube 4*,5*,9*,15*	2 Piece
Worcestershire sauce 6*,11*	30 ML
Brown sugar	10 Grams
Black pepper	1 Tsp
Green peas	200 Grams

Mash potato

Potatoes	1200 Grams
Butter 4*	20 Grams
Salt	1 Tsp
Whole milk 4*	200 ML

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *6 Fish, *11 Gluten

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1. Boil potatoes

- Preheat the oven to 200°C/180°C fan.
- Peel and chop the **potatoes**.
- Add the **potatoes** to a pan of salted boiling water with a generous pinch of **salt**.
- Cook the **potatoes** over a medium heat for 20 min or until soft.
- Once cooked, drain.



2. Prep

- Meanwhile, peel and finely chop the **onion** and **garlic**.
- Peel and grate the **carrot**.

Tip! Why not add more grated veggies, such as zucchini?



3. Fry

- Heat a pan over a medium-high heat with a drizzle of **oil**.
- Fry the **lamb mince** and **onion** with a pinch of **salt** for 5-7 min.
- Add the **garlic** and **tomato paste**.
- Add the grated **carrots**, **measured water**, 2 **stock cube**, **Worcestershire**, **sugar** and **pepper**.
- Reduce the heat to medium-low.
- Cover with a lid and simmer for 10 min.

Tip! Make sure the pan is hot before adding the lamb. This will ensure it browns nicely!



4. Make mash

- Meanwhile, return the drained **potatoes** to the pan with the **butter**.
- Mash until smooth.
- Slowly add enough **milk** (about 100 ml) to reach your desired mash consistency.
- Season generously with **salt**.



5. Bake

- Add the **green peas** to the **lamb sauce** and check the seasoning.
- Season with **salt** and **pepper**.
- Pour the **lamb sauce** into a baking dish.
- Spoon the **mashed potato** over the top.
- Smooth the surface with a spatula.
- Bake for 20 min or until the top begins to brown.



6. Serve

- Once baked, set the **pie** aside to rest for 5 min.
- Serve the **Classic Shepherd's Pie**.

Cauliflower and Chickpea Makhani

with Basmati Rice and Chapatis

There's plenty of depth of flavour in this creamy, comforting curry.

hello chef

822 calories | 35 protein | 158 carbs | 9 fat

cook: 30 min

R3507-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3439 / 822
Fats (g)	9.4
of which saturated (g)	4.1
Carbohydrates (g)	158
of which sugars (g)	17.1
Fibers (g)	19.7
Proteins (g)	35
Salt (g)	3.7

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Makhni	
Red onion	2 Piece
Cauliflower	800 Grams
Chickpeas	480 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Ginger garlic paste	30 Grams
Curry powder	10 Grams
Smoked paprika powder	4 Grams
Garam masala	4 Grams
Turmeric powder	4 Grams
Chilli powder	2 Grams
Vegetable stock cube 15*	2 Piece
Water	400 ML
Brown sugar	10 Grams
Tomato paste	140 Grams
Cashew cream cheeze 2*	110 Grams

Sides	
Basmati rice	300 Grams
Salt	1 Tsp
Water	600 ML
Chapati 10*,11*	4 Piece

Side salad	
Cucumber	3 Piece
Cherry tomatoes	300 Grams
Fresh coriander	15 Grams
Salt	1 Tsp
Lime	1 Piece

Allergens: *15 Celery, *2 Tree Nuts, *10 Wheat, *11 Gluten

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1. Prep

- Peel and finely chop the **onions**.
- Separate the **cauliflower** into florets.
- Rinse the **basmati rice**.
- Drain and rinse the **chickpeas**.



2. Fry

- Heat a large pan with a lid over a medium heat with a drizzle of **oil**.
- Once hot, add the **onion** with a pinch of **salt**.
- Cook for 5 min until softened.
- Once soft, add the **ginger garlic paste**, **curry powder**, **smoked paprika**, **garam masala**, **turmeric** and a pinch of **chilli** (spicy!).
- Cook for 1 min further.



3. Boil rice

- Meanwhile, add the **basmati rice**, **salt** and the **measured water** to a pan with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Remove the pan from the heat.
- Keep covered until serving.



4. Simmer

- Meanwhile, add the **cauliflower**, **stock cube**, **measured water**, **brown sugar**, **chickpeas** and **tomato paste** to the pan.
- Simmer, covered, for 10-12 min or until the **cauliflower** begins to soften.
- Once softened, stir in the **cashew cream cheeze**.



5. Make salad

- Meanwhile, chop the **cucumbers** into bite-sized pieces.
- Halve the **cherry tomatoes**.
- Finely chop the **coriander**.
- To a bowl, add the **cucumbers**, **cherry tomato**, **coriander**, **salt** and a squeeze of **lime**.
- Toss until combined.

Tip! Firmly roll the lime on the work surface before slicing it. This will help release more of its juices.



6. Serve

- Microwave the **chapatis** for 30 sec until hot.
- Serve the **Cauliflower and Chickpea Makhani** with **Basmati Rice** with **Chapatis** and **salad** on the side.

Smoked Salmon Carbonara

with Green Salad

Purists, don't look now! We've swapped cured pork for smoked salmon and added a dash of cream for extra creaminess in this take on the classic!

946 calories | 46 protein | 108 carbs | 38 fat

Speedy

cook: 20 min

R2999-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3907 / 946
Fats (g)	38.2
of which saturated (g)	19.2
Carbohydrates (g)	108
of which sugars (g)	13.7
Fibers (g)	7.4
Proteins (g)	45.8
Salt (g)	1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Spaghetti

Smoked Salmon Slices 6*	200 Grams
Spaghetti 10*	500 Grams
Salt	2 Tsp
Grated Parmesan 4*	60 Grams
Organic Eggs 5*	4 Piece
Cooking cream 4*	200 ML
Black pepper	1 Tsp

Salad

Olive oil	2 Tbsp
Wholegrain mustard 13*	30 Grams
Honey	15 Grams
White balsamic vinegar 14*	30 ML
Salt	1 Tsp
Black pepper	1 Tsp
Cucumber	2 Piece
Baby gem lettuce	2 Piece

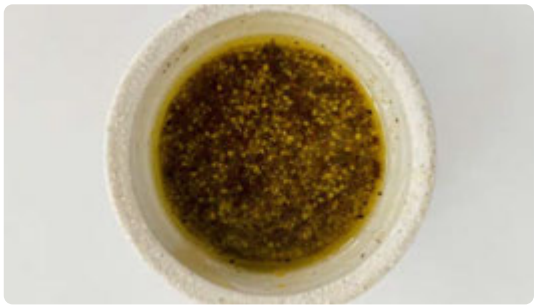
Allergens: *6 Fish, *10 Wheat, *4 Milk, *5 Eggs, *13 Mustard, *14 Sulphur Dioxide

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1. Boil spaghetti

Bring a large pot of salted water to the boil. Once boiling, add the **spaghetti** and cook for 8-10 min until 'al dente' or cooked to your liking. Drain and reserve a cup of **pasta water**.



2. Make dressing

Meanwhile, whisk the **olive oil**, **mustard**, **honey** and **balsamic vinegar**. Season with **salt** and **pepper**. Set aside - this is your dressing.



3. Prep

Wash and roughly chop the **cucumber** and **lettuce**. Chop the **smoked salmon** into small pieces. Whisk the **eggs**, **cream** and Grana **padano** until smooth. Season very generously with **black pepper** and **salt**.



4. Toss salad

In a large bowl, toss the **cucumber** and **lettuce** in the dressing.



5. Toss spaghetti

Return the drained **spaghetti** to the pot. Remove the pot from the heat. Add a splash of **pasta cooking water**, the **smoked salmon** and the **egg-cream** mixture to the pot. Mix well until the sauce coats the **spaghetti**.



6. Serve

Serve the **salmon carbonara** alongside the **salad** while hot.

Lemony Chicken

with Creamy Root Mash and Roasted Vegetables

This wholesome supper has weeknight comfort written all over it!

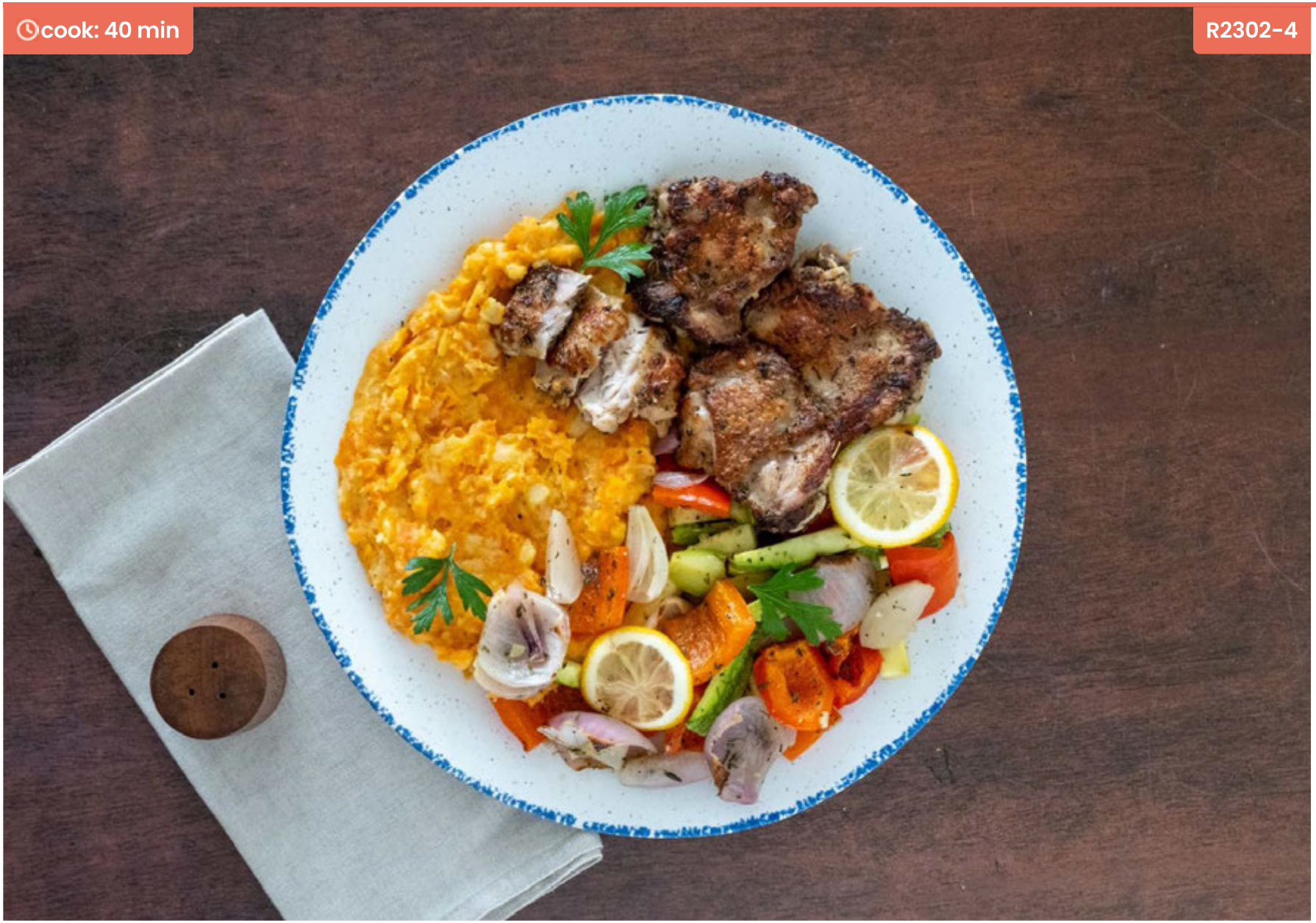
hello chef

643 calories | 50 protein | 73 carbs | 20 fat

Low Carb | Family Friendly

cook: 40 min

R2302-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2684 / 643
Fats (g)	20.2
of which saturated (g)	9.1
Carbohydrates (g)	73
of which sugars (g)	28.1
Fibers (g)	19.4
Proteins (g)	50
Salt (g)	2.3

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What You'll Need

- Oven
- Potato masher

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Bake	
Skin-on, boneless chicken thighs	800 Grams
Red onion	4 Piece
Garlic cloves	4 Piece
Red pepper	2 Piece
Small zucchini	4 Piece
Water	100 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Dijon mustard 13*	12 Grams
Dried thyme	4 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Olive oil	4 Tbsp
Lemon	2 Piece

Mash	
Parsnip	2 Piece
Carrot	4 Piece
Butter 4*	50 Grams
Whole milk 4*	200 ML
Salt	1 Tsp
Black pepper	1 Tsp

Serve	
Fresh parsley	15 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *13 Mustard

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1. Prep

Preheat the oven to 200°C/180°C fan. Bring a pot of salted water to the boil. Peel and slice the **onion** into quarters and separate them into individual petals. Peel and mince the **garlic**. Deseed and roughly chop the **peppers**. Slice the **zucchini** into batons. Boil the **measured water** and dissolve 1 **chicken stock cube** and the **Dijon mustard** in it.



2. Roast vegetables

Add the **onion**, **garlic**, **peppers**, **zucchini** and the **stock** to a baking dish. Sprinkle with half of the **dried thyme** (reserve the rest to use in step 4) and season with **salt** and **pepper**. Drizzle with the **olive oil** and bake for 15 min.



3. Make mash

Meanwhile, peel and chop the **parsnip** and **carrots** into bite-sized pieces. Once the water is boiling, add the **parsnip** and the **carrots**. Cook over a medium-high heat for 20-25 min or until softened. Drain and return to the pot. Add the **butter** to the pot and mash until smooth, gradually adding the **milk** until it reaches your desired consistency. Season with **salt** and **pepper**. Cover and set aside.



4. Marinate chicken

Meanwhile, slice half of the **lemon** into slices and juice the rest into a large bowl. Add the **chicken thighs** to the large bowl with the **lemon** juice along with the remaining **dried thyme** and season with **salt** and **black pepper**.

Tip! Marinate the chicken up to 24 hours in advance.



5. Fry chicken

Place a large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken thighs**, skin-down and fry for 5-6 min until browned. The **chicken** does not need to be cooked at this point.



6. Serve

Place the **chicken** on top of the **roasted vegetables**, skin-side up and arrange the **lemon** slices on top. Continue baking for 12-15 min further or until the **chicken** and **vegetables** are cooked through. Meanwhile, pick and finely chop the **parsley** leaves. Serve the **lemony chicken** and the **roasted vegetables** with the **creamy root mash** alongside. Garnish with the **parsley**.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready.

Seabream with Parmesan Sauce
and Italian Balsamic Vegetables

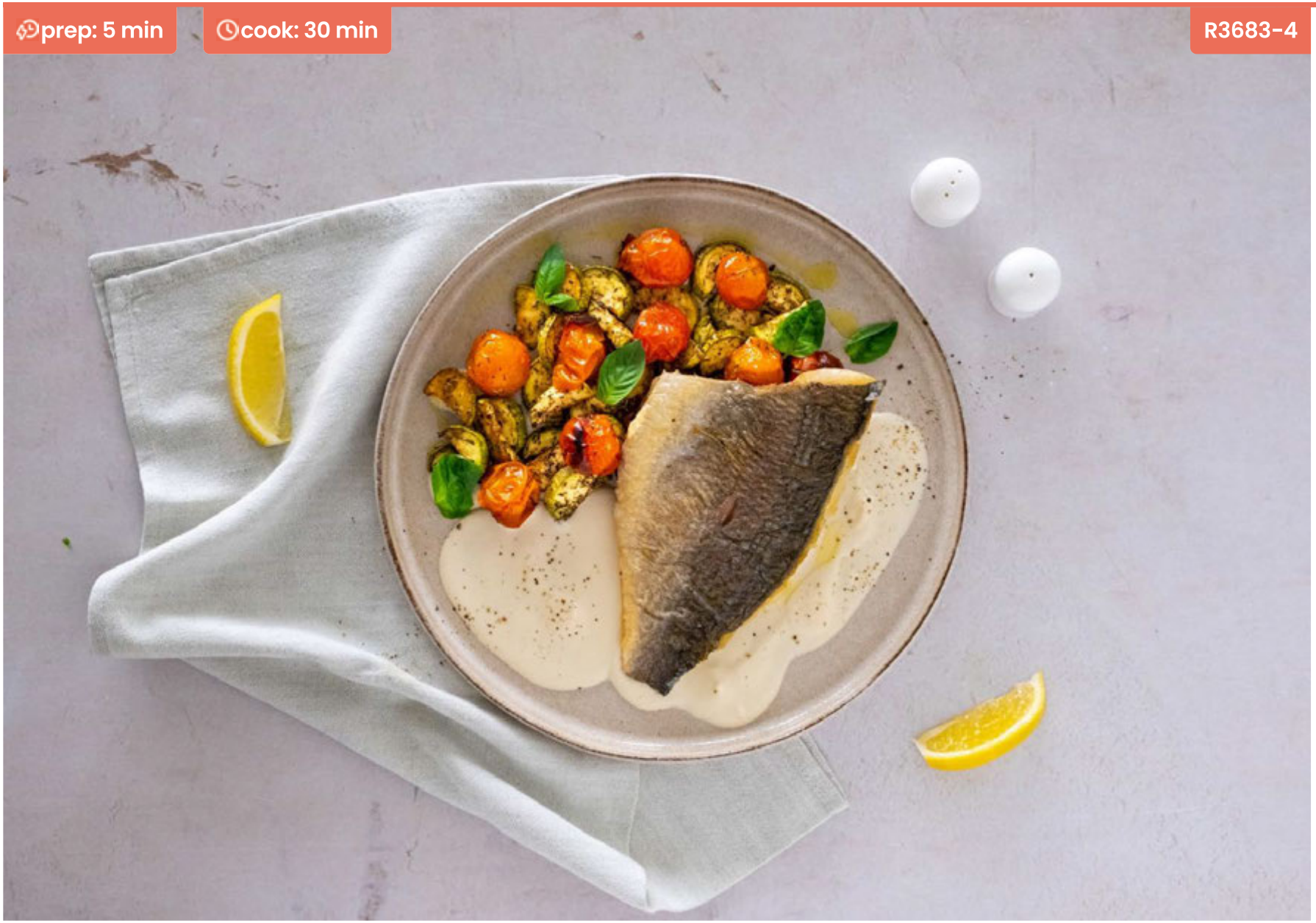
An Italian supper that is bound to impress.

hello chef

457 calories | 52 protein | 20 carbs | 21 fat

Low Carb | Quick Prep | Calorie Smart

prep: 5 min | cook: 30 min | R3683-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1903 / 457
Fats (g)	20.9
of which saturated (g)	9.1
Carbohydrates (g)	20
of which sugars (g)	7.5
Fibers (g)	5.5
Proteins (g)	52
Salt (g)	0.6

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What You'll Need

Oven | Whisk

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Seabream	
Seabream 6*	660 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp
Lemon	2 Piece
Black pepper	1 Tsp

Vegetables	
Small zucchini	6 Piece
Cherry tomatoes	300 Grams
Balsamic vinegar 14*	30 ML
Dried thyme	4 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Parmesan sauce	
Grated Parmesan 4*	60 Grams
Cooking cream 4*	200 ML
Garlic powder	4 Grams
Salt	1 Tsp

To serve	
Fresh basil	15 Grams

Allergens: *6 Fish, *14 Sulphur Dioxide, *4 Milk

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1. Prep

- Preheat the oven to 220°C/200°C fan.
- Slice the **zucchini** into half moons.
- Add the **zucchini** and the whole **cherry tomatoes** to a lined baking tray.
- Add the **balsamic vinegar**, **thyme**, a generous drizzle of **oil** and a pinch of **salt**.
- Give everything a good mix up.
- Bake for 15-20 min or until the **tomatoes** begin to soften.



2. Make sauce

- Meanwhile, add the **grated Parmesan** into a saucepan.
- Add the **cream**, **garlic powder** and a pinch of **salt**.
- Place the pan over a medium heat.
- Simmer for 3 min or until the **cheese** has melted and the **sauce** has thickened.
- Cover and keep warm until ready to serve.

Tip! Add a splash of water if the sauce begins to thicken up too quickly.



3. Fry seabream

- Pat the **seabream** fillets dry with kitchen paper.
- Season the skin with a pinch of **salt**.
- Heat a large non-stick pan with a drizzle of **vegetable oil** over a medium-high heat.
- Once hot, add the **seabream**, skin-side down.
- Fry for 4 min or until crispy.
- Once crispy, flip.
- Cook for 1-2 min further.

Tip! You can tell when white fish is cooked by checking if the flesh flakes easily.



4. Prep

- Meanwhile, slice the **lemon** into wedges.
- Pick the **basil** leaves.
- Roughly chop them.



5. Serve

- Once the **tomatoes** and **zucchini** have softened, add the **basil** leaves.
- Give everything a good mix up.
- Serve the **Seabream** with **Parmesan Sauce** and **Italian Balsamic Vegetables**.
- Finish with a squeeze of **lemon** and a crack of **black pepper**.

Sweet Potato and Chicken Curry

with Coconut Milk and Cauliflower

Enjoy this easy-to-make curry, packed with a load of wholesome ingredients!

hello chef

698 calories | 48 protein | 68 carbs | 27 fat

Low Carb

cook: 30 min

R2331-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2923 / 698
Fats (g)	26.5
of which saturated (g)	12.4
Carbohydrates (g)	68
of which sugars (g)	19.4
Fibers (g)	16
Proteins (g)	48.4
Salt (g)	3.8

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What You'll Need

- Box grater

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Chicken breast	600 Grams
Vegetable oil	4 Tbsp
Red onion	2 Piece
Garlic cloves	4 Piece
Ginger	60 Grams
Sweet potatoes	600 Grams
Cauliflower	400 Grams
Spinach	200 Grams
Salt	1 Tsp
Curry powder	4 Grams
Chilli powder	2 Grams
Coriander cumin powder	8 Grams
Tomato passata	500 Grams
Water	300 ML
Coconut milk	400 ML
Chicken stock cube **4*,5*,9*,15***	2 Piece

To serve	
Large red chilli	2 Piece
Peeled pistachios **2***	40 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *2 Tree Nuts

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1. Fry chicken

- Chop the **chicken** into bite-size pieces.
- Heat a drizzle of **oil** in a large pan.
- Fry the **chicken** for 3-4 min.
- Transfer the **chicken** to a plate.
- Reserve the pan.



2. Prep

- Peel and chop the **onion** and **garlic**.
- Grate the **ginger**.
- Peel and chop the **sweet potatoes** into small bite-size pieces.
- Separate the **cauliflower** into small florets.
- Trim and chop the **spinach**.



3. Fry onions

- Return the pan to a medium heat with a drizzle of **oil**.
- Add the **onion** and **garlic**.
- Fry with a pinch of **salt** for 5 min or until softened.
- Add the **ginger**, **curry powder**, **chilli powder** (spicy!), **coriander cumin powder**.
- Fry for 1 min further.



4. Simmer

- Add the **sweet potatoes**, **cauliflower**, **tomato passata**, **measured water**, **coconut milk** and **chicken stock cube**.
- Cover with a lid.
- Simmer for 10 min until the **sweet potatoes** start to soften.



5. Finish

- Return the **chicken** to the pan.
- Add the **spinach** and simmer (don't boil) for a final 5 min or until the **chicken** is cooked through.
- Check the seasoning.

Tip! Add a pinch of sugar to your curry to enhance the tomatoes' natural sweetness.



6. Serve

- Slice the **red** chillis.
- Serve the **Sweet Potato and Chicken Curry with Coconut Milk and Cauliflower**.
- Top with the **pistachios** and **red chilli** slices (spicy!).

Arabic Salad with a Pomegranate Sumac Dressing

Savor the taste of the Middle East with this refreshing salad packed with crisp veggies, fresh herbs, and a tangy dressing!

hello chef

106 calories | 3 protein | 25 carbs | 1 fat

prep: 10 min

R4623-4



Nutritional information

	per serving*
Energy (kJ/kcal)	446 / 106
Fats (g)	0.9
of which saturated (g)	0.1
Carbohydrates (g)	25
of which sugars (g)	7.8
Fibers (g)	5.6
Proteins (g)	3.3
Salt (g)	0.3

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What You'll Need

Oven

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 3 servings

Salad	
Fresh mint	10 Grams
Spring onion	40 Grams
Tomatoes	2 Piece
Green pepper	1 Piece
Cucumber	1 Piece
Red radish	60 Grams
Crispy green lettuce mix	100 Grams

Dressing	
Lemon	1 Piece
Garlic cloves	1 Piece
Olive oil	4 Tbsp
Pomegranate molasses	40 Grams
Sumac	8 Grams

Allergens:

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1. Prep

- Slice the **lemon** into wedges.
- Pick the **mint** leaves.
- Peel and finely chop the **garlic**.
- Trim and slice the **spring onions**.



2. Make dressing

- In a bowl, combine the **olive oil**, **pomegranate molasses**, **sumac**, **garlic**, and a good squeeze of **lemon** juice. This is your **salad dressing**.



3. Prep

- Slice the **tomatoes** into wedges.
- Deseed and chop the **green pepper** into bite-sized pieces.
- Slice the **cucumber** into rounds.
- Trim and thinly slice the **radish**.



4. Combine

- Add the **crispy green lettuce** and **chopped vegetables** to a large mixing bowl. Add the **salad dressing** and toss to coat.

Tip! Dress your salad just before serving to keep it crisp and fresh. This way, it stays perfect for lunch the next day!



5. Serve

- Serve the **Arabic Salad** with **Pomegranate Sumac Dressing** alongside your favourite Middle-Eastern dish.

Lo Mein

with Tofu and Mushrooms

Tastier than take out! Lo mein translates to tossed or stirred noodles - we swapped the egg noodles for a vegan option in this dish.

hellochef

875 calories | 45 protein | 126 carbs | 24 fat

cook: 35 min

R4061-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3660 / 875
Fats (g)	24
of which saturated (g)	3.8
Carbohydrates (g)	126
of which sugars (g)	28.9
Fibers (g)	17.3
Proteins (g)	45.4
Salt (g)	10.2

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Noodles	
Carrot	2 Piece
White cabbage	300 Grams
Mushroom	250 Grams
Sugar snap peas	200 Grams
Spring onion	80 Grams
Large red chilli	2 Piece
Firm tofu 9*	600 Grams
Vegetable oil	2 Tbsp
Black salt	4 Grams
Garlic powder	4 Grams
Wheat noodles 10*,11*	400 Grams
Salt	1 Tsp

Sauce	
Sesame oil 3*,9*	30 ML
Soy sauce 9*,10*,11*	60 ML
Sweet soy sauce 9*,10*,11*,14*	40 ML
Hoisin sauce 3*,9*,10*	60 Grams
Garlic paste	20 Grams
Brown sugar	10 Grams

To serve	
Sesame seeds 3*	15 Grams
Chilli flakes	4 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds, *14 Sulphur Dioxide

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1. Prep vegetables

- Peel and slice the **carrot** into matchsticks.
- Thinly slice the **cabbage**.
- Clean the **mushrooms** with a cloth, knife or brush (don't wash them with water).
- Roroughly chop or tear the **mushrooms**.
- Slice the **sugar snap peas** in half.
- Finely slice the **spring onion** and the **red chilli**.



2. Mix sauce

- In a small bowl, combine the **sesame oil**, **soy sauce**, **sweet soy sauce**, **hoisin sauce**, **garlic paste** and **brown sugar**.
- Mix well.
- This is the **stir-fry sauce**.



3. Crumble and fry

- Drain the **tofu** and squeeze out as much liquid as possible.
- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, crumble the **tofu** into the pan.
- Add the **black salt** and the **garlic powder**.
- Fry for 8-10 min or until all the excess liquid has evaporated and the **tofu** has started to brown.
- Transfer to a plate and reserve the pan.

Tip! In this recipe you'll use black salt and tofu to create 'fake' eggs.



4. Cook noodles

- Meanwhile, bring a large pot of lightly salted water to a boil.
- Add the **wheat noodles** and cook for 3-4 min or until cooked to your liking.
- Drain.

Tip! Drizzle the cooked noodles with oil once drained to stop them from sticking together.



5. Stir-fry

- Return the reserved pan to high heat with a second drizzle of **oil**.
- Add the **mushrooms**, **carrot** and **cabbage** with a pinch of **salt** and stir-fry for 3-4 min.
- Add the **sugar snap peas**, half of the **spring onion** and half of the **red chilli (spicy!)**, and stir-fry for 1 min further.
- Add the **fried tofu crumble**, **stir-fry sauce** and drained cooked **noodles**.
- Toss well, using tongs.

Tip! Use your largest pan (or wok) to make it easier and quicker to stir-fry all the ingredients together.



6. Serve

- Serve the **Lo Mein** garnished with the remaining **spring onion**, **red chilli (spicy!)**, **sesame seeds** and **chilli flakes (spicy!)**.

Tip! This one reheats well. Have the leftovers for lunch the following day.

Malva Pudding

A South African classic!

hellofresh

1497 calories | 23 protein | 175 carbs | 79 fat

Family Friendly

cook: 50 min

R4411-4



Nutritional information

	per serving*
Energy (kJ/kcal)	6220 / 1497
Fats (g)	78.8
of which saturated (g)	51.4
Carbohydrates (g)	175
of which sugars (g)	101.5
Fibers (g)	1.7
Proteins (g)	22.9
Salt (g)	1.1

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What You'll Need

Oven

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pudding	
Butter 4*	20 Grams
Baking soda	5 Grams
Whole milk 4*	100 ML
White vinegar	15 ML
Apricot jam	15 Grams
Plain flour 10*,11*	200 Grams
Organic Eggs 5*	2 Piece
Salt	0.25 Tsp

Sauce	
Cooking cream 4*	200 ML
White sugar	180 Grams
Water	125 ML
Butter 4*	100 Grams
Vanilla extract	5 ML

Allergens: *4 Milk, *10 Wheat, *11 Gluten, *5 Eggs

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1.

Preheat oven to 180C/160C fan. Cream **butter** and **sugar**. Add **eggs** and beat. Add **apricot jam**.



2.

Stir **baking soda** into the **milk** and add **vinegar**.



3.

Add **flour** to **butter** and **sugar** mixture. Pour **milk** in slowly and use an electric beater to mix.



4.

Pour mixture into a greased oven proof dish. Bake for 45 min.



5. make sauce

meanwhile slowly boil together the **cream**, **sugar**, **water**, **butter**, **vanilla** essence for 2-3 min.



6. serve

once the pudding is cooked, pour sauce over the pudding as soon as it is removed from the oven, while hot.

Tip! Serve with custard or vanilla ice cream!

Mushroom and Green Veggie Penne Pasta

in a Creamy Cheese Sauce

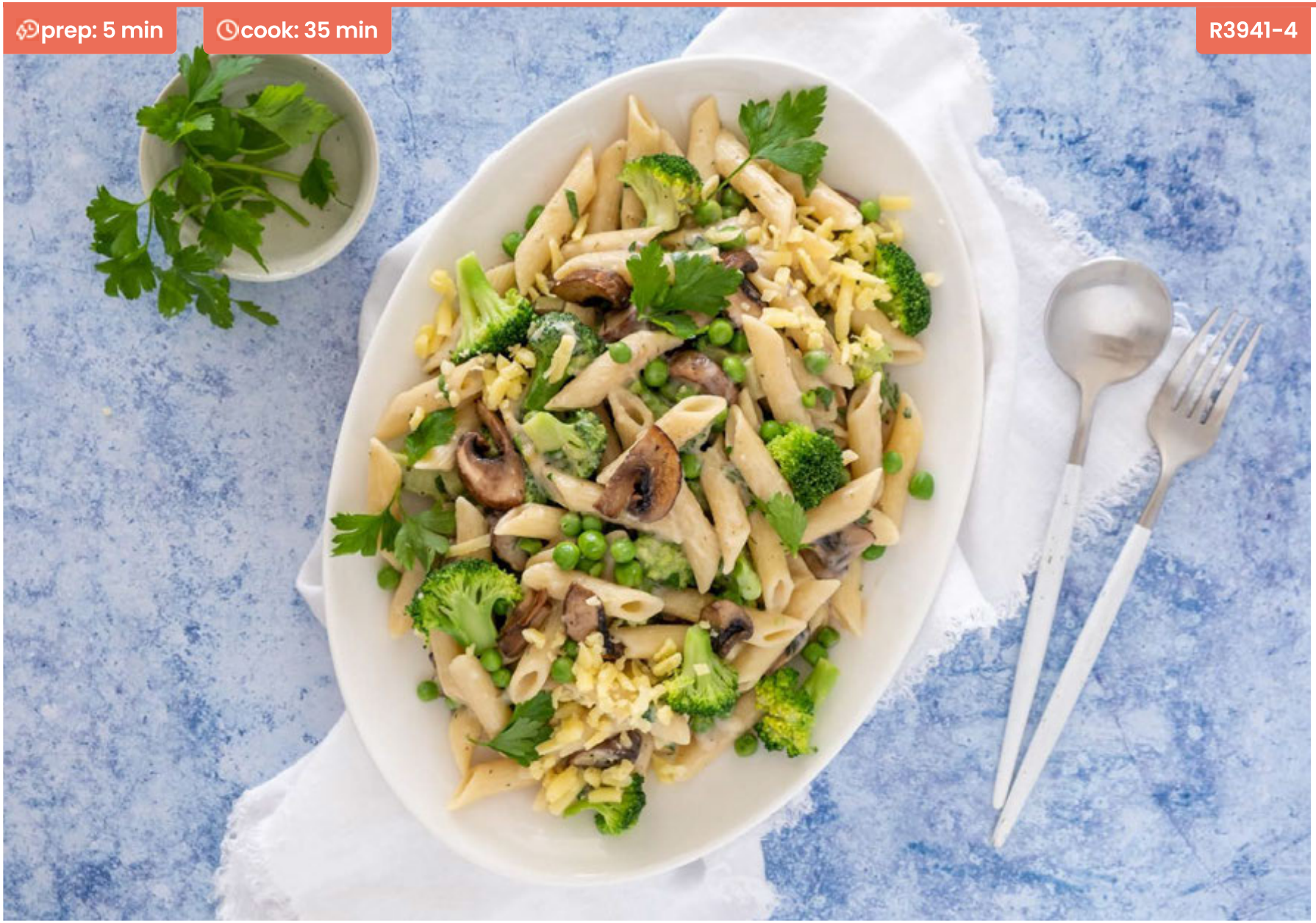
A delicious one pot pasta loaded with mushrooms, green peas, and broccoli. Perfect for the warmer season.

hello chef

813 calories | 44 protein | 91 carbs | 32 fat

Quick Prep

prep: 5 min | cook: 35 min | R3941-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3393 / 813
Fats (g)	32.3
of which saturated (g)	19
Carbohydrates (g)	91
of which sugars (g)	9.2
Fibers (g)	9.8
Proteins (g)	43.9
Salt (g)	1.9

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pasta	
Broccoli	400 Grams
Chestnut mushrooms	500 Grams
Fresh parsley	15 Grams
Penne 10*,11*	375 Grams
Olive oil	2 Tbsp
Salt	0.5 Tsp
Black pepper	1 Tsp
Dried thyme	4 Grams
Butter 4*	20 Grams
Plain flour 10*,11*	20 Grams
Nutmeg	2 Grams
Mushroom stock cube	1 Piece
Whole milk 4*	400 ML
Water	300 ML
Green peas	200 Grams
Grated mozzarella 4*	120 Grams
Grated cheddar 4*	120 Grams
Grated Parmesan 4*	60 Grams

Allergens: *10 Wheat, *11 Gluten, *4 Milk

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1. Prep

Separate the **broccoli** into florets and chop them into small bite-sized pieces. Clean the **mushrooms** with a cloth, knife or brush (don't wash them with water), and chop them in quarters. Pick and finely chop the **parsley** leaves.



2. Boil pasta

Bring a large pot of salted water to the boil. Once boiling, add the **pasta** and cook for 8-10 min until 'al dente' or cooked to your liking. Add the **broccoli** florets to the same pot of water, and cook for 1-2 min further. Reserve 1 cup of **pasta water** to use in step 5, then drain the **pasta** and **broccoli** and set aside.



3. Fry

Heat a large pan over a medium-high heat with a drizzle of **olive oil**. Add the **mushrooms** with a pinch of **salt** and **pepper**, and fry for 6-7 min or until browned. Add the garlic paste and **dried thyme**. Fry for 1 min further. Transfer the **mushroom** onto a plate and reserve the pan.



4. Make sauce

Return the pan to a medium heat. Melt the **butter**, then add the **plain flour**, **nutmeg** and 1 **mushroom stock cube** and stir until a paste forms. Slowly add the **milk** and **measured water**. Mix well, and cook the sauce for 2-3 min until thickened. Return the **mushroom** and stir in the **green peas**, **grated mozzarella**, **grated parmesan**, and half of the **grated cheddar** (reserve the rest for serving). Stir until the **cheese** has melted.

Tip! Make sure to scrape the bottom of the pot regularly so the cream sauce doesn't stick



5. Finish

Transfer the cooked **pasta** and **broccoli** to the pan with the chopped **parsley** and mix well. Add a good splash of the reserved **pasta water** to adjust the consistency of the sauce to your liking.



6. Serve

Divide the creamy **mushroom pasta** among bowls, and garnish with the remaining **grated cheddar**.

Re-Costed: Potato Topped Cheesy Mushroom and Vegetable Pie

What could be more comforting than a mushroom pie topped with cheesy mash?

hello chef

685 calories | 31 protein | 82 carbs | 29 fat

Family Friendly | Weekly classic

cook: 60 min

R4376-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2859 / 685
Fats (g)	28.8
of which saturated (g)	18.1
Carbohydrates (g)	82
of which sugars (g)	22.5
Fibers (g)	15.2
Proteins (g)	30.6
Salt (g)	1.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Filling	
Chestnut mushrooms	500 Grams
Red onion	2 Piece
Carrot	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Plain flour 10*,11*	40 Grams
Vegetable stock cube 15*	2 Piece
Water	500 ML
Lemon	2 Piece
Fresh parsley	15 Grams
Cooking cream 4*	200 ML
Onion marmalade	56 Grams
Green peas	200 Grams
Black pepper	1 Tsp

Potato Mash	
Potatoes	1200 Grams
Grated cheddar 4*	120 Grams
Grated Parmesan 4*,5*	60 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *10 Wheat, *11 Gluten, *15 Celery, *4 Milk, *5 Eggs

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1. Boil potatoes

Preheat the oven to 200°C/180°C fan. Bring a large pot of salted water to the boil. Peel and chop the **potatoes** into bite-sized pieces. Once the water is boiling, add the **potatoes** and cook over a medium-high heat for 20 min or until soft.



2. Prep

Meanwhile, peel and finely slice the **red onion**. Peel and chop the **carrot** into small cubes. Clean the **mushrooms** with a cloth, knife or brush (don't wash them with water). Chop the **mushrooms** in quarters.



3. Simmer

Heat a large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **onion**, **carrots** and **mushrooms** with a pinch of **salt** and fry for 5 min. Reduce the heat to medium. Add the **flour** and **vegetable stock cube** and stir until a paste forms. Slowly add the **measured water**. Simmer, covered, for 5 min further.



4. Season

Meanwhile, slice the **lemon** into wedges. Pick and finely chop the **parsley** leaves. After 5 min, stir in half of the **cream** (reserve the rest for the mash), the **onion marmalade**, **parsley** and **peas**. Give everything a good mix up. Add a squeeze of **lemon** juice to taste with a pinch of **salt** and **pepper**. Set aside.



5. Mash potatoes

Once soft, drain the **potatoes** and return them to the pot with a splash of the remaining **cream**. Mash until smooth. Add half of the **cheddar** and half of the **grated Parmesan** (reserve the rest for step 6). Season with **salt** and **pepper** to taste.



6. Serve

Transfer the **mushroom sauce** to an oven proof dish. Carefully top with the **mashed potato** and spread evenly to cover. Run a fork over the mash to create a ripple effect and sprinkle with the remaining **cheddar and Parmesan cheese**. Bake for 15 min or until golden brown on top.

Tip! For an extra golden crust, place the pie under the grill or broiler for the final 5 min.

Parmesan Chicken Nuggets

with Shoestring Fries and Crudités

Breading chicken is super easy in this recipe which simply leaves the breadcrumbs out!

hello chef

865 calories | 71 protein | 70 carbs | 25 fat

Family Friendly

cook: 40 min

R3376-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3614 / 865
Fats (g)	24.5
of which saturated (g)	10
Carbohydrates (g)	70
of which sugars (g)	16.8
Fibers (g)	10.4
Proteins (g)	71.2
Salt (g)	2.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Nuggets	
Chicken breast	600 Grams
Grana padano 4*,5*	120 Grams
Plain flour 10*,11*	50 Grams
Salt	1 Tsp
Organic Eggs 5*	2 Piece
Vegetable oil	4 Tbsp

Shoestring fries	
Potatoes	1200 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Crudités	
Carrot	2 Piece
Cucumber	4 Piece

Garlic mayo	
Garlic cloves	1 Piece
Mayonnaise 5*,9*,13*	100 Grams
Salt	1 Tsp

Sweet and sour	
Ketchup	16 Grams
Sweet chilli sauce	80 ML

Allergens: *4 Milk, *5 Eggs, *10 Wheat, *11 Gluten, *9 Soya, *13 Mustard

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1. Shoestring fries

Preheat the oven to 200°C/180°C fan. Slice the **potatoes** (skins on) into very thin **fries**. Add the **fries** to a large baking tray with a generous drizzle of **vegetable oil** and a generous pinch of **salt**. Toss the **fries** in the **oil** until fully coated. Bake for 30 min or until golden and crisp.



2. Crudités

Peel the **carrots**. Chop the **carrots** and **cucumber** into **crudités**. Set aside.



3. Bread nuggets

Chop the **chicken breast** into **nuggets**. In a bowl, combine the **Grana Padano**, **plain flour** and a pinch of **salt**. Add the **eggs** to a separate bowl and whisk. Dip the **chicken nuggets** in the whisked **eggs**, then coat them in the cheesy **flour**.



4. Fry nuggets

Heat a non-stick pan over a medium heat with a generous drizzle of **oil**. Once hot, add the coated **chicken nuggets** and fry them for 5-6 min on each side until golden and cooked through. If the surface starts to brown too quickly, reduce the heat to low. Try not to move the **nuggets** around too much.



5. Sauces

Meanwhile, mince 1 **garlic cloves**. In a bowl, combine the **mayonnaise** and **garlic** (go easy if raw **garlic** isn't a favourite!) with a pinch of **salt** - this is your **garlic mayo**. In a second bowl, combine the **ketchup** and **sweet chilli sauce** - this is your **sweet and sour**.



6. Serve

Serve the **nuggets**, **crudités** and **shoestring fries** with the **sweet and sour sauce** and **garlic mayo** to the side.

Pan-fried Salmon with Lemon Risotto

Risotto, originally from Northern Italy, is made with Arborio rice which is more starchy than most long grain varieties.

hello chef

862 calories | 49 protein | 95 carbs | 38 fat

Family Friendly

cook: 30 min

R3087-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3600 / 862
Fats (g)	38.4
of which saturated (g)	13.3
Carbohydrates (g)	95
of which sugars (g)	8.3
Fibers (g)	6.8
Proteins (g)	49
Salt (g)	1.3

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What You'll Need

- Box grater

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Risotto	
Skin-on salmon fillet 6*	700 Grams
Lemon	2 Piece
Brown onion	2 Piece
Garlic cloves	4 Piece
Water	1200 ML
Vegetable stock cube 15*	2 Piece
Parmesan 4*	60 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Arborio rice	320 Grams
Fresh parsley	15 Grams
Green peas	200 Grams
Butter 4*	50 Grams
Black pepper	1 Tsp

Allergens: *6 Fish, *15 Celery, *4 Milk

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1. Prep

- Wash the **lemon** thoroughly.
- Grate the zest with a fine blade - take care to avoid the bitter pith.
- Juice the **lemons**.
- Peel and finely chop the **onion** and **garlic**.
- Boil the **measured water** and dissolve the **stock cube** in it.
- Grate the **Parmesan**.



2. Fry

- Heat a non-stick pan over a medium-low heat with a drizzle of **olive oil**.
- Once hot, add the **onion** with a pinch of **salt**.
- Cook for 5-6 min or until softened.
- Once softened, add the **garlic** and **arborio rice**.
- Cook for 1 min further, stirring to coat the grains in the **oil**.



3. Add stock

- Add 2 tsp of grated **lemon** zest.
- Add 1/3 of the **stock** and stir continuously until it has absorbed.
- Continue to add the **stock**, a little at a time.
- Stir continuously for 20 min or until all the **stock** is absorbed and the **rice** is cooked 'al dente'.
- If you run out of **stock**, add more water.

Tip! The amount of stock you will require, depends on the size of your pan and the heat over which you simmer the risotto. Make sure to adjust the liquid quantity accordingly.



4. Fry salmon

- Meanwhile, heat a non-stick pan over a medium heat with a drizzle of **oil**.
- Portion the **salmon**, then season the skin generously with **salt**.
- Once hot, add the **salmon fillets** skin-side down.
- Cook for 4 min until crispy then flip.
- Cook for 2 min further until cooked through.



5. Finish risotto

- Chop the **parsley** leaves.
- Once the **risotto** is cooked, add the **green peas**, 4 tbsp of **lemon** juice, the **Parmesan**, **butter** and half the chopped **parsley**.
- Warm through for 1 final min.
- Season with **pepper** (and **salt**, if needed).



6. Serve

- Serve the **Pan-fried Salmon** with **Lemon Risotto**.
- Garnish with remaining **parsley**.

Cheesy Chicken Goujons

with Carrot Fries and Sour Cream Dip

Breading chicken is super easy in this recipe which simply leaves the breadcrumbs out!

hellofresh

885 calories | 72 protein | 62 carbs | 32 fat

Low Carb

cook: 30 min

R2869-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3691 / 885
Fats (g)	31.9
of which saturated (g)	12.4
Carbohydrates (g)	62
of which sugars (g)	17.9
Fibers (g)	13.8
Proteins (g)	71.7
Salt (g)	2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Goujons	
Chicken breast	800 Grams
Corn starch	120 Grams
Grana padano 4*,5*	120 Grams
Almond flour 1*,2*	80 Grams
Salt	2 Tsp
Organic Eggs 5*	2 Piece
Vegetable oil	2 Tbsp

Fries	
Carrot	8 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Sesame seeds 3*	20 Grams

Dip	
Fresh chives	30 Grams
Sour cream 4*	120 Grams
Mayonnaise 5*,9*,13*	50 Grams
Garlic powder	4 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Salad	
Olive oil	2 Tbsp
Balsamic vinegar 14*	30 ML
Salt	1 Tsp
Black pepper	1 Tsp
Rocket	80 Grams

Allergens: *4 Milk, *5 Eggs, *1 Peanuts, *2 Tree Nuts, *3 Sesame Seeds, *9 Soya, *13 Mustard, *14 Sulphur Dioxide

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1. Make carrot fries

Preheat the oven to 200°C/180°C fan. Peel and slice the **carrots** into fries. Add the fries to a large baking tray with a drizzle of **vegetable oil** and a generous pinch of **salt**. Toss the fries in the **oil** until coated. Roast in the oven for 25 min or until crisp. Once crisp, sprinkle with the **sesame seeds** and bake for 2 min further.



2. Prep

Meanwhile, chop the **chicken** into 8 cm long **goujons**.



3. 'Bread' chicken

Add the **corn starch**, **Grana padano**, **almond flour** and a pinch of **salt** to a bowl and mix them up. Add the **eggs** to a separate bowl and whisk. Dip the **chicken goujons** in the **eggs**, then coat them in the **cheesy-flour**. Refrigerate.



4. Prep

Meanwhile, in a small bowl whisk the **olive oil** and **balsamic vinegar** with the **salt** and **pepper** - this is your **dressing**. Finely chop the **chives**. In a second small bowl, combine the **sour cream**, **mayonnaise**, **garlic powder** and **chives** with the **salt** and **pepper** -this is your **dip**. Wash the **rocket** leaves. Set aside.



5. Fry chicken

Heat a non-stick pan over a medium heat with a drizzle of **oil**. Once hot, add the coated **chicken goujons** and fry them for 5-6 min on each side until golden and cooked through. If the surface starts to brown too quickly, reduce the heat to low. Try not to move the **goujons** around too much.



6. Serve

Toss the **rocket** leaves in the **dressing**. Serve the **chicken goujons** alongside the **carrot fries**, **rocket salad** and **sour cream dip**.

Orange Semolina Cake with an Orange Syrup

topped with Greek Yogurt and Pistachios

Semolina, a type of wheat flour with a coarse texture, adds a unique eating experience to baked goods. This cake is inspired by semolina desserts in Middle Eastern and Mediterranean cuisines.

hellochef

536 calories | 9 protein | 69 carbs | 25 fat

Family Friendly

cook: 50 min

R4549-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2230 / 536
Fats (g)	25
of which saturated (g)	14.8
Carbohydrates (g)	69
of which sugars (g)	37.4
Fibers (g)	1.7
Proteins (g)	9.2
Salt (g)	11.5

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What You'll Need

Oven | Whisk

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 8 servings

Cake	
Butter **4***	200 Grams
Baking powder	8 Grams
Semolina **10*,11***	180 Grams
Plain flour **10*,11***	100 Grams
Salt	0.25 Tsp
White sugar	160 Grams
Organic Eggs **5***	3 Piece
Orange	2 Piece
Vanilla essence	5 ML

Syrup	
White sugar	100 Grams
Orange juice	180 ML

To serve	
Greek yogurt **4***	150 Grams
Sliced pistachios **2***	20 Grams

Allergens: *4 Milk, *10 Wheat, *11 Gluten, *5 Eggs, *2 Tree Nuts

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1. Mix dry ingredients

- Preheat oven to 180°C/160°C fan. Remove the **butter** from the fridge to soften.
- Grease and line a 22 cm round baking tin.
- In a medium sized bowl, combine the **semolina flour**, **plain flour**, **baking powder** with a pinch of **salt** and set aside.



2. Cream butter and sugar

- In a separate large bowl, using an electric beater or whisk, cream together the **butter** and 160g **white sugar** for 2-3 min until pale in colour.
- Add the **eggs** and beat for 1 min further until fully incorporated - do not be concerned if the batter looks like scrambled eggs at this stage.

> **Tip!** Creaming in baking is beating together the butter and sugar to incorporate air and create a tender texture. Ensure the butter is at room temperature for easy mixing.



3. Finish cake batter

- Zest the **oranges** and cut in half.
- Add **vanilla essence**, **juice** from both cut **oranges** and half the **orange zest** (reserve the rest for serving).
- Add the **flour** mixture and beat to combine.



4. Bake

- Pour **cake batter** into the prepared baking tin.
- Bake for 35-40 min until golden brown and a skewer inserted in the centre comes out clean.



5. Make orange syrup

- Meanwhile, about 5 min before the cake is ready, make the **orange syrup**.
- In a small pan over low heat, gently boil the **orange juice** and 100g **sugar** for 3-4 min or until the liquid is reduced by half.
- Pour the syrup over the cake as soon as it comes out of the oven and allow to cool completely in the baking tin.

> **Tip!** For optimal results, soak overnight.



6. Serve

- Once the cake has cooled, spread the **Greek yogurt** over the top.
- Serve the **Orange Semolina Cake** with a sprinkle of **sliced pistachios** and reserved **orange zest**.

Chicken Pad Thai Noodle Stir Fry

with Peanut Crumble

Enjoy this Thai staple without having to pick up the phone or leave the house!

hello chef

721 calories | 65 protein | 80 carbs | 18 fat

Family Friendly

cook: 30 min

R2643-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3016 / 721
Fats (g)	18.2
of which saturated (g)	3.3
Carbohydrates (g)	80
of which sugars (g)	27.4
Fibers (g)	11.3
Proteins (g)	64.6
Salt (g)	9.3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stir-fry	
Chicken breast	600 Grams
Shallots	4 Pieces
Carrot	2 Pieces
Spring onion	80 Grams
Garlic cloves	4 Pieces
Ginger	60 Grams
Bean sprouts	100 Grams
Organic Eggs 5*	2 Pieces
Rice noodles	300 Grams
Vegetable oil	4 Tbsp

Sauce	
Soy sauce 9*,10*,11*	60 ML
Sweet soy sauce 9*,10*,11*,14*	30 ML
Tamarind paste	30 Grams
Fish sauce 6*,10*	30 ML
Brown sugar	20 Grams
Honey	80 Grams
Lime	4 Pieces

Peanut crumble	
Unsalted peanuts 1*	80 Grams
Vegetable oil	2 Tbsp
Crispy onions	40 Grams
Chilli flakes	2 Grams
Salt	0.5 Tsp

Allergens: *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *6 Fish, *1 Peanuts

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1. Prep

Slice the **chicken breast** into thin strips. Peel and slice the **shallots**. Peel the **carrot** and cut it into matchsticks. Finely slice the **spring onion**, separating the white and the green parts. Peel and crush the **garlic**. Peel and grate the **ginger**. Rinse the **bean sprouts**.



2. Mix, beat and soak

In a bowl, combine the **soy sauce**, **sweet soy sauce**, **tamarind paste**, **fish sauce**, **brown sugar**, **honey** and the juice of half of the **limes**. Slice the remaining **limes** into wedges. Add the **eggs** to a bowl and beat them lightly. Add the **rice noodles** to a large bowl and cover them with boiling water. Leave to soak for 5 min.



3. Make peanut crumble

Heat a pan over a medium-high heat with a drizzle of **vegetable oil**. Add the **peanuts** and fry until golden, for 2 min. Transfer them to a chopping board to cool. Once cooled, chop them until they resemble crumbs. In a small bowl, mix them with the fried **onion**, **chilli flakes** (spicy!) and **salt**. This is your peanut crumble.



4. Stir-fry

Heat a large pan or wok over a high heat with a drizzle of **vegetable oil**. Add the **chicken** and stir-fry for 2 min. Add the **carrot**, **shallots**, the white parts of the **spring onion**, the **garlic** and the **ginger**. Stir-fry for 2 min further. If you're cooking for 3 or 4 people, you might want to use two pans.



5. Add

Add the **eggs** and stir-fry for 1-2 min, scrambling the **eggs** with a spatula as you go. Drain the **noodles** and add them to the stir-fry. Add the **sauce**, the **bean sprouts** and most of the green parts of the **spring onion** (reserve some for garnish). Stir-fry for a final 2 min.



6. Serve

Divide the Pad Thai among plates. Sprinkle with the peanut crumble. Garnish with the remaining **lime** wedges and **spring onion**.

Sweet and Sour Chicken

with Cauliflower Rice

Our classic sweet and sour chicken served with cauliflower rice!

hellochef

602 calories | 58 protein | 72 carbs | 11 fat

Low Carb | Weekly classic

cook: 30 min

R3598-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2522 / 602
Fats (g)	10.5
of which saturated (g)	2.1
Carbohydrates (g)	72
of which sugars (g)	41.3
Fibers (g)	11.7
Proteins (g)	58.3
Salt (g)	3.2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Whisk
- Food processor

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Corn starch	30 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp

Sauce	
Orange	2 Piece
Pineapple chunks	280 Grams
Sweet chilli sauce	80 ML
Ketchup	80 Grams
Rice vinegar	45 ML
Soy sauce 9*,10*,11*	40 ML
Garlic powder	4 Grams

Stir-fry	
Green pepper	2 Piece
Red pepper	2 Piece
Spring onion	80 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Cashew nuts 1*,2*	60 Grams

Cauliflower rice	
Cauliflower	800 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *1 Peanuts, *2 Tree Nuts

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1. Prep sauce

- Juice the **orange**.
- Drain the **pineapple** (don't discard the syrup!).
- Add 120 ml of **orange** juice, 180 ml of the **pineapple** syrup, the **sweet chilli sauce**, **ketchup**, **vinegar**, **soy sauce** and **garlic powder** to a small saucepan.
- In a small glass, whisk 2 Tbsp of water with 4 tsp of **corn starch** until smooth.
- Add the **starch** mixture to the pot.

Tip! The mixture of starch and water is called a slurry! It prevents the starch from clumping up in the sauce when heated.



2. Cook sauce

- Place the saucepan over a medium heat and cook, whisking continuously, until the mixture starts to bubble.
- Once bubbling, reduce the heat to low and cook, whisking, for 2-3 min further or until glossy and thickened a bit.
- Set aside.



3. Prep stir-fry

- Chop the **chicken** into bite-sized pieces.
- Place the remaining **corn starch** on a plate and season with **salt**.
- Turn the **chicken** in the **starch** and set aside.
- Chop the **peppers** into rough chunks.
- Slice the **spring onion**.
- Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains.



4. Stir-fry

- Heat a large pan over a medium-high heat with a generous drizzle of **vegetable oil**.
- Once hot, add the coated **chicken** and fry for 4-5 min or until nicely browned.
- Transfer the **chicken** to a plate.
- Return the pan to the heat with another drizzle of **oil**.
- Stir-fry the **peppers** with a pinch of **salt** for 3 min until slightly softened.



5. Cauliflower rice

- Heat a second pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **cauliflower** with a pinch of **salt** and stir-fry for 5 min.



6. Serve

- Return the **chicken** to the pan.
- Add the **spring onion** (reserve some for garnish), **pineapple** and **cashew nuts**.
- Add the **sweet and sour sauce**.
- Simmer for a final 2-3 min, making sure to give everything a good mix up.
- Serve the **Sweet and Sour Chicken** over the **Cauliflower Rice** and garnish with the remaining **spring onion**.

"Marry Me" Eggplant in Sundried Tomato Sauce

with Linguine and Broccoli

This delicious recipe became a social media sensation that had everyone swoon over Valentine's day with proposals!

hellofresh

654 calories | 24 protein | 108 carbs | 19 fat

Family Friendly

cook: 35 min

R4429-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2733 / 654
Fats (g)	18.6
of which saturated (g)	9.7
Carbohydrates (g)	108
of which sugars (g)	18.8
Fibers (g)	17.5
Proteins (g)	23.9
Salt (g)	1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Eggplant	2 Piece
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Plain flour [10*,11*]	30 Grams
Dried thyme	4 Grams
Olive oil	2 Tbsp

Sauce	
Red onion	1 Piece
Garlic cloves	2 Piece
Sun dried tomatoes	60 Grams
Fresh basil	15 Grams
Nutritional yeast	8 Grams
Olive oil	2 Tbsp
Tomato paste	70 Grams
Vegetable stock cube [15*]	1 Piece
Water	300 ML
Plant based cream	200 ML

Pasta	
Broccoli	400 Grams
Linguine [10*,11*]	375 Grams

Allergens: *10 Wheat, *11 Gluten, *15 Celery

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1. Prep

Trim the **broccoli** florets and cut into bite-sized pieces. Peel and finely chop the **onion**. Peel and finely chop the **garlic**. Roughly chop the **sun dried tomatoes**. Pick the **basil** leaves.



2. Prep chicken

Pat the chicken breasts dry with paper towel. Slice each chicken breast in half as if you were cutting a burger bun, so you are left with two thinner chicken escalopes. Season the chicken with **salt** and **pepper**. Combine the **flour** and **dried thyme** on a plate, and coat the chicken in the **flour**.



3. Fry chicken

Heat a large pan over a medium-high heat with a generous drizzle of **olive oil**. Once hot, carefully add the coated chicken breasts (in batches), and fry for 2-3 min on either side or until golden and crispy. Set aside on a plate. Reserve the frying pan.

Tip! Avoid overcooking the chicken at this step as it will continue to cook in the cream sauce in step 5.



4. Boil pasta

Meanwhile, bring a large pot of salted water to a boil. Add the **linguine** and cook for 12-15 min or until cooked to your liking. During the last 5 min, add the **broccoli**, and cook until blanched. Drain and set aside.



5. Make sauce

Grate the parmesan and set aside. Heat the reserved frying pan to medium heat with another drizzle of **olive oil**. Fry the **onion** and **garlic** for 4-5 min until softened. Add the **tomato paste**, and **sun dried tomato**, and fry for 1 min. Crumble 1 chicken **stock cube**, the **measured water**, and whisk in 200 of the cooking **cream**, and half the parmesan. Return the chicken to the pan, and gently cook for 3-4 min until the chicken is cooked through and the **sauce** is thickened. Tear in some of the **basil** leaves.



6. Serve

Divide the **linguine** and chicken amongst plates, and pour that delicious **cream sauce** over. Serve with the **broccoli** alongside, and any extra parmesan.

Pulled Chicken Chinese Pancakes

with Veggies and Hoisin Sauce

hellofresh

810 calories | 51 protein | 109 carbs | 18 fat

Family Friendly

cook: 60 min

R4781-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3391 / 810
Fats (g)	18.1
of which saturated (g)	4.3
Carbohydrates (g)	109
of which sugars (g)	37.6
Fibers (g)	5.8
Proteins (g)	51.4
Salt (g)	8.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Duck	
Skinless boneless chicken thighs	800 Grams
Chicken stock cube 4*,5*,9*,15*	2 Piece
Chinese 5 spice	8 Grams
Soy sauce 9*,10*,11*	30 ML
Plum sauce 9*,10*	40 Grams
Vegetable oil	2 Tbsp
Water	300 ML

To serve	
Carrot	2 Piece
Cucumber	3 Piece
Spring onion	80 Grams
Fresh mint	20 Grams
Fresh coriander	30 Grams
Small red chilli	2 Piece
Chinese pancakes 9*,11*	40 Pieces
Hoisin sauce 3*,9*,10*	240 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Make glaze

- Preheat the oven to 220°C/200°C fan.
- In a bowl, add the **Chinese 5 spice**, **soy sauce**, **plum sauce**, and a drizzle of **oil**.
- Mix well.

2. Boil chicken

- Bring a kettle of **water** to a boil.
- .



3. Prep vegetables

- Meanwhile, peel and finely slice the **carrot**.
- Deseed and finely slice the **cucumber**.
- Finely slice the **spring onion**.
- Pick the **mint** and **coriander** leaves.
- Finely slice the **red chilli (spicy!)**.

Tip! Sensitive to spice? Deseed the red chilli and use only a small amount.



4. Glaze chicken

- In a pan, Toss the shredded **chicken** with the **glaze** until it's sticky and glossy.



5. Steam pancakes

- Meanwhile, remove the **Chinese pancakes** from the plastic and cover in parchment or wax paper.
- Microwave on high for 30 sec until softened.
- Once warmed, gently separate the **pancakes** by peeling them from one another.
- Keep them slightly folded and covered until ready to serve.

Tip! Alternatively, use a bamboo steamer to gently steam the pancakes for 1-2 min until softened. Do not overcook as they will stick together.



6. Serve

- Make duck rolls by spreading some **hoisin sauce** on the **Chinese pancakes**.
- Add some shredded duck, then top with some **carrots**, **cucumber**, **spring onion**, **fresh coriander**, **mint** and **red chilli (spicy!)**.
- Serve the Shredded **Chicken** with **Chinese Pancakes**, Vegetables, Herbs and **Hoisin Sauce**.

Rosemary Chicken and Cheesy Polenta

with Mushroom Sauce and Herbed Gremolata

Indulge in this wintery comfort where you'll be making a creamy polenta, made with quick-cooking cornmeal. Topped with saucy chicken and mushrooms... it's devine!

hello chef

697 calories | 69 protein | 70 carbs | 19 fat

Global Eats

cook: 40 min

R4227-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2927 / 697
Fats (g)	18.8
of which saturated (g)	9.4
Carbohydrates (g)	70
of which sugars (g)	14.5
Fibers (g)	8.1
Proteins (g)	69.3
Salt (g)	3.8

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What You'll Need

- Oven
- Box grater
- Whisk

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Cherry tomatoes	250 Grams
Fresh rosemary	10 Grams
Olive oil	1 Tbsp
Salt	0.5 Tsp
Black pepper	1 Tsp
Chicken seasoning	4 Grams
Coriander cumin powder	8 Grams
Smoked paprika powder	4 Grams

Gremolata	
Lemon	2 Piece
Fresh parsley	15 Grams
Garlic cloves	3 Piece
Red onion	2 Piece
Olive oil	4 Tbsp
Salt	0.5 Tsp
Black pepper	0.5 Tsp

Mushroom Sauce	
Mushroom	500 Grams
Olive oil	1 Tbsp
Plain flour 10*,11*	20 Grams
Whole milk 4*	400 ML
Water	200 ML
Worcestershire sauce 6*,11*	30 ML

Polenta	
Water	800 ML
Chicken stock cube 4*,5*,9*,15*	2 Piece
Polenta	160 Grams
Grated cheddar 4*	120 Grams

Allergens: *10 Wheat, *11 Gluten, *4 Milk, *6 Fish, *5 Eggs, *9 Soya, *15 Celery

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1. Prep

- Preheat the oven to 200°C/180°C fan.
- Slice the **cherry tomatoes** in half.
- Clean the **mushrooms** with a damp cloth, knife or brush (don't wash them with water).
- Roughly chop, slice, or tear the **mushrooms** into bite-sized pieces.
- Strip the **fresh rosemary** leaves. Finely chop them.



2. Bake chicken

- In a baking tray, add the **cherry tomatoes**, a drizzle of **olive oil**, a pinch of **salt** and **pepper**, and half the **rosemary** (reserving some for the **mushroom sauce**).
- Mix and move to the sides.
- Add the **chicken** in the center with another drizzle of **olive oil** and coat with the **chicken seasoning**, **coriander cumin powder**, and **smoked paprika** on both sides.
- Bake for 15-20 min until the **chicken** is cooked through.



3. Make gremolata

- Meanwhile, pick and finely chop the **parsley**.
- Peel and finely chop the **garlic** and **red onion**.
- Wash the **lemon** thoroughly and grate its **zest** into a bowl, taking care to avoid its bitter white pith.
- Slice the **lemon** in wedges and squeeze some juice into a bowl.
- Add the **olive oil**, **parsley**, and half the amount of **onion** and **garlic** (reserving the rest for the **mushroom sauce**).
- Season with a good pinch of **salt** and **pepper**.
- Mix and set **gremolata** aside.



4. Make mushroom sauce

- Heat a large pan over a medium-high heat with a drizzle of **olive oil**.
- Once hot, add the **mushrooms** with the remaining **onion**, **garlic**, and **rosemary** with a pinch of **salt**.
- Fry for 5-7 min until browned.
- Stir in 2 tsp of **flour** and cook until a sandy paste has formed.
- Gradually whisk in half the **milk** (reserving the rest for the **polenta**), the **measured water**, and **Worcestershire sauce**.
- Cook for 3-5 min or until the **sauce** reduces and thickens.
- Keep [b]**mushroom sauce** warm on the side.



5. Make polenta

- Meanwhile, bring the measured **water** to a boil, and dissolve the **stock cube**.
- Lower the heat to medium, and using a whisk, slowly mix in the **polenta**.
- Whisk for 3-4 min until the **polenta** starts to bubble and thicken.
- Once it has absorbed most of the **stock**, whisk in the remaining **milk**. Cook for another 3-4 min until the **polenta** is smooth without much grit.
- Once thickened, using a spatula, stir in the **cheddar** cheese until melted.

Tip! The polenta may appear runny at first, but it will continue to thicken as it rests.



6. Serve

- Slice the **chicken**.
- Serve the **Rosemary Chicken** on the **Cheesy Polenta** with **Mushroom Sauce**.
- Top with the **cherry tomatoes**.
- Finish with a spoonful of the **gremolata** on top.

Baked Lebanese Kibbeh

with Pomegranate Molasses Salad

Kibbeh is a levant classic, consisting of a meat and bulgur wheat mix with fragrantly spiced pine nut filling.

hello chef

766 calories | 49 protein | 69 carbs | 35 fat

Global Eats | Family Friendly

cook: 45 min

R4817-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3207 / 766
Fats (g)	35.3
of which saturated (g)	15.6
Carbohydrates (g)	69
of which sugars (g)	16.8
Fibers (g)	16.3
Proteins (g)	49.3
Salt (g)	0.9

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Kibbeh	
Lean beef mince	700 Grams
Fine bulgur wheat 10*,11*	160 Grams
Salt	2 Tsp
Water	140 ML
Red onion	2 Piece
Garlic cloves	4 Piece
Pine nuts 2*	20 Grams
Olive oil	1 Tbsp
Allspice powder	4 Grams
Cumin powder	4 Grams
Cinnamon powder	2 Grams
Black pepper	1 Tsp
Arabic mix masala	12 Grams
Ghee 4*	40 Grams

Salad	
Cherry tomatoes	300 Grams
Cucumber	2 Piece
Fresh parsley	30 Grams
Romaine lettuce	400 Grams
Lemon	2 Piece
Sumac	4 Grams
Salt	0.25 Tsp
Pomegranate molasses	40 Grams

To serve	
Fresh mint	10 Grams
Natural yogurt 4*	340 Grams

Allergens: *10 Wheat, *11 Gluten, *2 Tree Nuts, *4 Milk

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1. Prep

- Preheat oven to 200°C/180°C fan.
- In a bowl, combine the **bulgur wheat**, a pinch of **salt** and **measured water**.
- Leave for 10-15 min, or until the **water** has been fully absorbed.
- Once the **water** has been absorbed, fluff up the **bulgur** with a fork and set aside.

Tip! The longer you leave the bulgur soaking the more tender the kibbeh will be.



2. Make filling

- Meanwhile, peel and finely chop the **onion** and **garlic**.
- Heat a large pan over a medium heat and dry toast the **pine nuts**, remove and set aside.
- To the same pan add a drizzle of **oil**.
- Once hot, add the **onion** and fry for 5 min until softened.
- Add the **allspice**, **cumin**, **cinnamon**, **garlic** with a pinch of **salt** and **pepper** to taste and 1/4 of the **beef mince**.
- Fry for 3-4 min until the **beef** has fully browned.
- Once browned, add the **pine nuts** and remove from the heat.



3. Assemble kibbeh

- In a large bowl, combine the **bulgur wheat**, remaining 3/4 of lamb **mince**, **arabic masala** with a pinch of **salt** and **pepper** to taste.
- To a baking dish add half of the **bulgur/beef mix** and firmly pat down to form a bottom layer.
- Scatter the **filling** mix evenly over the top.
- Place the remaining **bulgur/beef mix** on top of the **filling** and firmly pat down, covering the **filling** fully - this is now your **kibbeh**.



4. Bake kibbeh

- Using a knife, cut the **kibbeh** into slices.
- Dollop the **ghee** evenly over the top and bake the **kibbeh** in the oven for 20-25 min or until the **beef** is fully cooked.

Tip! Cutting the kibbeh into slices before baking will help with separating it once cooked.



5. Make salad

- Meanwhile, finely chop the **tomatoes** and **cucumber** into small cubes.
- Pick and finely chop the **parsley**.
- Chop the **lettuce** into bite-sized pieces.
- Slice the **lemon** into wedges.
- To a large bowl, add the **tomatoes**, **cucumber**, **parsley** and **lettuce** and a **lemon** juice.
- Add the **sumac**, a pinch of **salt** and **pomegranate molasses**.
- Mix well and set aside.

Tip! Toss the salad just before serving to prevent wilting.



6. Serve

- Pick and finely chop the **mint**.
- In a small bowl, combine the **mint** and **yogurt**.
- Remove the slices of **kibbeh** from the baking dish.
- Place a slice on a plate, spoon over some of the **yogurt** and serve with the **salad** on the side.

Koshari: Egyptian Rice, Lentils, Chickpeas and Pasta

with a Vinegary Tomato Sauce and Chopped Salad

Our version of the beloved Egyptian national dish, a popular street food that's rich in carbs and plant-based protein!

912 calories | 40 protein | 177 carbs | 9 fat

Global Eats

cook: 60 min

R4546-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3814 / 912
Fats (g)	9.2
of which saturated (g)	1.2
Carbohydrates (g)	177
of which sugars (g)	18.9
Fibers (g)	21.1
Proteins (g)	40.1
Salt (g)	1.8

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Koshari	
Brown lentils	200 Grams
Red onion	2 Piece
Vegetable oil	2 Tbsp
Sushi rice	300 Grams
Coriander cumin powder	12 Grams
Vegetable stock cube 15*	2 Piece
Water	700 ML
Chickpeas	240 Grams
Macaroni pasta 10*,11*	100 Grams
Crispy onions	80 Grams

Red Sauce	
Garlic cloves	5 Piece
Tomatoes	3 Piece
Olive oil	2 Tbsp
Tomato paste	140 Grams
Cumin powder	6 Grams
White vinegar	60 ML
Water	200 ML
Salt	0.5 Tsp
Black pepper	0.25 Tsp
White sugar	5 Grams

Salad	
Cucumber	3 Piece
Cherry tomatoes	300 Grams
Fresh coriander	30 Grams
Fresh jalapeno	2 Piece
Lime	2 Piece
Olive oil	2 Tbsp
Salt	0.5 Tsp

Allergens: *15 Celery, *10 Wheat, *11 Gluten

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1. Prep

- Rinse and drain the **lentils**.
- Bring a small pot of salted water to a boil over a high heat.
- Add the **lentils** and cover.
- Cook on low heat for 10-12 min or until they are par-boiled, or halfway cooked through.
- Drain, rinse, and set aside.

Tip! Make sure not to overcook the lentils as they will finish cooking with the rice in step 3.



2. Make salad

- Meanwhile, peel and finely chop the **onions**.
- Chop the **cucumbers** into small dice.
- Slice the **cherry tomatoes** in quarters.
- Pick and finely chop the **coriander**.
- Deseed and thinly slice the **jalapeno**.
- Slice the **lime** in half.
- In a bowl, combine half the **onions** (reserving the rest for the **rice**), the **cucumber**, **cherry tomatoes**, and **jalapenos (spicy!)** to taste.
- Add the **coriander**, a drizzle of **olive oil**, **salt**, **pepper**, and **lime juice**.

Tip! Sensitive to spice? Leave out the jalapenos!



3. Cook rice

- Heat a large non-stick pot over medium-high heat with a drizzle of **oil**.
- Fry the reserved **onion** for 1-2 min until softened.
- Add the **rice** and cook for 1 min, stirring to coat the grains in the **oil**.
- Add the par-boiled **lentils**, **coriander cumin powder**, **stock cube**, and 700 ml **measured water**.
- Bring to a boil then lower the heat and cover.
- Cook for 18-20 min or until the water is absorbed and the **rice** and **lentils** are fully cooked through.



4. Boil pasta

- Meanwhile, drain the **chickpeas**.
- Bring another pot of salted water to the boil.
- Add the **pasta** and cook for 8-10 min until 'al dente' or cooked to your liking.
- During the last few minutes, add the **chickpeas** to the boiling water to warm through. Drain.
- Reserve the pot.



5. Make sauce

- Peel and finely chop the **garlic**.
- Chop the **tomatoes** into small bite-sized pieces.
- Heat the reserved pot to medium heat with a drizzle of **olive oil**.
- Add the **garlic** and fry for 1 min until fragrant.
- Add the **tomato paste** and chopped **tomatoes**. Cook for 1-2 min until they break down.
- Add the **cumin powder**, **vinegar**, **measured water**, and a pinch of **salt** and **pepper**.
- Simmer the sauce for 3-5 min on low until it thickens.

Tip! To balance the acidity of the tomato sauce, you can add a small pinch of sugar at the end.



6. Serve

- Divide the **Koshari** amongst plates, starting with a layer of **Egyptian Rice** and **Lentils**, followed by the **Pasta** and **Chickpeas**.
- Spoon over the **Vinegary Tomato Sauce** and top with the **crispy onions**.
- Serve with the **Chopped Salad** alongside.

Cheat's Makhani Dal

with Kachumber Salad

Punjabi dal makhani is traditionally made with black lentils. To speed things up, we're using canned brown lentils and beans instead!

hellofresh

1016 calories | 36 protein | 140 carbs | 38 fat

cook: 35 min

R4382-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4254 / 1016
Fats (g)	38.4
of which saturated (g)	24
Carbohydrates (g)	140
of which sugars (g)	17.9
Fibers (g)	25.7
Proteins (g)	36.4
Salt (g)	2.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Dal	
Canned lentils	530 Grams
White onion	2 Piece
Small green chilli	2 Piece
Cardamom pods	8 Piece
Coconut oil	20 ML
Ginger garlic paste	40 Grams
Tomato paste	70 Grams
Garam masala	10 Grams
Smoked paprika powder	4 Grams
Vegetable stock cube [15]*	2 Piece
Water	500 ML
Red kidney beans	480 Grams
Nutritional yeast	8 Grams
Plant based cream	400 ML

Salad	
Lemon	2 Piece
Red onion	1 Piece
Cucumber	2 Piece
Cherry tomatoes	300 Grams
Fresh coriander	30 Grams
Black pepper	0.5 Tsp

Rice	
Basmati rice	300 Grams
Salt	1 Tsp
Water	600 ML

Allergens: *15 Celery

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1. Prep

Drain and rince the **lentils** and **kidney beans**. Peel and finely chop 1 **onion**. Finely chop the **green chilli**. Split the **cardamom pods** open with the back of a knife.



2. Fry

Heat a large pot over a medium heat with the **coconut oil**. Fry the **onion** with a pinch of **salt** for 7-8 min until softened. Add the **ginger garlic paste**, **green chilli (spicy!)**, **cardamom pods**, **garam masala**, **tomato paste** and **smoked paprika**. Fry for 2 min further.



3. Simmer

Add the **lentils**, **kidney beans**, **measured water** and **stock cube**. Simmer, covered, for 20-25 min or until the **lentils** are softened and falling apart, stirring occasionally. Add the **plant based cream** once the mixture has reduced to a thick, creamy consistency.

Tip! Makhani dal is often finished with cream or butter - to keep things vegan, we've used plant based cream instead.



4. Boil rice

Meanwhile, add the **basmati rice**, **salt** and **measured water** to a pan with a lid and bring to a boil over a high heat. Lower the heat, cover, and cook for 12-14 min or until the **water** is absorbed and the **rice** is cooled. Remove the pan from the heat and keep it covered until serving. Fluff with a fork before serving.



5. Prep

Meanwhile, juice 1 **lemon** into a bowl. Peel and finely chop the shallots. Add the shallots to the **lemon** juice. Chop the **cucumber** into bite-size pieces. Halve the **cherry tomatoes**. Finely chop the **coriander**. Add the lot to the bowl with the shallot. Season with **salt** and **pepper** and give everything a good mix up.



6. Serve

Serve the **Cheat's Makhani Dal** over the **rice** with the **Kachumber Salad** to the side.

Tip! Remove cardamom pods before serving. These are unpleasant to bite into.

Re-Costed: Spaghetti and Meatballs

The whole family will enjoy this Italian-American classic.

hellofresh

1247 calories | 54 protein | 125 carbs | 60 fat

Family Friendly | Weekly classic

cook: 30 min

R4343-4



Nutritional information

	per serving*
Energy (kJ/kcal)	5182 / 1247
Fats (g)	59.9
of which saturated (g)	21.9
Carbohydrates (g)	125
of which sugars (g)	19.5
Fibers (g)	13.3
Proteins (g)	54
Salt (g)	4.7

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Meatballs	
Beef mince	700 Grams
Small zucchini	2 Piece
Garlic onion powder	8 Grams
Worcestershire sauce 6*,11*	30 ML
Salt	1 Tsp
Black pepper	1 Tsp
Olive oil	2 Tbsp

Spaghetti	
Red onion	2 Piece
Garlic cloves	2 Piece
Carrot	2 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Spaghetti 10*	500 Grams
Tomato paste	70 Grams
Dried oregano	2 Grams
Peeled plum tomatoes	800 Grams
Brown sugar	10 Grams
Water	100 ML
Beef stock cube 4*,5*,9*,11*,15*	2 Piece
Balsamic vinegar 14*	30 ML
Black pepper	1 Tsp
Fresh basil	15 Grams
Parmesan 4*	60 Grams

Allergens: *6 Fish, *11 Gluten, *10 Wheat, *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *14 Sulphur Dioxide

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1. Prep

Grate the **zucchini** into a bowl. Add the **beef mince**, **garlic onion powder**, **Worcestershire sauce**, **salt** and **pepper**. Mix with clean hands. Shape into 24 **meatballs**. Refrigerate. Peel and finely chop (or grate!) the **onion**, **garlic** and **carrot**.

Tip! Refrigerating the meatballs helps them to keep their shape.



2. Brown meatballs

Heat a pan over a high heat with a drizzle of **oil**. Once hot, add the **meatballs** and fry for 3-4 min or until starting to brown. Once browned, carefully transfer to a plate and set aside. Reserve the pan.



3. Fry base

Return the reserved pan to a medium-low heat with another drizzle of **oil**. Add the **onion** and **carrot** with a pinch of **salt** and fry for 5 min until softened.



4. Boil pasta

Meanwhile, bring a large pot of salted water to the boil. Once boiling, add the **spaghetti** and cook for 8-10 min until 'al dente' or cooked to your liking. Drain



5. Finish sauce

Once softened, add the **tomato paste**, **garlic** and **oregano** to the **onion**. Cook for 1 min further. Add the chopped **tomatoes**, **sugar**, **water**, **stock cube**, **balsamic vinegar** and **meatballs** and simmer, covered, for 6 min or until the **meatballs** are cooked through. Season with **salt** and **pepper**.



6. Serve

Meanwhile, pick a few **basil** leaves for garnish and finely chop the rest. Grate the **Parmesan**. Toss the **pasta** and chopped **basil** in the **sauce**. Serve in deep bowls and top with the **Parmesan** and **basil** leaves.

Dilly Salmon Burgers

with Coleslaw and Sour Cream

This classic flavour combination works every time.

hello chef

775 calories | 46 protein | 29 carbs | 57 fat

Chef's choice | Low Carb

cook: 30 min

R2937-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3230 / 775
Fats (g)	56.6
of which saturated (g)	11.3
Carbohydrates (g)	29
of which sugars (g)	12.4
Fibers (g)	10.3
Proteins (g)	45.9
Salt (g)	1.1

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What You'll Need

- Food processor

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Burgers	
Skin-on salmon fillet 6*	700 Grams
Lemon	2 Pieces
Spring onion	100 Grams
Fresh dill	30 Grams
Almond flour 1*,2*	60 Grams
Organic Eggs 5*	2 Pieces
Salt	2 Tsp
Black pepper	1 Tsp
Vegetable oil	8 Tbsp

Slaw	
White cabbage	600 Grams
Carrot	2 Pieces
Mayonnaise 5*,9*,13*	75 Grams
Salt	1 Tsp

To serve	
Sour cream 4*	120 Grams

Allergens: *6 Fish, *1 Peanuts, *2 Tree Nuts, *5 Eggs, *9 Soya, *13 Mustard, *4 Milk

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1. Prep burgers

Chop the **salmon** into skinless cubes. Wash the **lemon** thoroughly and grate its zest with a fine blade, taking care to avoid its bitter white pith. Chop the **spring onion** and **dill** (reserve some for garnish).



2. Mix

Place the **salmon** cubes, 2 tsp of grated **lemon** zest, **spring onion**, **dill**, **almond flour**, **eggs**, **salt** and **pepper** in a food processor. Blitz to a coarse paste. Refrigerate for 10-15 min.



3. Prep slaw

Meanwhile, slice or shred the **cabbage** as thinly as possible. Add it to a bowl and massage it with clean hands for 30 sec. Peel the **carrot** and slice it into matchsticks. Add them to the bowl. In a second, smaller bowl, combine the **mayonnaise** with 4 Tbsp of **lemon** juice. Season with **salt**. Set aside.



4. Form burgers

With oiled hands, shape the **salmon** mix into 8 burger patties.



5. Fry burgers

See pro tip! Heat a generous amount of **oil** in a pan over a medium heat. Once hot, add the burgers (in batches) and reduce the heat to low. Fry for 3 min on each side until golden on the surface and juicy in the middle.



6. Combine and serve

Combine the slaw and the **lemon mayonnaise**. Toss well. Divide among plates and top with the **salmon** burgers. Serve with the **sour cream**. Garnish with the remaining **dill** and any remaining **lemon**, sliced into wedges.

9oz Fillet of Beef

with Roast Potatoes and Green Beans

Enjoy this stripped back version of a classic English roast dinner. We've stuck to the best bits only (yep, that's spuds, gravy and beef)!

808 calories | 65 protein | 74 carbs | 31 fat

Gourmet | Family Friendly

cook: 45 min

R2551-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3375 / 808
Fats (g)	30.5
of which saturated (g)	14.9
Carbohydrates (g)	74
of which sugars (g)	18.2
Fibers (g)	14.3
Proteins (g)	65
Salt (g)	4.2

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steaks and sides	
Fillet steak	1000 Grams
Potatoes	1200 Grams
Green beans	500 Grams
Vegetable oil	4 Tbsp
Salt	2 Tsp
Fresh thyme	20 Grams

Gravy	
Shallots	4 Piece
Butter 4*	50 Grams
Plain flour 10*,11*	30 Grams
Water	400 ML
Beef stock cube 4*,5*,9*,11*,15*	2 Piece
Wholegrain mustard 13*	30 Grams
Black pepper	1 Tsp
Honey	15 Grams

Allergens: *4 Milk, *10 Wheat, *11 Gluten, *5 Eggs, *9 Soya, *15 Celery, *13 Mustard

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1. Prep potatoes

- Preheat the oven to 200°C/180°C fan.
- Peel the **potatoes** and chop any large ones in half.
- Add them to a pot of boiling salted water.
- Cook over a high heat for 10 min or until fork-tender.
- Once tender, drain and leave to steam dry for 5 min.

Tip! For extra crispy potatoes, shake them around in a colander to fluff up the edges before roasting!



2. Prep

- Meanwhile, trim the **green beans**.
- Peel and finely slice the **shallots**.



3. Roast potatoes

- Add the cooked **potatoes** to a baking tray (see pro tip).
- Drizzle with a generous amount of **vegetable oil**.
- Roast for 25-30 min.
- Pat the **steaks** dry with kitchen paper.
- Rub them with **oil** and season with **salt**.



4. Fry steak

- Once the **potatoes** have been in the oven for 15 min, heat a large pan over a high heat.
- Once very hot, add the **steaks**.
- Fry them for 3 min on each side.
- Place the **steaks** with the **potatoes**.
- Top the **steaks** with the whole **thyme** sprigs.
- Finish cooking them in the oven for 8-10 min or until cooked to your liking.
- Transfer the **steaks** to a plate.
- Leave them to rest for 10 min.



5. Boil green beans

- Meanwhile, cook the **green beans** in a pot of salted boiling water for 3-4 min or until tender.
- Drain once cooked.



6. Make gravy

- Return the pan to a medium heat with a splash of water.
- Add the **butter** and **shallots**.
- Cook for 3 min.
- Add the **flour** and stir for 1 min.
- Whisk in the **measured water**, **stock cube**, **mustard**, crack of **black pepper** and **honey**.
- Cook for 2-3 min until thickened.
- Discard the **thyme**.
- Slice the **beef** and return any meat juices to the **gravy**.
- Serve the **9oz Fillet of Beef** with **Roast Potatoes** and **Green Beans**.

Greek Beef Kofta

with Roasted Pepper and Feta Sauce

New use for your blender, something other than a smoothie! Roasted peppers and feta go into this sauce that really makes the dish.

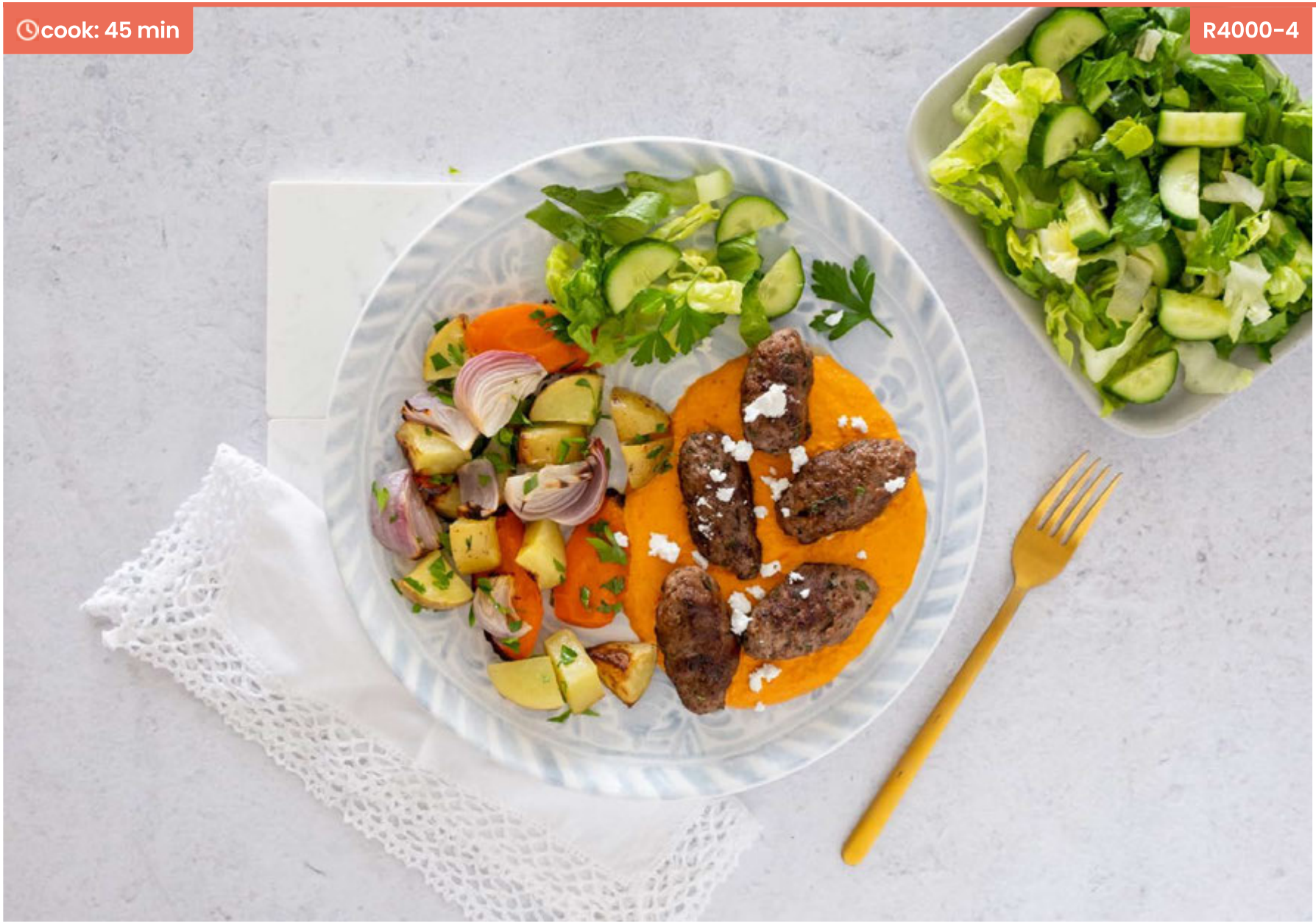
hello chef

600 calories | 47 protein | 52 carbs | 23 fat

Tips for Kids | Calorie Smart

cook: 45 min

R4000-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2513 / 600
Fats (g)	23.2
of which saturated (g)	10
Carbohydrates (g)	52
of which sugars (g)	19
Fibers (g)	14.1
Proteins (g)	47.3
Salt (g)	2.9

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What You'll Need

Oven | Blender

hello@hellochef.com
04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Koftas	
Lean beef mince	700 Grams
Fresh mint	10 Grams
Olive oil	2 Tbsp
Garlic onion powder	8 Grams
Smoked paprika powder	4 Grams
Dried oregano	4 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Potatoes and veg	
Potatoes	750 Grams
Carrot	3 Piece
Red onion	2 Piece
Vegetable oil	3 Tbsp
Salt	1 Tsp
Fresh parsley	15 Grams

Sauce	
Red pepper	4 Piece
Garlic cloves	2 Piece
Olive oil	3 Tbsp
Feta cheese [4*]	100 Grams
Salt	1 Tsp
Black pepper	0.5 Tsp

Salad	
Romaine lettuce	300 Grams
Cucumber	2 Piece
Olive oil	3 Tbsp
White balsamic vinegar [14*]	30 ML
Salt	0.5 Tsp

Allergens: *4 Milk, *14 Sulphur Dioxide

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1. Prep roast

Preheat the oven to 220°C/200°C fan. Chop the **potatoes** (skins on) into bite-sized pieces. Peel and chop the **carrot** and **onion** into chunks. Add the **potatoes**, **carrot** and **onion** onto a lined baking tray. Drizzle with **oil** and sprinkle with **salt**. Deseed and chop the **red peppers** into large chunks. Add the **peppers** onto the tray (or, onto a separate tray). Bake for 20 min, then take out the **roasted peppers**, and continue roasting the **potatoes**, **carrots** and **onions** for 10-15 min further.



4. Blend sauce

Once the **red peppers** have roasted for 20 min, transfer them onto a plate and cool in the fridge for 2-3 min. Peel and roughly chop the **garlic**. Add the **garlic**, the slightly cooled **roasted peppers**, a generous drizzle of **olive oil**, the **feta** and a pinch of **salt** and **pepper** into a blender. Blend until smooth, occasionally scraping the sides of the blender with a rubber spatula. Transfer the blended **sauce** to a bowl or plate and set aside.

Tip! No need to peel the roasted peppers. The skins will blend into the sauce.



2. Prep koftas

Meanwhile, pick and finely chop the **mint**. In a large bowl, combine the **beef mince**, **olive oil**, **garlic onion powder**, **smoked paprika powder**, **oregano**, **salt** and **black pepper** with the **mint**. With clean hands, knead the mixture until fully combined. Divide into 20 pieces and shape each piece into a **kofta**. Set aside.

Tip! Coat your hands in oil or water before shaping the koftas; this way the mixture won't stick to your hands.



5. Fry koftas

Heat a large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **koftas** and fry for 5-7 min or until cooked through and nicely browned all over. (Alternatively, cook the **koftas** on the oven tray together with the **potatoes** and **veg** for the last 10-15 min of their baking time, after you have removed the **red peppers** from the oven.)

Tip! If the pan is looking crowded, fry the koftas in batches. This will stop them from stewing, rather than frying.



3. Prep salad

Trim and chop the **lettuce** into strips. Chop the **cucumber** into half moons. In a large salad bowl, whisk together the **olive oil**, **balsamic vinegar** and a pinch of **salt**. Toss the **lettuce** and the **cucumber** in the **dressing** just before serving. Pick and roughly chop the **parsley**.

Tip! If cooking for kids, reserve some baby gem lettuce and cucumber without tossing them in the dressing.



6. Serve

Toss the chopped **parsley** in the **roasted potatoes, onions and carrots**. Divide them among plates. Add the **red pepper sauce**, and top it with the fried **koftas**. Serve the **salad** on the side.

Tip! If cooking for kids, serve the koftas, potatoes, lettuce and cucumbers separately. Serve with some of the sauce on the side.

Quick Salmon
and Green Pea Primavera Pasta

The perfect start to the week. Sit back, relax and enjoy dinner!

hello chef

950 calories | 64 protein | 110 carbs | 30 fat

Family Friendly | Speedy

cook: 20 min

R3850-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3964 / 950
Fats (g)	30.2
of which saturated (g)	11.5
Carbohydrates (g)	110
of which sugars (g)	9
Fibers (g)	11.2
Proteins (g)	64.3
Salt (g)	1.4

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salmon pasta	
Salmon goujons 6*	700 Grams
Salt	1 Tsp
Linguine 10*,11*	500 Grams
Olive oil	4 Tbsp
Garlic paste	20 Grams
Cherry tomatoes	300 Grams
Vegetable stock cube 15*	1 Piece
Water	300 ML
Onion powder	10 Grams
Cooking cream 4*	200 ML
Lemon	2 Piece
Grated Parmesan 4*	60 Grams
Green peas	200 Grams
Black pepper	1 Tsp

Allergens: *6 Fish, *10 Wheat, *11 Gluten, *15 Celery, *4 Milk

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1. Boil pasta

- Boil a kettle of water.
- Add the boiled water to a pot with a generous pinch of **salt**.
- Once boiling, add the **linguine**.
- Cook for 8-10 min until 'al dente' or cooked to your liking.
- Drain.



2. Start sauce

- Meanwhile, heat a large pan over a medium-high heat with a drizzle of **oil**.
- Fry the **garlic paste** and **cherry tomatoes** with a pinch of **salt** for 3 min.
- Add 1 **vegetable stock cube**, **measured water**, **onion powder**, **cooking cream** and **salmon goujons**.
- Simmer for 5 min, stirring occasionally, flaking the **salmon** with a spatula as you go.



3. Prep

- Meanwhile, slice the **lemon** into wedges.



4. Finish sauce

- Remove the pan from the heat and fold in the **grated Parmesan** (reserve some for garnish) and **green peas**.
- Add a generous squeeze of **lemon juice** and season with **black pepper** to taste.

Tip! Want to make dinner extra fancy? Add some lemon zest to your pasta sauce!



5. Serve

- Carefully fold the cooked **linguine** into the sauce.
- Serve the **Quick Salmon [b]and Green Pea Pasta**.
- Garnish with the remaining **grated Parmesan** and **lemon** wedges.

Cheesy Chicken Burgers

with Cauliflower Mash and Green Beans

A full, satisfying meal done low-carb!

hello chef

929 calories | 79 protein | 30 carbs | 59 fat

Low Carb

cook: 30 min

R2840-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3884 / 929
Fats (g)	59
of which saturated (g)	25.7
Carbohydrates (g)	30
of which sugars (g)	12
Fibers (g)	11.4
Proteins (g)	79.4
Salt (g)	3.6

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken burgers	
Chicken mince	800 Grams
Almond flour 1*,2*	80 Grams
Organic Eggs 5*	2 Pieces
Dijon mustard 13*	12 Grams
Soy sauce 9*,10*,11*	40 ML
Grated cheddar 4*	120 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Olive oil	8 Tbsp
Grated mozzarella 4*	120 Grams

Cauliflower mash	
Cauliflower	800 Grams
Sour cream 4*	90 Grams
Salt	2 Tsp

Side	
Green beans	500 Grams

Allergens: *1 Peanuts, *2 Tree Nuts, *5 Eggs, *13 Mustard, *9 Soya, *10 Wheat, *11 Gluten, *4 Milk

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1. Prep burger mix

Add the **almond flour** to a bowl. Crack in the **eggs** and mix well. Add the **Dijon mustard** and **soy sauce**. Set aside for 5-10 min.



2. Prep vegetables

Meanwhile, separate the **cauliflower** into florets. Trim the **green beans**.



3. Make burgers

Add the **chicken mince**, **grated cheddar** and a pinch of **salt** and **pepper** to the **almond flour** mix. With clean hands, knead for 2-3 min until fully combined and tender. With oiled hands, divide the mix into 12 pieces and shape each piece into a burger.



4. Make cauliflower mash

Bring a pot of water to a boil and cook the **cauliflower** florets for 10 min or until softened. Drain well and return to the pan with the **sour cream**. Mash with a potato masher. Season generously with **salt**. Keep warm until serving.



5. Boil green beans

Meanwhile, bring a pot of salted water to a boil and add the **green beans**. Cook for 3-4 min until tender. Drain once tender. Keep warm.



6. Fry burgers

Heat a large pan over a medium-high heat with a drizzle of **olive oil**. Once hot, add the **chicken** burgers (in batches) and fry for 3-4 min on one side. Flip, and top with the **grated mozzarella**. Cover the pan with a lid so that the burgers cook through and the cheese melts. Serve the cheesy burgers with the **cauliflower** mash and the **green beans**.

Sticky Toffee Date-Night Pudding

with Butterscotch Sauce

This classic British dessert consists of a moist sponge cake made with finely chopped dates covered in a warm butterscotch sauce.

hellochef

2038 calories | 25 protein | 237 carbs | 110 fat

cook: 50 min

R3659-4



Nutritional information

	per serving*
Energy (kJ/kcal)	8460 / 2038
Fats (g)	110
of which saturated (g)	70.6
Carbohydrates (g)	237
of which sugars (g)	147.1
Fibers (g)	10.4
Proteins (g)	25.2
Salt (g)	3.1

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Date pudding	
Date paste	500 Grams
Baking powder	10 Grams
Water	500 ML
Brown sugar	40 Grams
Butter 4*	100 Grams
Organic Eggs 5*	2 Piece
Plain flour 10*,11*	200 Grams

Butterscotch	
Brown sugar	40 Grams
Cooking cream 4*	200 ML
Vanilla extract	5 ML
Butter 4*	50 Grams

Allergens: *4 Milk, *5 Eggs, *10 Wheat, *11 Gluten

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1. Prep

Preheat the oven to 180°C/160°C fan. Remove the **butter** and **eggs** from the fridge. Grease/oil the **moulds** and set aside. Bring the **measured water** to a boil. Roughly chop the **dates** and place them in a bowl. Pour over the hot **measured water** and set aside for 10 min. Mash well with a potato masher or blend in a food processor until it resembles sloppy porridge.



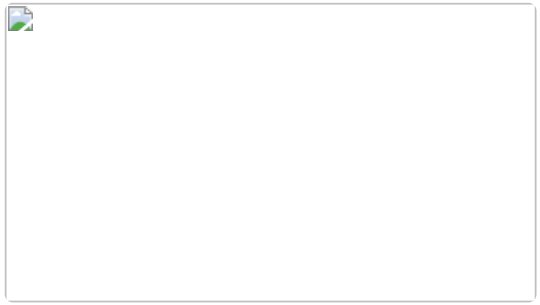
2. Make batter

In a second bowl, mix together the **butter** and **sugar** until smooth. Crack the **egg** into the **butter** and mix until combined. Fold in the **flour** and **baking powder** until combined. Mix in the **date** mixture/**paste** until the **dates** are well incorporated into the **batter**.



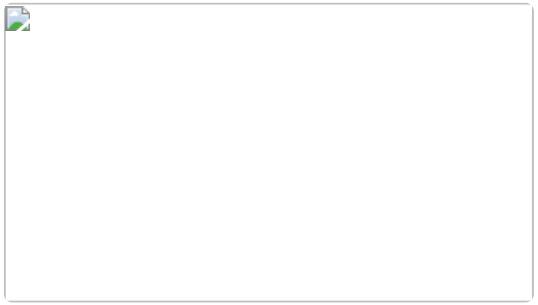
3. Bake

Spoon in the **batter** into the **moulds**, filling them 2/3 of the way up. Bake for 20-25 mins or until the skewer inserted into the centre comes out clean.



4. Make butterscotch

Meanwhile, add the **cream**, **butter**, **brown sugar** and **vanilla** to a pot over a medium heat. Once the **butter** is melted, stir, then bring to simmer. Simmer for 2-3 min or until the **sauce** begins to thicken. Remove from the heat, cover and set aside until ready to serve.



5. Serve

Once the **puddings** are ready, turn the **moulds** upside down on a serving plate. Spoon over **Butterscotch** sauce.

Tip! Serve the warm sticky toffee date pudding with your favourite vanilla ice cream.

Indian Chicken Thali Plate: Tandoori Chicken and Chickpea Masala

with Lime Rice, Mint Salad and Chapatis

Thali translates to 'plate' from Hindi and consists of multiple small dishes, creating a balanced and delicious feast!

877 calories | 61 protein | 136 carbs | 10 fat

Global Eats

cook: 45 min

R4187-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3669 / 877
Fats (g)	10.1
of which saturated (g)	2.9
Carbohydrates (g)	136
of which sugars (g)	15.9
Fibers (g)	14.3
Proteins (g)	61.1
Salt (g)	3.5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Tandoori chicken	
Chicken breast	600 Grams
Bamboo skewers	8 Piece
Red onion	2 Piece
Ginger garlic paste	30 Grams
Tandoori masala	8 Grams

Lime rice	
Lime	2 Piece
Long grain rice	300 Grams
Vegetable oil	1 Tbsp
Mustard seeds 13*	2 Grams
Turmeric powder	4 Grams
Curry leaves	6 Grams
Salt	1 Tsp
Water	600 ML

Chickpea masala	
Chickpeas	480 Grams
Tomatoes	2 Piece
Vegetable oil	1 Tbsp
Ginger paste	30 Grams
Tomato paste	70 Grams
Garam masala	10 Grams
Fenugreek leaves	4 Grams
Water	300 ML

Salad	
Fresh mint	10 Grams
Cherry tomatoes	300 Grams
Cucumber	2 Piece

To serve	
Natural yogurt 4*	340 Grams
Fresh coriander	15 Grams
Chapati 10*,11*	4 Piece

Allergens: *13 Mustard, *4 Milk, *10 Wheat, *11 Gluten

Due to production methods, we cannot guarantee



1. Prep

- Preheat the oven to 220°C/200°C fan.
- Soak the **skewers** in cold water.
- Peel and cut the **onion** into bite-sized pieces.
- Cut the **chicken** into wedges.
- In a large bowl, combine the **ginger garlic paste**, **tandoori masala** (spicy!), a spoonful of the **yogurt** (saving some for serving) and a pinch of **salt**.
- Add the chopped **chicken** and mix to coat fully in the **marinade**. Leave to marinate for 10 mins.

Tip! Leave the chicken to marinate for a couple of hours, or even over night to make it extra flavourful.



2. Cook lime rice

- Cut the **lime** into wedges. Rinse and drain the **rice**.
- Heat a pot over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **mustard seeds**, **turmeric** and **curry leaves**, fry for 30 secs until fragrant.
- Add the **rice**, **salt** and **measured water**. Bring to a boil.
- Once boiling, lower the heat and cover.
- Cook for 10-12 min, until all of the **water** is absorbed and **rice** is tender.
- Once cooked, squeeze in half of the **lime** juice (saving some for the salad).
- Mix and cover until serving.



3. Cook tandoori chicken

- Meanwhile, thread the **chicken** and **onion** onto the **skewers**.
- Place the **skewers** onto a lined baking tray and bake in the oven for 10-15 min until fully cooked.

Tip! For an extra char on the chicken, bake for an additional 5 min.



4. Cook chickpea masala

- Meanwhile, rinse and drain the **chickpeas**.
- Finely chop the **tomatoes**.
- Heat a large non-stick pan over medium high heat with a drizzle of **oil**.
- Fry the **ginger paste**, **tomato paste** and **tomato**, for 2-4 min.
- Lower the heat to medium and fry the **garam masala** and **fenugreek** for 30 sec until fragrant.
- Add the **chickpeas** and **measured water**.
- Cook for 5-7 min, until the **chickpeas** are tender and the sauce has reduced. Keep warm until serving.



5. Make salad

- Meanwhile, pick and finely chop the **mint** (leaving some **leaves** for garnish).
- Cut the **cherry tomatoes** into quarters.
- Cut the **cucumber** into bite-sized pieces.
- To a bowl, add the **tomatoes**, **cucumber**, **mint** and the remaining **lime** juice.
- Mix well and set aside.



6. Serve

- Pick and finely chop the **coriander** and add to the **chickpeas**.
- Warm the **chapatis** in the microwave for 30 secs.
- Divide the **lime rice**, **chickpea masala** and **salad** into small individual bowls, or onto a plate.
- Add the **chicken skewers**.
- Enjoy the **Indian Thali Plate** with the **yogurt** and **chapatis** on the side.

Tip! For crispier chapatis, warm them in a dry pan over a medium-high heat for 30 secs each side.

Carrot Cake Overnight Oats

with Vanilla Yogurt and Walnuts

Overnight oats is a quick and easy make-ahead breakfast and this one feels like a real treat!

hello chef

492 calories | 19 protein | 32 carbs | 20 fat

cook: 10 min

R4620-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2060 / 492
Fats (g)	20.4
of which saturated (g)	5.2
Carbohydrates (g)	32
of which sugars (g)	21.6
Fibers (g)	9.2
Proteins (g)	18.6
Salt (g)	0.3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Box grater

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Oats	
Rolled oats	200 Grams
Carrot	1 Piece
Chia seeds	15 Grams
Ginger powder	2 Grams
Cinnamon powder	2 Grams
Nutmeg	1 Grams
Whole milk 4*	400 ML
Honey	45 Grams

Toppings	
Natural yogurt 4*	340 Grams
Walnuts 2*	60 Grams
Agave syrup	10 Grams
Vanilla essence	5 ML

Allergens: *4 Milk, *2 Tree Nuts

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1. Grate carrot

- Peel and grate the **carrot**.



2. Mix dry ingredients

- In a large bowl, combine the **oats**, **chia seeds**, **ginger**, **cinnamon**, **nutmeg** and grated **carrot**.



3. Add wet ingredients

- Add the **milk**, half the **yogurt** and **honey**. Stir to combine.
- Leave the mixture in the mixing bowl or portion into individual containers.



4. Refrigerate

- Cover the **oats mixture** with cling film.
- Place into the fridge and leave to set overnight.
- Stir well before serving to develop a creamy consistency.



5. Prep toppings

- Finely chop the **walnuts**
- In a small bowl, mix the remaining **yogurt** with the **agave syrup** and a splash of the **vanilla essence** to taste.

Tip! Dry toast for 1-2 min to give the walnuts more of a nutty flavour.



6. Serve

- Serve the **Carrot Cake Overnight Oats** topped with a dollop of **Vanilla Yogurt**, and a sprinkle of **Walnuts**.

Tip! Store the overnight oats, covered in the fridge for up to 2 days.

Cheat's Chicken Kiev

with Mash and Green Beans

Instead of stuffing chicken breasts with garlic butter, you'll be drizzling them with it!

hellofresh

941 calories | 73 protein | 85 carbs | 35 fat

Family Friendly | Weekly classic

cook: 40 min

R3374-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3933 / 941
Fats (g)	34.6
of which saturated (g)	20.1
Carbohydrates (g)	85
of which sugars (g)	9.8
Fibers (g)	12.2
Proteins (g)	73.4
Salt (g)	1.6

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What You'll Need

- Oven
- Box grater
- Potato masher

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Plain flour **10*,11***	50 Grams
Organic Eggs **5***	2 Piece
Panko bread crumbs **10*,11*,12***	180 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Vegetable oil	4 Tbsp

Garlic butter	
Garlic cloves	8 Piece
Fresh parsley	30 Grams
Parmesan **4***	60 Grams
Butter **4***	100 Grams

Mash	
Potatoes	1200 Grams
Whole milk **4***	200 ML
Salt	1 Tsp
Black pepper	1 Tsp

Sides	
Green beans	500 Grams

Allergens: *10 Wheat, *11 Gluten, *5 Eggs, *12 Lupin, *4 Milk

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1. Boil potatoes

- Preheat the oven to 200°C/180°C fan.
- Peel and chop the **potatoes** into bite-sized pieces.
- Add them to a pot of salted water.
- Bring to a boil over high heat and cook for 15-20 min until soft.
- Drain and allow to steam dry in a colander.



2. Coat chicken

- Meanwhile, add the **flour**, **eggs** and **panko bread crumbs** to three separate bowls.
- Beat the **eggs**.
- Season the **flour** with **salt** and **pepper**.
- Pat the **chicken breasts** dry and turn each **breast** in the seasoned **flour**, then dip in the beaten **eggs** and finally toss in the **panko bread crumbs** to coat.

Tip! If you have leftover breadcrumbs, dip the breaded chicken back into the egg and panko for extra crunch!



3. Bake chicken

- Place the breaded **chicken** on an oiled baking tray.
- Drizzle with **vegetable oil**.
- Bake for 20 min until cooked through.
- Meanwhile, return the **potatoes** to the pot.
- Mash until smooth, slowly pouring in enough **milk** to reach the desired consistency.
- Season generously with **salt** and **pepper** and set aside, covered, until serving.



4. Boil beans

- Meanwhile, trim the **green beans**.
- Add the **green beans** to a pot with a pinch of **salt** and cover with boiling water.
- Cook the **beans** over a medium heat for 5 min until tender.
- Drain.



5. Garlic butter

- Meanwhile, peel and grate the **garlic**.
- Pick and finely chop the **parsley**.
- Finely grate the **Parmesan**.
- Heat a second pot or pan over medium-low heat with the **butter** and **garlic**.
- Once melted, add the chopped **parsley** and cook for 1-2 min.
- Make sure not to burn the **butter** or **garlic**.
- Remove from the heat and add the **Parmesan** with a pinch of **salt**.

Tip! Not a big fan of herbs? Don't add the parsley to the butter but use it as a light garnish instead.



6. Serve

- Serve the **Cheat's Chicken Kiev** alongside the **Mash** and **Green Beans**.
- Drizzle everything with the **garlic butter**.

One Pot Mexican Chicken and Rice

with Monterey Jack Cheese

-

1020 calories | 74 protein | 94 carbs | 39 fat

Family Friendly

cook: 30 min

R4545-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4270 / 1020
Fats (g)	38.5
of which saturated (g)	15.2
Carbohydrates (g)	94
of which sugars (g)	6.1
Fibers (g)	10.4
Proteins (g)	74.4
Salt (g)	5.8

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What You'll Need

Oven

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken mince	600 Grams
Olive oil	2 Tbsp
Spring onion	80 Grams
Garlic cloves	3 Piece
Tomato paste	70 Grams
Long grain rice	300 Grams
Chicken stock cube 4*,5*,9*,15*	2 Piece
Black beans	240 Grams
Red pepper	1 Piece
Grated Monterey Jack 4*	180 Grams
Taco seasoning	20 Grams
Dried oregano	2 Grams
Coriander cumin powder	8 Grams
Smoked paprika powder	4 Grams
Black pepper	0.25 Tsp
Fresh coriander	15 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Prep

Trim and shop the **spring onion**. Peel and **mince** the **garlic**. Deseed and finely chop the **red pepper**.



2. Prep

Rinse and drain the **rice**. Drain and rinse the **black beans**.



3. Fry

Heat **oil** in a large pot over high heat. Add **garlic**, **onion**, and **red pepper**. Cook 1-2 min until softened. Add the **chicken mince** and cook for 5 min until no longer pink. Add the spices, **oregano**, **taco seasoning**, **smoked paprika**, **coriander cumin powder**. Cook until browned.



4. Fry

Add **tomato paste**, **chicken stock cube**, water and stir to mix. Add **rice**, and **black beans**. Cover and Simmer 15 min.



5. Finish

Stir through **monterey jack** cheese. Turn off heat, cover and let it sit for 1 min to melt the cheese.



6. Serve

Garnish with remaining **spring onions**.

Smoky Chicken with Sundried Tomato Mash
and Zesty Green Veg

A weeknight chicken and veg dinner with bold flavour combinations!

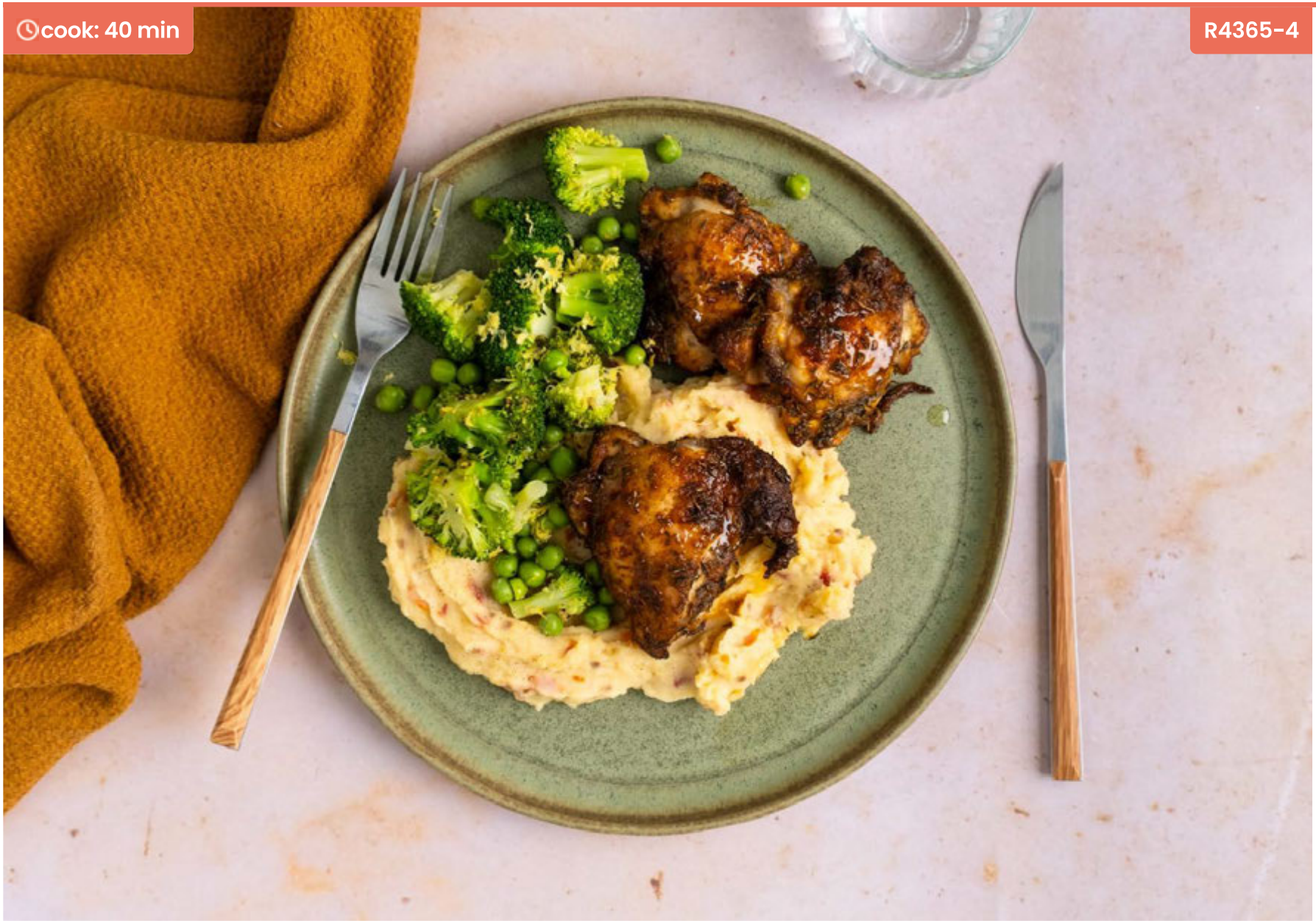
hello chef

784 calories | 76 protein | 69 carbs | 26 fat

Family Friendly | Tips for Kids

cook: 40 min

R4365-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3273 / 784
Fats (g)	25.7
of which saturated (g)	6.7
Carbohydrates (g)	69
of which sugars (g)	20
Fibers (g)	16.6
Proteins (g)	76.3
Salt (g)	2.4

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What You'll Need

- Oven
- Potato masher

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Smoky chicken	
Skin-on, bone-in chicken thighs	1000 Grams
Smoked paprika powder	8 Grams
Cumin powder	4 Grams
Garlic powder	4 Grams
Dried thyme	4 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Olive oil	1 Tbsp

Sundried tomato mash	
Potatoes	1000 Grams
Sun dried tomatoes	120 Grams
Butter 4*	20 Grams
Grated Parmesan 4*	90 Grams
Whole milk 4*	200 ML
Salt	0.5 Tsp
Black pepper	0.5 Tsp

Green veggies	
Broccoli	400 Grams
Lemon	1 Piece
Green peas	200 Grams
Lemon pepper seasoning 13*,15*	8 Grams

Allergens: *4 Milk, *13 Mustard, *15 Celery

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1. Prep

- Preheat oven to 220°C/200°C fan.
- Bring a pot of salted water to the boil.
- Separate the **broccoli** into florets.
- Peel and chop **potatoes** into bite-sized pieces.
- Finely chop **sundried tomatoes**.
- Grate the **lemon zest**, taking care to avoid its bitter white pith and cut into quarters.



2. Make mash

- Add the chopped **potatoes** to the pot.
- Cook for 20 min or until soft.
- Drain.
- Return **potatoes** to the pot.
- Add the **butter**, **milk**, **grated Parmesan**, **salt** and **pepper**, to taste.
- Use a potato masher to mash until smooth.
- Add the **sundried tomatoes**. Mix until well incorporated.

Tip! If cooking for kids, set aside a portion of plain mash.



3. Marinate chicken

- In a large bowl, combine **smoked paprika**, **cumin**, **garlic**, **dried thyme** with a squeeze of **lemon juice**, a pinch of **salt** and **pepper** and a drizzle of **oil**.
- Toss the **chicken** to coat evenly.

Tip! If cooking for kids, reserve a portion of plain chicken.



4. Roast chicken

- Roast the **chicken** for 20-25 min or until crispy on the outside and cooked through.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready.



5. Boil veg

- Meanwhile, in a small pot of salted water, boil **broccoli** and **peas** for 3 min.
- Drain and coat in **lemon pepper seasoning** and **lemon zest**.

Tip! If cooking for kids, reserve a portion of plain broccoli and peas.



6. Serve

- Serve the **Smoky Chicken** on a bed of **Sundried Tomato Mash** and a portion of **Zesty Green Veg**.

Tip! If cooking for kids, serve the plain chicken, reserved mash and plain vegetables.

Hawaiian Chicken Teriyaki

Luau Bowl

We love Hawaiian dishes for their fresh fusion concepts!

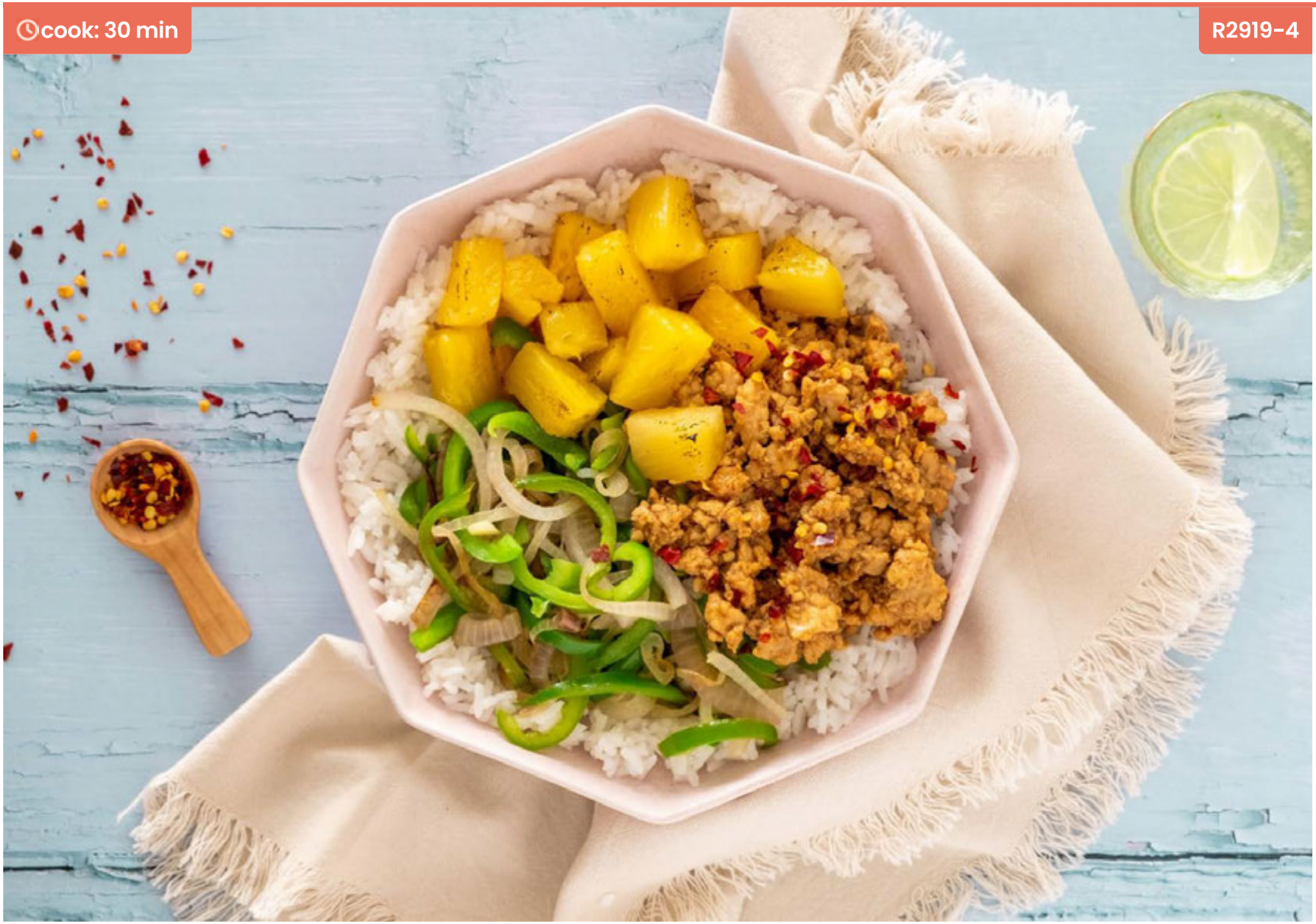
hello chef

849 calories | 57 protein | 114 carbs | 24 fat

Family Friendly

cook: 30 min

R2919-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3539 / 849
Fats (g)	23.9
of which saturated (g)	6.7
Carbohydrates (g)	114
of which sugars (g)	33.3
Fibers (g)	6.4
Proteins (g)	57.1
Salt (g)	4

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Teriyaki chicken	
Chicken mince	600 Grams
Vegetable oil	2 Tbsp
Teriyaki sauce 8*,9*,10*	80 ML
Hoisin sauce 3*,9*,10*	60 Grams
Soy sauce 9*,10*,11*	40 ML
Honey	30 Grams

For bowls	
Red onion	2 Piece
Green pepper	3 Piece
Pineapple chunks	280 Grams
Vegetable oil	3 Tbsp
Salt	1 Tsp
Chilli flakes	4 Grams

Rice	
Jasmine rice	300 Grams
Water	600 ML
Salt	1 Tsp

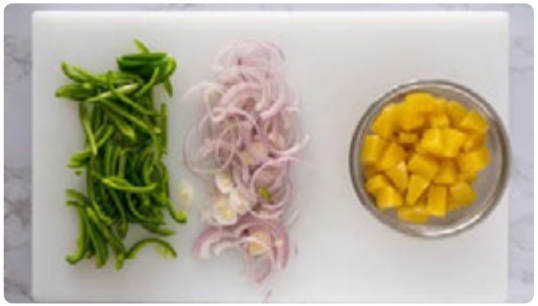
Allergens: *8 Molluscs, *9 Soya, *10 Wheat, *3 Sesame Seeds, *11 Gluten

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1. Boil rice

- Rinse the **jasmine rice**.
- Add the **rice**, **measured water** and **salt** to a pan with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pan from heat.
- Keep covered until serving.



2. Prep vegetables

- Meanwhile, peel and finely slice the **red onion**.
- Finely slice the **green peppers**.
- Drain the **pineapple chunks**.



3. Fry chicken

- Heat a pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken mince**.
- Fry for 5 min.
- Add the **teriyaki sauce**, **hoisin sauce**, **soy sauce** and **honey**.
- Cook for a final 1-2 min until the mix is thick and sticky.
- Remove the pan from the heat.
- Keep warm until serving.



4. Fry vegetables

- Meanwhile, heat a second pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion** and **pepper** with a pinch of **salt**.
- Fry for 3-4 min until softened.
- Transfer the **pepper** and **onion** to a bowl.
- Cover and set aside to keep warm until serving.



5. Fry pineapple

- Return the pan to a medium-high heat.
- Add the **pineapple**.
- Fry for 1-2 min on each side until nicely caramelised.



6. Serve

- Serve the **Hawaiian Chicken Teriyaki Luau Bowl**.
- Sprinkle with the **chilli flakes** (spicy!).

One-pot Chicken and Mushroom Paprikash

with Fusilli Pasta

Inspired by the traditional Hungarian dish of chicken cooked in a rich, flavourful and creamy paprika-based sauce and commonly served with dumplings.

hello chef

750 calories | 71 protein | 93 carbs | 12 fat

Family Friendly

cook: 40 min

R4360-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3138 / 750
Fats (g)	12.3
of which saturated (g)	5.3
Carbohydrates (g)	93
of which sugars (g)	10.6
Fibers (g)	11.1
Proteins (g)	70.9
Salt (g)	3.2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken paprikash

Chicken breast	800 Grams
Mushroom	500 Grams
Red pepper	2 Piece
Brown onion	1 Piece
Garlic cloves	4 Piece
Vegetable oil	2 Tbsp
Dried thyme	4 Grams
Plain flour 10*,11*	15 Grams
Smoked paprika powder	8 Grams
Tomato paste	140 Grams
Chicken stock cube 4*,5*,9*,15*	2 Piece
Dried bay leaves	2 Piece
Water	400 ML
Fusilli pasta 10*	375 Grams
Fresh parsley	15 Grams
Sour cream 4*	120 Grams
Salt	2 Tsp
Black pepper	0.5 Tsp

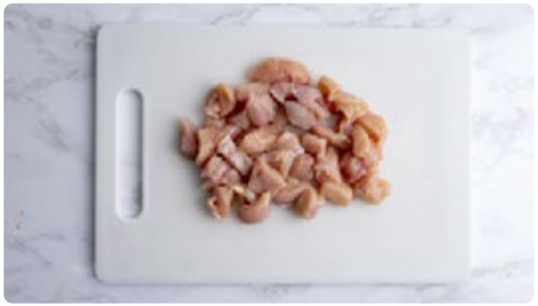
Allergens: *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Prep veggies

- Clean the **mushrooms** with a cloth, knife or brush (don't wash them with water), and roughly chop or slice.
- Deseed and chop the **red pepper**.
- Peel and finely chop the **onions**.
- Peel and finely chop the **garlic**.



2. Prep chicken

- Cut the **chicken** into small bite-sized pieces.



3. Make stew

- Heat a pot over medium-high heat with a drizzle of **oil**.
- Add the **mushrooms** and fry for 4-5 min until browned.
- Add the **onion**, **red pepper**, **garlic**, and a good pinch of **thyme**, and fry for 3-4 min.
- Add the **chicken**, 1 tsp of **flour**, and fry for 2-3 min.
- Add the **smoked paprika**, **tomato paste**, and fry for 2-3 min.
- Add the **stock cube**, **bay leaves**, **measured water**, and bring to a boil.
- Once boiled, reduce the heat to medium, cover with a lid and cook for 12-15 min until the **stew** thickens.



4. Boil Pasta

- Meanwhile, bring a large pot of salted water to the boil.
- Once boiling, add the **pasta** and cook for 8-10 min until 'al dente' or halfway cooked through.
- Drain once cooked.



5. Finish stew

- Meanwhile, pick and finely chop the **parsley**.
- Add the **pasta**, **sour cream**, and half the **parsley** to the **stew**.
- Turn down the heat to low and give it a good mix.
- Season with **salt** and **pepper** to taste.



6. Serve

- Serve the **Hungarian Chicken and Mushroom Paprikash** in bowls, and sprinkle with the remaining **parsley**.

Pan-fried Salmon with Zucchini and Corn Fritters

Pan-fried salmon paired with homemade fritters and a delicious dressing. Enjoy!

hello chef

743 calories | 50 protein | 36 carbs | 47 fat

Low Carb

cook: 20 min

R3420-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3108 / 743
Fats (g)	47.1
of which saturated (g)	11.4
Carbohydrates (g)	36
of which sugars (g)	15.2
Fibers (g)	5.8
Proteins (g)	49.9
Salt (g)	1.2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salmon	
Skin-on salmon fillet 6*	700 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Fritters	
Spring onion	80 Grams
Sweet corn kernels	244 Grams
Small zucchini	2 Piece
Almond flour 1*,2*	80 Grams
Organic Eggs 5*	4 Piece
Smoked paprika powder	4 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp

To serve	
Sweet chilli sauce	80 ML
Lime	2 Piece
Sour cream 4*	120 Grams
Rocket	40 Grams

Allergens: *6 Fish, *1 Peanuts, *2 Tree Nuts, *5 Eggs, *4 Milk

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Egg, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur dioxide and Celery.**



1. Make dressing

In a small bowl, combine the **sweet chilli sauce** with the **lime** juice. Refrigerate.



2. Make batter

Trim and finely chop the **spring onion**. Drain the **corn**. Grate the **zucchini**. Squeeze the **zucchini** with your hands to remove any excess moisture. Add the **zucchini** to a bowl with the drained **corn**, **spring onion**, **almond flour**, **egg**, **paprika**, and **salt**.



3. Fry fritters

Heat a large non-stick pan over a medium heat with a drizzle of **oil**. Once hot, scoop 1 heaped tbsp of the **batter** into the pan. Gently flatten the mixture into a flat circular shape. Repeat until the mixture runs out. Fry the **fritters** for 3 min on each side or until golden brown and crispy on both sides (avoid over-crowding the pan, use multiple pans or fry in batches!).



4. Fry salmon

Meanwhile, portion the **salmon**. Heat a second pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **salmon fillets** and cook for 3-4 min on either side until cooked through.



5. Serve

Serve the **fritters** alongside the **salmon** and **sour cream**. Drizzle with the **sweet chilli dressing**. Garnish with the **rocket**.

Vegan Pizza Parmigiana

with Olives and Fresh Basil

Inspired by the Italian eggplant bake, this pizza is topped with tender roasted eggplant, rich tomato sauce and plenty of vegan cheese.

1029 calories | 25 protein | 171 carbs | 29 fat

cook: 45 min

R3059-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4305 / 1029
Fats (g)	28.9
of which saturated (g)	5.7
Carbohydrates (g)	171
of which sugars (g)	15.8
Fibers (g)	10.3
Proteins (g)	24.8
Salt (g)	1.7

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven | Rolling pin

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Dough	
Semolina 10*,11*	60 Grams
Plain flour 10*,11*	20 Grams
Pizza dough ball 10*,11*	4 Piece

Sauce	
Olive oil	2 Tbsp
Salt	1 Tsp
Tomato passata	400 Grams
Garlic paste	20 Grams
Dried oregano	4 Grams
Agave syrup	20 Grams

Toppings	
Eggplant	2 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Vegan mozzarella	200 Grams
Kalamata olives	80 Grams
Fresh basil	30 Grams

Allergens: *10 Wheat, *11 Gluten

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1. Roast eggplants

- Preheat the oven to 220°C/200°C fan.
- Preheat your baking trays.
- Slice the **eggplants** in half lengthways, then finely slice them.
- Place the **eggplants** on a baking tray, drizzle generously with **olive oil** and season with **salt**.
- Bake for 15 min until softened.

Tip! Remove the pizza dough from the fridge at least 10 min before cooking. Allowing the dough come to room temp makes it easier to roll out.



4. Bake

- Top the **pizza base** with the **vegan mozzarella**, roasted **eggplants** and **olives**.
- Brush the crust with **olive oil**.
- Bake for 20 min or until the crust begins to crisp and brown.
- Serve the **Vegan Pizza Parmigiana** with **fresh basil leaves**.



2. Make sauce

- Meanwhile, in a bowl, combine the **tomato passata**, **olive oil**, **garlic paste**, **oregano**, **agave** and **salt**.
- Set aside.



3. Roll pizza

- Sprinkle half of the **semolina** onto a clean surface.
- Sprinkle the **flour** onto a rolling pin and roll out the **dough balls**, then allow them to rest for 3 min.
- After 3 min, continue to roll out the **dough** until roughly the size of a dinner plate.
- Sprinkle the remaining **semolina** onto the pre-heated baking trays.
- Carefully transfer the rolled out **dough** onto the trays.
- Spoon over the **tomato sauce**.

Matilda Triple Chocolate Cake

with Fudgy Ganache

Indulge in this decadent cake, inspired by the classic movie! This moist cake with velvety chocolate ganache is perfect for chocoholics and birthday parties!

554 calories | 8 protein | 58 carbs | 32 fat

Family Friendly

cook: 60 min

R4461-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2305 / 554
Fats (g)	32.2
of which saturated (g)	14.6
Carbohydrates (g)	58
of which sugars (g)	38.6
Fibers (g)	0.9
Proteins (g)	7.7
Salt (g)	0.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven | Whisk

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 8 servings

Chocolate cake	
Plain flour 10*,11*	200 Grams
Cocoa powder	30 Grams
Salt	0.25 Tsp
Baking powder	5 Grams
Baking soda	5 Grams
White sugar	200 Grams
Water	250 ML
Instant coffee	5 Grams
Butter 4*	100 Grams
Vegetable oil	2 Tbsp
Sour cream 4*	90 Grams
Organic Eggs 5*	2 Piece
Vanilla essence	5 ML

Chocolate ganache	
Butter 4*	30 Grams
Whipping cream 4*	200 ML
Milk chocolate 4*,9*	100 Grams
Belgian dark chocolate 9*	40 Grams
Icing sugar	25 Grams
Cocoa powder	15 Grams
Salt	0.25 Tsp

Allergens: *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs, *9 Soya

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1. Make ganache

- Preheat the oven to 170°C (no fan).
- In a small saucepan over low heat, add the **30g butter**, **whipping cream**, **milk chocolate**, and **belgian dark chocolate**.
- Sift in the **icing sugar**, **cocoa powder**, and a pinch of **salt**.
- Cook, whisking often until hot and smooth, but do not let it boil.
- Pour the **ganache** into a container, and cover with a lid.
- Chill in the fridge until the **cake** is ready.



2. Prep dry ingredients

- Meanwhile, to a large bowl, sift in the **flour**, **cocoa powder**, **salt**, **baking powder** and **baking soda**.
- Add the **sugar** and whisk well until combined.
- Set aside.
- Boil the **measured water**, and pour into a cup or jug with a spout.
- Add the **instant coffee**, and mix until dissolved.



3. Prep wet ingredients

- In another bowl, add the **100g butter** and melt in the microwave.
- Cool slightly, then whisk in the **vegetable oil**, **sour cream**, **eggs** and **vanilla** until creamy.



4. Combine batter

- Add the **dry ingredients** into the **wet ingredients**.
- Whisk until mostly combined, then pour in the **hot coffee** and mix really well.
- The **batter** will be smooth with a runny consistency.

Tip! The hot coffee won't impart much flavour, but will only enhance the rich chocolate in the cake, and dissolve the sugar.



5. Bake

- Grease and line a 22 cm round baking cake pan with parchment paper., and wrap a sheet of foil around the outside of the pan.
- Pour the **batter** into the pan and bake in the center rack of the oven for 30-35 minutes, or until a toothpick comes out clean in the center.
- Cool the **cake** completely in the pan for 1 hour, or chill in the fridge for 30 min.

Tip! The foil will help the cake bake more evenly without creating a high dome in the center!



6. Serve

- When ready to serve, turn the **cake** out onto a plate.
- Whisk the ganache until smooth.
- Pour on top of the **cake** and spread towards the edges.
- Cut the **Matilda Triple Chocolate Cake** with **Fudgy Ganache** in slices and enjoy!.

Tip! Make sure to cool the cake completely before attempting to frost with ganache. Otherwise it will slide right off!

Prep Ahead Mature Cheddar and Herb Frittatas

with Sour Cream Dressing

The ideal on-the-go breakfast snack that is packed with protein! Frittatas are egg-based dishes that are similar to omelettes and crustless quiches and are filled with additional ingredients.

322 calories | 18 protein | 5 carbs | 27 fat

cook: 30 min

R4651-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1344 / 322
Fats (g)	26.5
of which saturated (g)	9
Carbohydrates (g)	5
of which sugars (g)	2.9
Fibers (g)	0.9
Proteins (g)	17.5
Salt (g)	1

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Oven
- Box grater
- Whisk

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Frittatas	
Organic Eggs **5***	6 Piece
Red onion	1 Piece
Whipping cream **4***	100 ML
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Foil muffin cup	8 Piece

Fillings	
Fresh chives	15 Grams
Mature cheddar **4***	60 Grams
Dried oregano	2 Grams

To serve	
Hot sauce	20 Grams
Sour cream **4***	90 Grams
Salt	0.25 Tsp
Black pepper	0.25 Tsp

Allergens: *5 Eggs, *4 Milk

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1. Prep

Preheat the oven to 200°C/180°C fan. Bring a kettle of water to the boil. Peel and finely chop the **red onion**. Finely chop the **chives**. Grate the **cheddar**.



2. Make egg mix

In a large bowl, whisk together the **red onion**, **chives**, **oregano**, **eggs** and **cream** with a pinch of **salt** and **pepper** to taste. Whisk for 1-2 minutes to incorporate air.

> **Tip!** Incorporating air in the eggs helps the frittatas to be light and fluffier in texture.



3. Fill

Lightly oil **foil cups** or oven-proof dishes. Divide the **cheddar**. Evenly pour over or spoon the **egg mixture**.

> **Tip!** Strapped for time? Add the fillings and egg mixture into one large oven-proof dish and bake as a large single frittata.



4. Bake

Bake in the oven for 15-20 min or until cooked through and golden brown. The centre should not be wobbly, and a toothpick or skewer inserted into the centre should come out clean. Once cooked, remove from the oven and leave to cool down for 5 min.

> **Tip!** If using one large baking dish, bake for an extra 10-15 min or until fully cooked.



5. Making dressing

In a small bowl, combine the **sour cream**, and **hot sauce** with a pinch of **salt** and **pepper** to taste.

> **Tip!** These are perfect for an on-the-go breakfast snack. Hot, warm or cold.



6. Serve

Serve the **Mature Cheddar and Herb Frittatas** with the **Sour Cream Dressing**.

> **Tip!** Store in an airtight container, in the fridge and consume within 2 days. To reheat, microwave for 30 sec to 1 min or until warm.

Shredded Chicken Alfredo and Broccoli Lasagna

–

761 calories 62 protein 67 carbs 27 fat

Family Friendly

cook: 60 min

R4497-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3176 / 761
Fats (g)	26.9
of which saturated (g)	16.5
Carbohydrates (g)	67
of which sugars (g)	8.9
Fibers (g)	5.2
Proteins (g)	62.3
Salt (g)	4.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Lasagna	
Lasagna sheets 5*,9*,10*,11*	12 Piece
Chicken breast	600 Grams
Garlic cloves	4 Piece
Broccoli	400 Grams
Olive oil	4 Tbsp
Salt	2 Tsp
Black pepper	1 Tsp

White sauce	
Butter 4*	200 Grams
Chicken stock cube 4*,5*,9*,15*	1 Piece
Plain flour 10*,11*	30 Grams
Whole milk 4*	600 ML
Salt	1 Tsp
Parmesan 4*	60 Grams
Grated mozzarella 4*	120 Grams
Nutmeg	2 Grams
Dried thyme	2 Grams
Panko bread crumbs 10*,11*,12*	40 Grams
Water	250 ML

Allergens: *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten, *4 Milk, *15 Celery, *12 Lupin

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1. Cook chicken

- Preheat the oven to 200°C/180°C fan.
- Season **chicken** with **salt** and **pepper**.
- Fry until golden.
- Add splash of **water**.
- Cover and cook.
- Shred **chicken**.



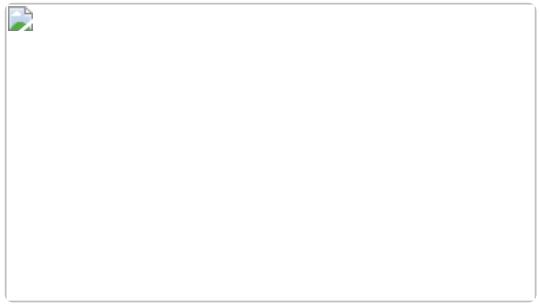
2. Prep vegetables

- Finely chop the **broccoli**.
- Peel and finely chop the **garlic**.
- Grate the **parmesan** cheese.



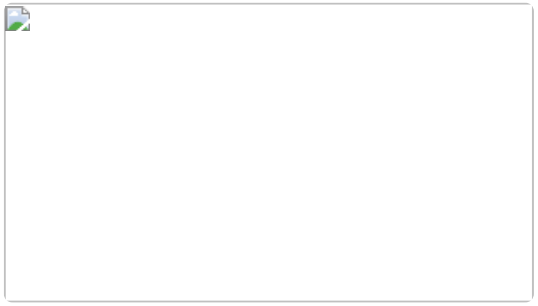
3. Start cheese sauce

- Melt the **butter** in a non-stick pan or soup pot over a medium heat.
- Add the **garlic** and fry for 1 min.
- Add the **flour** and **chicken stock cube**, and cook for 1-2 min, whisking, until a sandy paste has formed.
- Once the paste has formed, slowly add the **milk**, whisking constantly.
- Bring to a simmer and cook, stirring, for 3 min until the sauce has thickened.



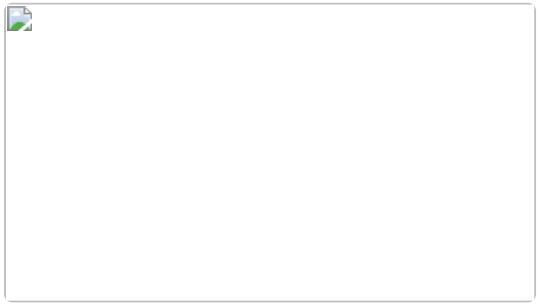
4. Finish cheese sauce

- Take the sauce off the heat and season it with a pinch of **salt**.
- Add the **grated mozzarella** and stir until it has melted into the sauce.
- Finally fold in the shredded **chicken**.



5. Layer

- Arrange 1/3 of the **lasagna sheets** on top, followed with 1/3 of the **cheese sauce**.
- Make two more layers using the remainder of the **vegetable mix**, **lasagna sheets** and **cheese sauce**.



6. Bake

- Add the **Parmesan**, **panko**, and **thyme** directly over the final layer of cheese sauce.
- Bake the **lasagna** for 30-35 min.
- Let the **lasagna** rest for 5-10 min before serving.
- Garnish with the fresh basil leaves.

Test

Test

Test

285 calories 7 protein 46 carbs 8 fat

Low Carb

cook: 30 min

R4380-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1193 / 285
Fats (g)	7.9
of which saturated (g)	1.7
Carbohydrates (g)	46
of which sugars (g)	1.8
Fibers (g)	0.2
Proteins (g)	7.3
Salt (g)	2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

6" tortilla wraps [10*,11*]	6 Piece

Allergens: *10 Wheat, *11 Gluten

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1. -

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Tip! -



2. -

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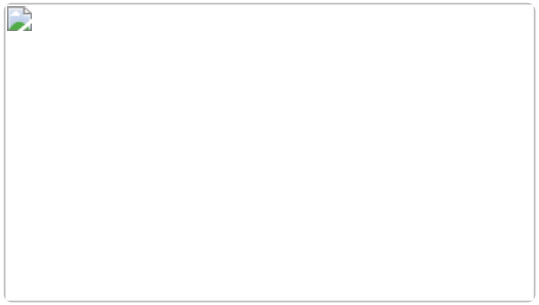
Tip! -



3. -

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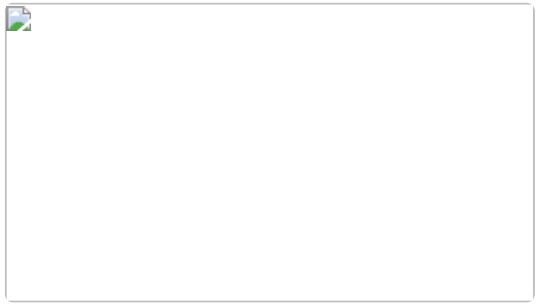
Tip! -



4. -

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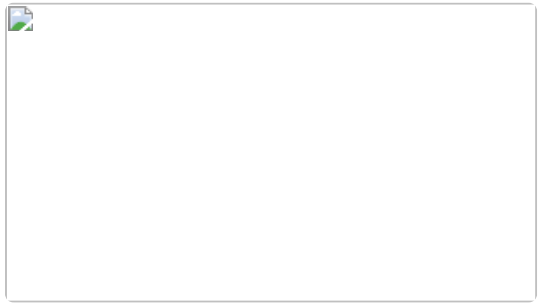
Tip! -



5. -0

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Tip! -



6. -

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Tip! -

Chicken Katsu Curry

with Jasmine Rice and Carrot Cucumber Salad

Katsu is a Japanese Curry. It's the perfect combination of crispy chicken and smooth curry sauce.

hellofresh

1053 calories | 60 protein | 143 carbs | 31 fat

Tips for Kids

cook: 40 min

R3466-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4411 / 1053
Fats (g)	31.3
of which saturated (g)	15.7
Carbohydrates (g)	143
of which sugars (g)	11.5
Fibers (g)	11.2
Proteins (g)	60.1
Salt (g)	4.4

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What You'll Need

- Rolling pin

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04-383-93-99
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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken katsu	
Chicken breast	600 Grams
Organic Eggs 5*	4 Piece
Tamari 9*	30 ML
Plain flour 10*,11*	100 Grams
Smoked paprika powder	4 Grams
Panko bread crumbs 10*,11*,12*	180 Grams
Vegetable oil	8 Tbsp

Katsu sauce	
Shallots	2 Piece
Carrot	2 Piece
Vegetable oil	2 Tbsp
Ginger garlic paste	20 Grams
Curry powder	10 Grams
Garam masala	5 Grams
Brown sugar	10 Grams
Plain flour 10*,11*	15 Grams
Water	400 ML
Coconut milk	400 ML
Soy sauce 9*,10*,11*	20 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece

Rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML

To serve	
Lime	2 Piece
Cucumber	2 Piece
Black sesame seeds 3*	10 Grams

Allergens: *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten, *12 Lupin, *4 Milk, *15 Celery, *3 Sesame Seeds

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1. Prep

Whisk the **eggs** in a shallow bowl with the **tamari**. Combine the large **flour** into a second shallow bowl and mix with the **smoked paprika**. Place the **panko** in a third shallow bowl. Peel and finely chop the **shallots**. Peel the **carrot**, then use the peeler to create several **carrot** ribbons. Grate the remaining **carrot**.

Tip! If cooking for kids, set aside a portion of the carrot ribbons.



2. Bread chicken

Wrap the **chicken breasts** in cling film and place them on a chopping board. Using a rolling pin, bash the **chicken breasts** until almost halved in thickness. One by one, coat the **chicken breasts** in the **seasoned flour**. Then dip them in the beaten **eggs** and finally in the **panko**, making sure they are well coated. Refrigerate.



3. Boil rice

Rinse the **rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pot from the heat and keep covered until serving.



4. Simmer

Meanwhile, heat a large pan over a medium heat with a drizzle of **oil**. Once hot, add the **shallots**, **grated carrot**, **garlic ginger paste** and fry for 3 min. Add the **curry powder**, **garam masala**, **sugar** and the small **flour**. Gradually add the **measured water** whilst stirring. Add the **coconut milk**, **soy sauce** and 1 **chicken stock cube**. Simmer for 5 min further.

Tip! Use a sieve to strain the sauce or use a hand blender to blitz it until smooth.



5. Fry chicken

Meanwhile, heat a second pan over a medium-high heat with a generous drizzle of **oil**. Once hot, add the **breaded chicken** and reduce the heat to medium. Fry for 3-5 min on each side or until golden brown. Drain on kitchen paper to remove any excess **oil**.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready.



6. Serve

Slice the **lime** into wedges. Peel the **cucumber** into ribbons and toss with the **carrot** ribbons. Sprinkle with the **black sesame seeds** and a squeeze of **lime** juice to taste (reserve the rest for garnish). Slice the **fried chicken** and serve over the **curry sauce** with the **rice**, **carrot** and **cucumber** ribbons alongside. Garnish with the remaining **lime wedges**.

Tip! If cooking for kids, serve the plain rice, cucumber ribbons, carrot ribbons and sliced chicken separately. Serve the sauce and black sesame seeds as 'sprinkles' to the side.

Soy-Glazed Steak

with Cucumber Salad and Rice

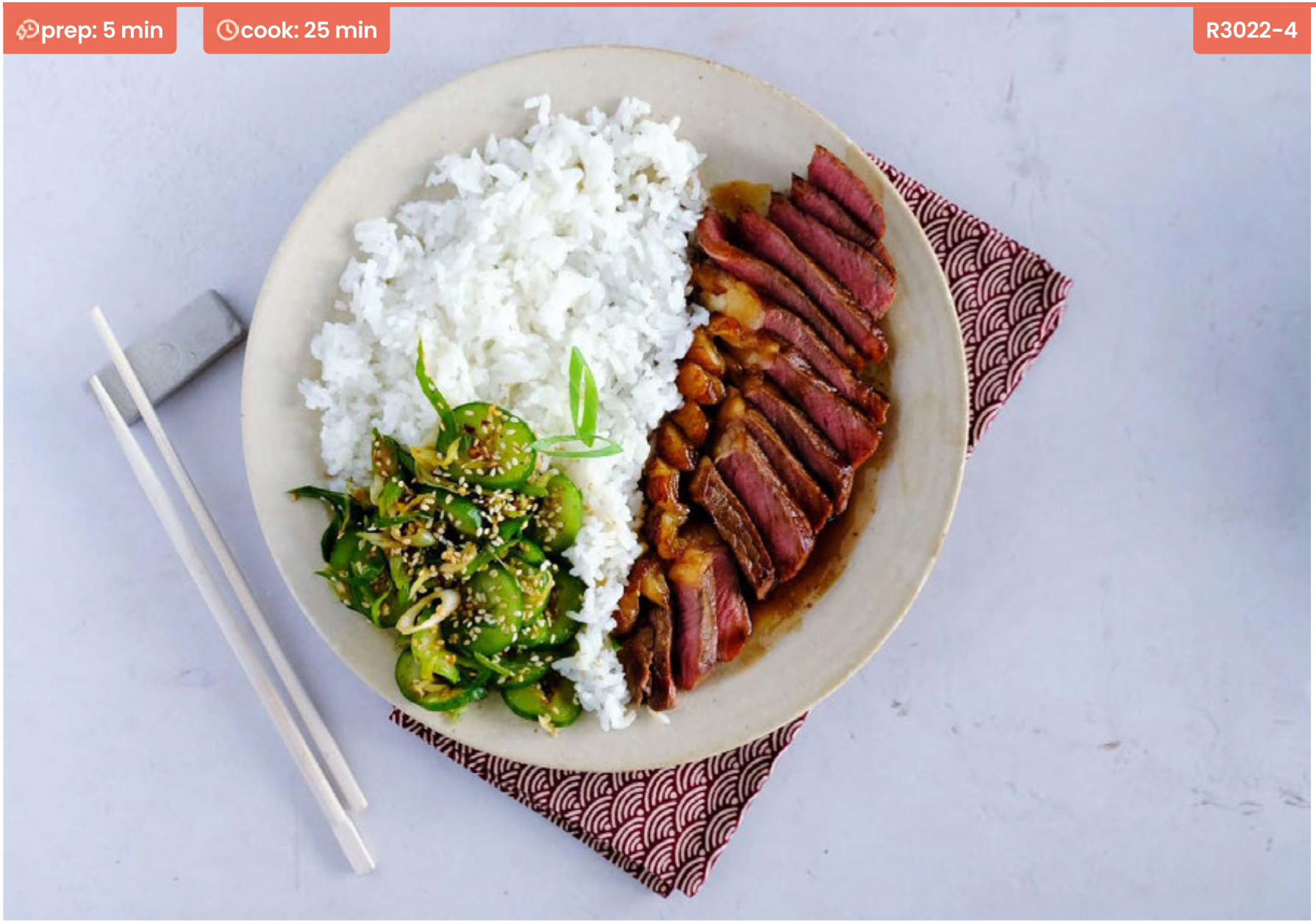
Simple to prepare and packed with umami!

hello chef

603 calories | 51 protein | 84 carbs | 13 fat

Family Friendly | Quick Prep | Speedy

prep: 5 min | cook: 25 min | R3022-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2523 / 603
Fats (g)	12.9
of which saturated (g)	3.9
Carbohydrates (g)	84
of which sugars (g)	7.3
Fibers (g)	3.5
Proteins (g)	50.6
Salt (g)	1.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steak	
Rump steak	800 Grams
Vegetable oil	4 Tbsp
Soy sauce 9*,10*,11*	40 ML
Honey	30 Grams

Salad	
Spring onion	80 Grams
Cucumber	4 Piece
Salt	2 Tsp
Rice vinegar	30 ML
Sesame seeds 3*	20 Grams
Chipotle powder	4 Grams

Rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Boil rice

- Rinse the **jasmine rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from heat.
- Keep covered until serving.

Tip! The trick to perfect rice is to rinse it thoroughly first, thereby removing as much starch as possible. Rinse it once, twice or even thrice, until the water runs clear.



2. Prep

- Meanwhile, trim the **spring onions**.
- Carefully slice them lengthways until you are left with thin strips.
- Thinly slice the **cucumber**.

Tip! Adding salt helps to draw out moisture from the cucumber and spring onion.



3. Salt

- Place the **cucumber** and **spring onion** in a sieve in the sink.
- Sprinkle with **salt**.
- Toss.
- Leave to rest until step 6.



4. Fry steak

- Meanwhile, pat the **steaks** dry with kitchen paper.
- Heat a large pan with a drizzle of **oil** over a high heat.
- Once very hot, add the **steaks**.
- Fry them for 1-2 min on each side or until cooked to your liking.
- Transfer the **steaks** to a plate.
- Leave them to rest.



5. Glaze

- Return the pan to a low heat.
- Add the **soy sauce** and **honey**.
- Whisk for 1-2 min.
- Once a thick glaze has formed, remove the pan from the heat.
- Return the **steaks** to the pan.
- Turn them in the glaze.
- Set aside.



6. Toss salad

- Firmly squeeze the **cucumber** and **spring onion** to release any excess liquid.
- Toss the **cucumber** and **spring onion**, in a bowl, with the **rice vinegar**, **sesame seeds** and a pinch of **chipotle powder** (spicy!).
- Slice the **steak** finely.
- Serve the **Soy-Glazed Steak** with **Cucumber Salad** and **Rice**.

Spicy Eggplant and Black Bean Shakshuka
with Feta

Enjoy Middle Eastern flavours in this healthy low-carb one-pot!

helló chef

509 calories | 37 protein | 51 carbs | 19 fat

Low Carb

cook: 30 min

R2639-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2134 / 509
Fats (g)	19.2
of which saturated (g)	8.2
Carbohydrates (g)	51
of which sugars (g)	21.1
Fibers (g)	15.9
Proteins (g)	36.7
Salt (g)	6.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Shakshuka	
Red onion	2 Pieces
Garlic cloves	6 Pieces
Eggplant	2 Pieces
Black beans	480 Grams
Olive oil	4 Tbsp
Salt	1 Tsp
Tomato paste	70 Grams
Harissa paste	40 Grams
Honey	40 Grams
Tomato passata	800 Grams
Water	200 ML
Organic Eggs 5*	8 Pieces
Feta cheese 4*	150 Grams

To serve	
Fresh parsley	15 Grams
Black pepper	0.5 Tsp

Allergens: *5 Eggs, *4 Milk

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1. Prep vegetables

Peel and finely chop the **red onion**. Peel and crush the **garlic**. With a peeler, peel lengthwise stripes into the **eggplant** skin. Then chop the **eggplants** into small cubes. Rinse and drain the **black beans** in a colander.



2. Fry eggplant

Heat a large pan over a medium-high heat with a generous drizzle of **olive oil** (if you're cooking for 3 or 4, use two pans). Fry the **eggplant** cubes for 8 min or until browned. Transfer them to a plate.



3. Fry onion

Return the pan to the heat with another drizzle of **oil**. Add the **onion** and a pinch of **salt**, fry for 5 min. Add the **garlic** and fry for 1-2 min further. Return the fried **eggplant** to the pan.



4. Add and stew

Add the **tomato paste**, **harissa paste** and **honey**. Stir for 1-2 min. Add the **tomato passata**, measured **water** and **black beans**. Bring to a boil and reduce the heat to low. Simmer for 5 min until thickened.



5. Add eggs

With the back of a spoon, delve holes into the shakshuka. Crack the **eggs** into the holes. Crumble the **feta cheese** on top. Cook for 8-10 min further, preferably covered with a lid (see pro tip), until the **eggs** are set.



6. Serve

Chop the **fresh parsley**. Garnish the shakshuka with the chopped **parsley** and a grind of **black pepper**.

Hearty Chicken Jalfrezi Curry

with Chapati and Kachumber

Enjoy an abundance of chicken and flavour in this classic Indian curry.

hello chef

611 calories | 63 protein | 66 carbs | 11 fat

Tips for Kids

cook: 30 min

R2897-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2557 / 611
Fats (g)	10.9
of which saturated (g)	3.1
Carbohydrates (g)	66
of which sugars (g)	19.5
Fibers (g)	11
Proteins (g)	62.6
Salt (g)	4.3

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What You'll Need

- Blender

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Chicken breast	800 Grams
Coriander cumin powder	8 Grams
Turmeric powder	4 Grams
Cardamom powder	4 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Red onion	2 Piece
Garlic cloves	4 Piece
Green pepper	2 Piece
Small green chilli	2 Piece
Garam masala	8 Grams
Tomato paste	70 Grams
Tomato passata	500 Grams
Water	200 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Brown sugar	20 Grams

Salsa	
Cucumber	2 Piece
Tomatoes	2 Piece
Fresh coriander	15 Grams
Salt	1 Tsp

Serve	
Chapati 10*,11*	8 Piece

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *10 Wheat, *11 Gluten

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1. Marinate chicken

- Chop the **chicken** into bite-sized pieces.
- Combine a drizzle of **oil** with the **coriander cumin**, **turmeric**, **cardamom powder** and a pinch of **salt** in a large bowl.
- Add the **chicken** to the bowl, mix well and set aside.

Tip! If cooking for kids, set aside a portion of plain chicken.



2. Prep

- Peel and finely slice the **onion**.
- Peel and roughly chop the **garlic**.
- Deseed and finely slice the **green pepper**.
- Finely slice the **green chilli**.

Tip! Sensitive to spice? Carefully remove the seeds of the green chilli, if you prefer a milder flavour.



3. Make sauce

- Heat a small saucepan over a medium-high heat with a drizzle of **oil**.
- Fry the **onion** with a pinch of **salt** for 5 min until softened.
- Add the **garlic**, **garam masala**, **tomato paste** and **green chilli (spicy!)**.
- Fry for 1 min further.

Tip! If cooking for kids, leave out the chilli.



4. Simmer

- Add the **tomato passata**, **measured water**, 1 **chicken stock cube** and the **brown sugar**.
- Reduce the heat to medium and cover with a lid.
- Simmer for 5 min then remove from the heat.
- Use a hand-held blender to blitz the sauce until smooth.

Tip! Don't have a hand held blender? Transfer the sauce to a regular blender and blitz until smooth



5. Make curry

- Meanwhile, heat a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the the **chicken** and **peppers** with a pinch of **salt** and fry fro 2-3 min.
- Reduce the heat to medium.
- Add the **curry sauce** and cover with a lid.
- Simmer, stirring occasionally for a final 5 min until thickened.

Tip! If cooking for kids, set aside a portion of the curry sauce, and fry the plain chicken separately.



6. Serve

- Meanwhile, chop the **cucumber** and **tomato** into cubes.
- Pick and finely chop the **coriander** leaves.
- In a small bowl, combine the **cucumber** and **tomato** with the **coriander** and a pinch of **salt**.
- Microwave the **chapatis** for 30 sec until warm.
- Serve the **Hearty Chicken Jalfrezi Curry** with the **Chapati** and **Cucumber and Tomato Kachumber** alongside.

Tip! If cooking for kids, set aside a portion of the cucumber and tomato. Serve the cucumber, tomato, chapati, chicken and curry sauce separately.

Butter Bean Salona: Emirati-Style Bean and Vegetable Stew

with Vermicelli Rice

Inspired by the Emirati classic. This stew brings together beans and vegetables in a rich, aromatic tomato base.

hellochef

661 calories | 27 protein | 134 carbs | 2 fat

Family Friendly

cook: 45 min

R4149-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2771 / 661
Fats (g)	2.2
of which saturated (g)	0.1
Carbohydrates (g)	134
of which sugars (g)	19.9
Fibers (g)	22.5
Proteins (g)	26.6
Salt (g)	2.8

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stew	
Red onion	2 Piece
Potatoes	300 Grams
Carrot	2 Piece
Small zucchini	2 Piece
Dried lemon	2 Piece
Olive oil	1 Tbsp
Ginger garlic paste	30 Grams
Tomato paste	60 Grams
Arabic mix masala	8 Grams
Fenugreek leaves	4 Grams
Turmeric powder	4 Grams
Cardamom pods	8 Piece
Tomato passata	400 Grams
Vegetable stock cube 15*	2 Piece
Water	800 ML
Butter beans	480 Grams
Fresh coriander	30 Grams

Rice	
Long grain rice	300 Grams
Vegetable oil	1 Tbsp
Vermicelli 10*,11*	40 Grams
Water	600 ML
Salt	1 Tsp

Salad	
Lemon	2 Piece
Cucumber	2 Piece
Cherry tomatoes	300 Grams
Romaine lettuce	400 Grams
Sumac	4 Grams

Allergens: *15 Celery, *10 Wheat, *11 Gluten

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1. Prep

- Peel and finely chop the **onion**.
- Peel and chop the **potatoes** into bite-sized pieces.
- Peel and chop the **carrot** into half moon pieces.
- Chop the **zucchini** into half moon pieces.
- Pierce the **dried lemon** all around with a fork.

Tip! Hold the dried lemon tight with one hand and using a fork carefully pierce it all around.



2. Start stew

- Heat a pan over a medium high heat with a drizzle of **oil**.
- Once hot, add the **onion** and fry for 5 min.
- Add the **ginger garlic paste**, **tomato paste**, **arabic masala**, **fenugreek**, **turmeric**, **cardamom** and **dried lemon** to the pan.
- Cook for 30 sec until fragrant.
- Next, add the **potatoes**, **carrot**, **tomato passata**, **stock cube** and **measured water**.
- Lower the heat, cover and simmer for 15-18 mins, until the **potatoes** and **carrots** have softened.



3. Make vermicelli rice

- Meanwhile, rinse and drain the **rice** in a sieve or colander.
- Heat a pot over medium heat with the **oil**.
- Once hot, add the **vermicelli** to the pot.
- Toast the **vermicelli** until browned.
- Once browned, add the **rice** and mix well.
- Add the **measured water** with a pinch of **salt** and bring to a boil.
- Once boiling, reduce the heat to low and cover.
- Cook the **rice** for 10 min.
- After 10 min, turn the heat off and leave covered for a further 10 min to steam (do not remove the lid for the 10 min).



4. Finish stew

- Drain and rinse the **butter beans**.
- Finely chop the **fresh coriander** (stems as well).
- Add the **butter beans**, **zucchini** and **coriander** (saving some for garnish) to the stew.
- Mix well and cover again.
- Simmer for a further 7-10 min, until the **veg** and **beans** are tender.

Tip! Using a spoon, squeeze the dried lemon to release the juices. This will give an extra punch of flavour to the stew!



5. Make salad

- Meanwhile, slice the **lemon** into wedges.
- Chop the **cucumber** into quarter moon pieces.
- Chop the **tomatoes** into quarters.
- Chop the **lettuce** into bite-sized pieces.
- In a large bowl squeeze in the **lemon** juice, add the **sumac**.
- Mix well and add the **cucumber**, **tomato** and **lettuce**.
- Toss to coat in the **dressing**.

Tip! Toss the salad in the dressing just before serving. This will help prevent the salad going soggy.



6. Serve

- Divide the **stew** and **rice** among bowls and garnish with the reserved **coriander**.
- Serve with the **salad** on the side.

Pan-fried Salmon with White Bean Ragout

and Olive Tapenade

This light bean ragout with sun dried tomatoes and peppers makes for a perfect summer night supper.

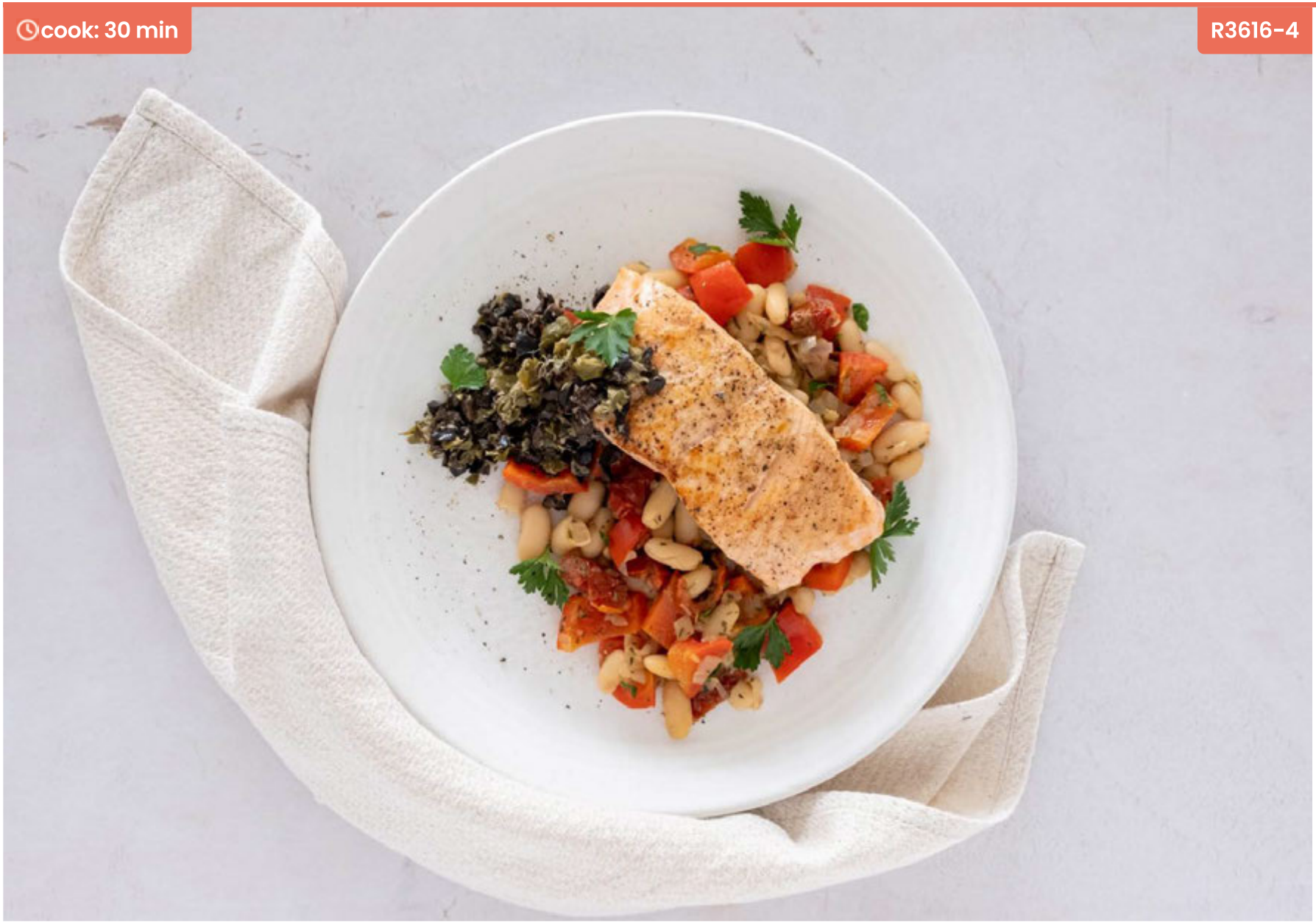
hello chef

561 calories | 43 protein | 34 carbs | 28 fat

Low Carb | Calorie Smart

cook: 30 min

R3616-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2347 / 561
Fats (g)	28.3
of which saturated (g)	5.4
Carbohydrates (g)	34
of which sugars (g)	12.7
Fibers (g)	12
Proteins (g)	43.2
Salt (g)	2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salmon	
Skin-on salmon fillet 6*	700 Grams
Olive oil	1 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp
Ragout	
Red onion	2 Piece
Red pepper	2 Piece
Sun dried tomatoes	60 Grams
White beans	480 Grams
Olive oil	1 Tbsp
Salt	1 Tsp
Garlic powder	4 Grams
Dried thyme	4 Grams
Water	200 ML
Olive	
Capers	40 Grams
Black olive slices	80 Grams
Olive oil	1 Tbsp
To serve	
Fresh parsley	15 Grams

Allergens: *6 Fish

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1. Prep

Peel and finely chop the **onion**. De-seed and chop the **pepper** into small bite-size pieces. Roughly chop the **sun dried tomatoes**. Drain and rinse the **white beans**. Finely chop the **capers** and **olive slices**. Add the **capers** and **olives** to a small bowl with the **olive oil**. Mix and set aside.

Tip! Add the capers and olives to a mortar and pestle and crush for a finer paste.



2. Fry

Heat a large pan over a medium heat with a drizzle of **olive oil**. Once hot, add the **onions** and **peppers** with a pinch of **salt**. Fry for 5 min. Add the **sun-dried tomatoes**, **garlic powder**, **dried thyme**, **beans** and **measured water**. Simmer for 3 min or until the **ragout** begins to thicken.



3. Fry salmon

Meanwhile, portion the **salmon** into individual **fillets**. Heat a second pan over a medium heat with a drizzle of **olive oil**. Once hot, add the **salmon fillets** skin side down with a pinch of **salt** and cook for 3-4 min on either side until cooked through. Season with **pepper**.



4. Serve

Meanwhile, finely chop the **parsley**. Divide the **bean ragout** among plates. Top with the **salmon**, **olive tapenade** and **fresh parsley**.

Fillet Steak with Avocado Béarnaise

Shoestring Fries and Bistro Salad

Bearnaise is the cousin of hollandaise sauce, and is flavoured with tarragon and shallots.

1072 calories | 69 protein | 71 carbs | 61 fat

Gourmet | Family Friendly

cook: 50 min

R3328-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4471 / 1072
Fats (g)	60.7
of which saturated (g)	23.8
Carbohydrates (g)	71
of which sugars (g)	13.7
Fibers (g)	19.8
Proteins (g)	69
Salt (g)	4

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What You'll Need

- Food processor

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Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steak	
Fillet steak	1000 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Fries	
Potatoes	1200 Grams
Vegetable oil	8 Tbsp
Salt	1 Tsp

Bearnaise	
Fresh tarragon	30 Grams
Avocado	2 Piece
Shallots	2 Piece
Butter 4*	100 Grams
Red vinegar	30 ML
Chicken stock cube 4*,5*,9*,15*	2 Piece
Chicken jus 15*	300 ML
Organic Eggs 5*	2 Piece

Salad	
Lemon	1 Piece
Olive oil	4 Tbsp
Wholegrain mustard 13*	30 Grams
Honey	30 Grams
Lollo salad mix	200 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *13 Mustard

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1. Fries

Preheat the oven to 200°C/180°C fan. Remove the **steaks** from the fridge. Slice the **potatoes** (skins on) into very thin **fries**. Add the **fries** to a large baking tray with a generous drizzle of **vegetable oil** and a generous pinch of **salt**. Toss the **fries** in the **oil** until fully coated. Bake for 30 min or until golden and crisp.



2. Prep

Meanwhile, pick the **tarragon** leaves. Cut the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon. Juice the **lemons**. Chop the **shallots** very finely .



3. Fry steak

Pat the **steaks** dry with kitchen paper. Heat a large pan with a drizzle of **oil** over a high heat. Once hot, add the **steaks** and fry them for 2-4 min on each side. Place on a baking tray and finish them in the oven for 4-6 min or until cooked to your liking. Transfer the **steaks** to a plate and leave them to rest for 10 min. Once rested, season generously with **salt** and **pepper**.



4. Make reduction

Meanwhile, heat a saucepan over a medium heat. Add the **butter** and **shallots** and cook for 3 min until softened. Add the **red vinegar**, **stock cube** and the **chicken jus**. Cook for 2 min until the **chicken jus** has melted. This is your **reduction**.



5. Blend

Separate the **egg** yolks from the whites. Add the yolks to a food processor, discard the whites. Add the **tarragon**, **avocado** and the **reduction**. Blitz until silky smooth. Season with **pepper**. This is your **avocado bearnaise**.



6. Serve

In a large salad bowl, combine the **olive oil**, **wholegrain mustard**, **honey** and 2 tbsp **lemon** juice. Whisk. Toss the **lollo** leaves through, Once the **steaks** have rested, plate them alongside the **fries**, **salad** and **avocado bearnaise**.

Almond-Crusted Seabream

with Parmesan Potatoes, Broccoli, and Blistered Tomatoes

You'll love the nutty almond crunch on this delicate fish, complimented with cheesy potatoes and veggies - all in an easy tray bake!

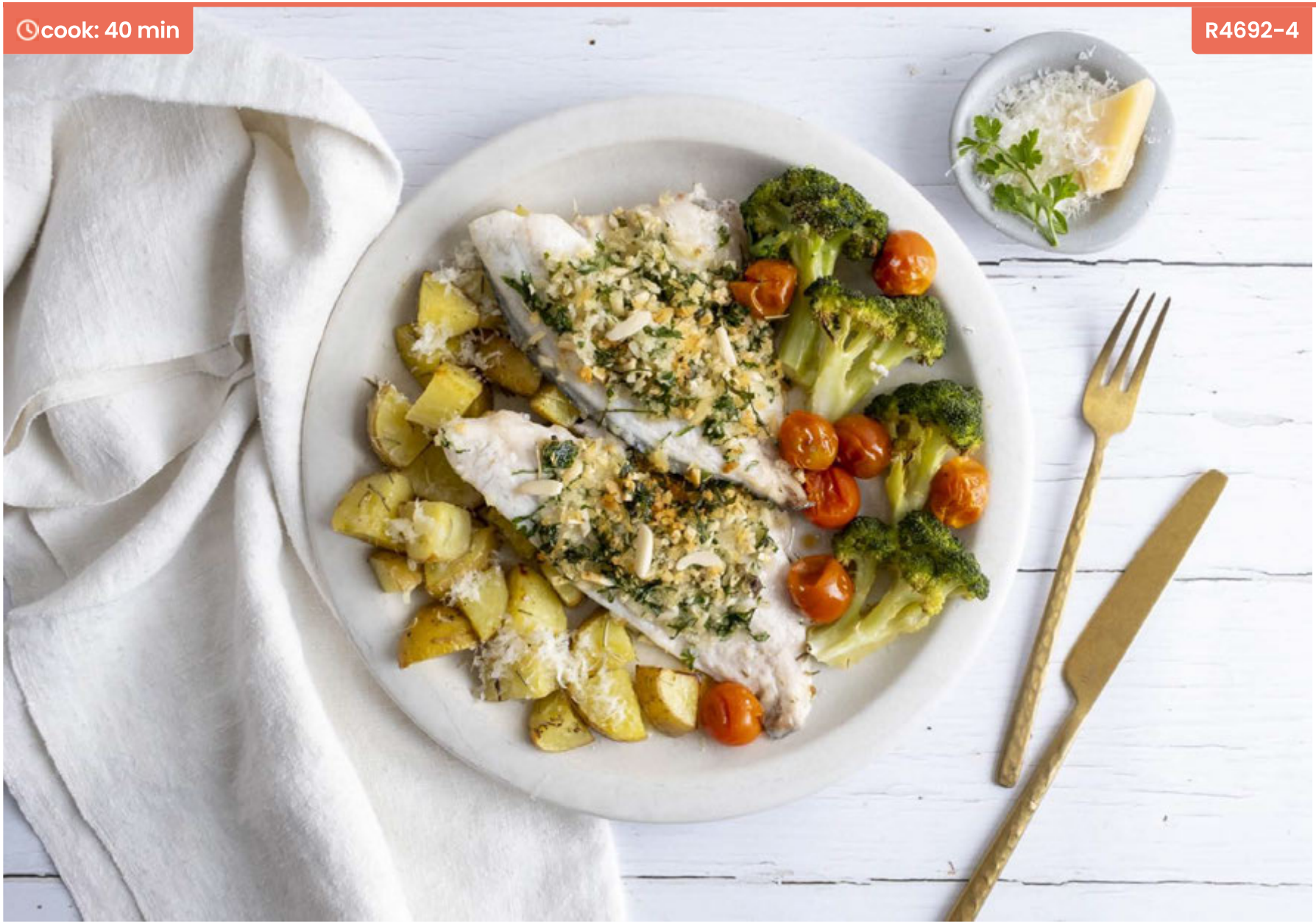
hello chef

491 calories | 56 protein | 48 carbs | 10 fat

Calorie Smart

cook: 40 min

R4692-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2053 / 491
Fats (g)	10.2
of which saturated (g)	3.8
Carbohydrates (g)	48
of which sugars (g)	6.7
Fibers (g)	11.4
Proteins (g)	55.5
Salt (g)	1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Seabream 6*	660 Grams
Potatoes	1000 Grams
Olive oil	2 Tbsp
Dried rosemary	2 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Broccoli	400 Grams
Almond slivers 2*	40 Grams
Parmesan 4*	60 Grams
Fresh parsley	15 Grams
Panko bread crumbs 10*,11*,12*	20 Grams
Vegetable seasoning 2*,10*,11*,13*	4 Grams
Cherry tomatoes	300 Grams

Allergens: *6 Fish, *2 Tree Nuts, *4 Milk, *10 Wheat, *11 Gluten, *12 Lupin, *13 Mustard

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1. Prep

- Preheat the oven to 200°C/180°C fan, and line a baking tray with baking paper.
- Chop the **potatoes** (skin on) into small bite-sized pieces.
- Add the **potatoes** to the tray with a drizzle of **olive oil**, **dried rosemary**, and season with **salt** and **pepper**.
- Roast for 25 min until halfway cooked through.



2. Prep

- Meanwhile, trim and slice the **broccoli** into florets.
- Roughly chop the **almond slivers**.
- Grate the **parmesan**.
- Pick and roughly chop the **parsley**.



3. Combine

- In a small bowl, combine the **almond slivers**, **panko bread crumbs**, **parsley**, **vegetable seasoning**, a pinch of **salt** and **pepper**, and a good drizzle of **olive oil**.



4. Prep fish

- Rinse and pat dry the **fish**.
- Spoon the **nut mixture** onto the **fish** and press down lightly.



5. Roast

- After 25 min, move the **potatoes** to the side, and sprinkle the **parmesan** on top.
- Add the **fish**, **broccoli**, and **cherry tomatoes** alongside, and roast for an additional 12-15 min until cooked through.



6. Serve

- Serve the **Almond-Crusted Seabream** with **Parmesan Potatoes, Broccoli, and Blistered Tomatoes**.

Cajun Prawns

with Mashed Potato and Garlic Kale

This simple meal is packed with flavour but low in calories!

480 calories | 37 protein | 44 carbs | 18 fat

Calorie Smart

cook: 30 min

R4639-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2001 / 480
Fats (g)	18
of which saturated (g)	11.1
Carbohydrates (g)	44
of which sugars (g)	7.8
Fibers (g)	10.4
Proteins (g)	36.5
Salt (g)	0.5

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What You'll Need

- Potato masher

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Prawns	
Prawns 7*	700 Grams
Cajun spice	8 Grams
Smoked paprika powder	4 Grams
Dried oregano	4 Grams
Garlic powder	4 Grams
Butter 4*	40 Grams

Mash	
Potatoes	1000 Grams
Butter 4*	30 Grams
Vegetable seasoning 2*,10*,11*,13*	8 Grams
Whole milk 4*	400 ML

Garlic kale	
Garlic cloves	5 Piece
Kale	200 Grams
Olive oil	2 Tbsp

Allergens: *7 Crustaceans, *4 Milk, *2 Tree Nuts, *10 Wheat, *11 Gluten, *13 Mustard

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1. Make mash

- Peel and chop the **potatoes** into bite-sized pieces.
- Add them to a pot of boiling water with a generous pinch of salt and cook over medium heat for 20 min or until soft.
- Once soft, drain the **potatoes** and return them to the pot with 30g **butter** and **vegetable seasoning**.
- Mash until smooth, gradually adding the **milk** until it reaches the desired consistency.
- Season with **salt** and **pepper** to taste.



2. Prep

- Peel and finely slice the **garlic**.
- Wash the **kale** and drain. Cut away the stem from the **kale** leaves.
- Drain the **prawns** on kitchen paper.
- In a large bowl, combine the **cajun spice** (spicy!), **smoked paprika**, **oregano**, **garlic powder**, **salt**, **pepper** and a drizzle of **oil**.
- Add the **prawns** and toss to coat. Reserve for step 4.



3. Make kale

- Heat a large pan over medium heat with a drizzle of **oil**.
- Fry the **garlic** for 1-2 min until it turns golden and crisp.
- Add the **kale**.
- Cook for 2-3 min until wilted to your preference.
- Remove from the pan and keep warm.
- Reserve the pan.



4. Make prawns

- Return the pan to high heat with another drizzle of **oil** and 40g **butter**.
- Add the **prawns** and fry for 3-4 min until cooked through.



5. Serve

- Serve the **Cajun Prawns** on a bed of **Mashed Potato** alongside the **Garlic Kale**.
- Drizzle over any **buttery cajun sauce** from the pan.

Sticky Sesame Tofu

with Brown Rice

Did you know, brown and white rice are the same grain? White rice has simply had its bran layer and cereal germ removed.

hello chef

756 calories | 40 protein | 116 carbs | 24 fat

cook: 30 min

R2862-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3163 / 756
Fats (g)	24.2
of which saturated (g)	3.4
Carbohydrates (g)	116
of which sugars (g)	18.7
Fibers (g)	12.4
Proteins (g)	40.3
Salt (g)	3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Box grater

hello@hellochef.com

04-825-44-00

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Tofu	
Firm tofu 9*	600 Grams
Salt	2 Tsp
Corn starch	30 Grams
Vegetable oil	6 Tbsp

Sauce	
Garlic cloves	4 Piece
Ginger	60 Grams
Green beans	500 Grams
Ketchup	80 Grams
Rice vinegar	30 ML
Agave syrup	20 Grams
Soy sauce 9*,10*,11*	60 ML
Coconut sugar	10 Grams
Sesame oil 3*,9*	30 ML

Sides	
Brown rice	300 Grams
Salt	1 Tsp
Carrot	2 Piece
Sesame seeds 3*	20 Grams
Fresh coriander	15 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Boil rice

- Bring a large pan of salted water to a boil over a medium-high heat.
- Once boiling, add the **brown rice**.
- Cook for 25 min or until tender.
- Drain once tender.



2. Coat tofu

- Meanwhile, drain the **tofu** and pat dry with a paper towel.
- Chop the **tofu** into bite-size cubes.
- Sprinkle with **salt**.
- Add the **corn starch** to a plate.
- Turn the **tofu** cubes in the **corn starch**.



3. Fry tofu

- Heat a large non-stick pan over a medium-high heat with a generous drizzle of **vegetable oil**.
- Once hot, add the **tofu** cubes.
- Fry for 5-7 min until golden and crispy on all sides.

Tip! The key to crispy tofu is a hot pan, a generous amount of oil and patience. Once you've added the tofu to the hot pan, don't touch it for a while. Flip it only once caramelised.



4. Prep

- Meanwhile, peel and grate the **garlic** and **ginger**.
- Peel and grate the **carrot**.
- Trim and chop the **green beans** into bite-size pieces.
- In a small bowl, whisk together the **ketchup**, **rice vinegar**, **agave syrup**, **soy sauce**, **coconut sugar** and **sesame oil**.



5. Make sauce

- Once the **tofu** is ready, transfer it to a plate.
- Return the pan to a medium-low heat with another drizzle of **vegetable oil**.
- Add the **green beans**.
- Fry for 2 min.
- Add the **ginger** and **garlic**.
- Fry for 30 secs.
- Add the **sauce**.
- Cook for 1 min further.



6. Tumble tofu

- Add the **tofu** to the pan and toss until coated.
- Sprinkle with **sesame seeds**.
- Serve the **Sticky Sesame Tofu** with **Brown Rice** immediately, with **carrot** on the side.
- Garnish with the **fresh coriander** leaves.

Crispy Dynamite Prawns
with Fried Rice

Our sweet and spicy dynamite sauce works equally well as a dipping sauce!

1005 calories | 42 protein | 138 carbs | 35 fat

Global Eats

cook: 30 min

R3138-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4207 / 1005
Fats (g)	35.4
of which saturated (g)	7.5
Carbohydrates (g)	138
of which sugars (g)	16.1
Fibers (g)	7.9
Proteins (g)	42.2
Salt (g)	4.6

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What You'll Need

- Box grater

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Prawn	
Jumbo prawns 7*	600 Grams
Organic Eggs 5*	2 Piece
Soy sauce 9*,10*,11*	20 ML
Panko bread crumbs 10*,11*,12*	180 Grams
Plain flour 10*,11*	100 Grams
Vegetable oil	2 Tbsp

Fried rice	
Jasmine rice	300 Grams
Water	600 ML
Carrot	2 Piece
Garlic cloves	2 Piece
Spring onion	80 Grams
Vegetable oil	2 Tbsp
Sesame oil 3*,9*	30 ML
Tamari 9*	30 ML
Edamame beans 9*	200 Grams

Sauce	
Sriracha sauce	28 Grams
Sweet chilli sauce	80 ML
Chilli flakes	2 Grams
Salt	1 Tsp
Mayonnaise 5*,9*,13*	100 Grams

Allergens: *7 Crustaceans, *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten, *12 Lupin, *3 Sesame Seeds, *13 Mustard

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1. Cook rice

- Rinse the **jasmine rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pan with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pan from heat and keep covered until serving.



2. Bread prawns

- Meanwhile, drain the **prawns** on kitchen paper.
- Whisk the **eggs** in a shallow bowl with the **soy sauce**.
- Use a separate bowl for the **panko bread crumbs**.
- In a third bowl, mix the **flour** with a pinch of **salt**.
- Add the **prawns** to the **flour**, before dipping them in the beaten **eggs**.
- One by one, coat the **prawns** in the **bread crumbs**.
- Refrigerate.



3. Make fried rice

- Peel and grate the **carrots**.
- Peel and mince the **garlic**, finely chop the **spring onion**.
- Heat a pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **garlic** and **carrots**.
- Fry for 1 min.
- Add the **rice**, **tamari** and **edamame**.
- Cook for 2 min.
- Remove from the heat and add the **spring onion** and **sesame oil**.
- Set aside and keep warm.



4. Fry prawns

- Meanwhile, heat a pan over a medium-high heat with a generous drizzle of **oil**.
- Once hot, carefully add the breaded **prawns**.
- Cook for 2 min on either side or until golden and crispy.



5. Make sauce

- In a bowl, mix the **sriracha** (spicy!), **sweet chilli sauce**(spicy!), a pinch of **chilli flakes** (spicy!), **salt** and the **mayonnaise**.



6. Serve

- Serve the **Crispy Dynamite Prawns** with **Fried Rice**
- Drizzle the **Dynamite Sauce**.

Breakfast Quinoa with Strawberry Jam and Toasted Almonds

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hellofresh

249 calories 8 protein 40 carbs 7 fat

cook: 30 min

R4520-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1042 / 249
Fats (g)	6.6
of which saturated (g)	1.4
Carbohydrates (g)	40
of which sugars (g)	12.7
Fibers (g)	4.2
Proteins (g)	8.3
Salt (g)	0.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Quinoa	
Almond milk 2*	480 ML
Water	150 ML
White quinoa	200 Grams
Vanilla essence	5 ML
Honey	30 Grams
Cinnamon powder	4 Grams
Salt	0.25 Tsp

Toppings	
Pumpkin seeds	20 Grams
Sunflower seeds	20 Grams
Pomegranate kernels	250 Grams
Natural yogurt 4*	170 Grams

Allergens: *2 Tree Nuts, *4 Milk

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1. Boil

To a pot, add the **almond milk** and **measured water**. Bring to a boil over a medium-high heat.



2. Add

Rinse the **quinoa** under cold **water**. When the **milk** is boiling, add the **quinoa**, **vanilla essence**, **honey**, **cinnamon** and a pinch of **salt**. Mix well to incorporate.



3. Cook quinoa

Reduce the heat to low, cover and simmer the **quinoa** for 15 min. Once tender, fluff up the **quinoa** with a fork.



4. Toast almonds

Meanwhile, dry toast the **almond** flakes over a medium heat for 2-3 min, or until golden.



5. Assemble

Divide the **quinoa** amongst bowls or tubs. Spoon over the strawberry jam, **yogurt** and sprinkle over the toasted **almonds**.



6. Serve/Store

Store the **Breakfast Quinoa** in the fridge, covered for up to 4 days. You can either enjoy cold or warm it without the toppings in the microwave for 1 min.

Greek Style Bean Burgers

with Lemon Parsley Potatoes and Greek Salad

-

hellofresh

813 calories | 43 protein | 115 carbs | 23 fat

Tips for Kids

cook: 30 min

R4148-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3403 / 813
Fats (g)	23.3
of which saturated (g)	9.5
Carbohydrates (g)	115
of which sugars (g)	24.9
Fibers (g)	25.7
Proteins (g)	42.5
Salt (g)	6.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Potatoes	
Potatoes	600 Grams
Lemon	2 Piece
Fresh parsley	15 Grams

Bean Burgers	
Shallots	2 Piece
Green pepper	2 Piece
Red kidney beans	480 Grams
Panko bread crumbs **10*,11*,12***	40 Grams
Dried oregano	8 Grams
Chilli flakes	4 Grams
Garlic onion powder	8 Grams
Dried thyme	4 Grams
Organic Eggs **5***	2 Piece

Tzatziki	
Cucumber	2 Piece
Natural yogurt **4***	340 Grams
Garlic cloves	3 Piece

Greek Salad	
Feta cheese **4***	200 Grams
Cherry tomatoes	300 Grams
Kalamata olives	80 Grams
Red onion	1 Piece
Fresh mint	10 Grams

To Serve	
Romaine lettuce	400 Grams
Burger bun **3*,4*,10*,11***	4 Piece

Allergens: *10 Wheat, *11 Gluten, *12 Lupin, *5 Eggs, *4 Milk, *3 Sesame Seeds

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1. Roast potatoes

Preheat the oven 220/180. Cut the **potatoes** (skin on) into fries. Zest the **lemon** and cut into wedges. Finely chop the **parsley**. Place the **potatoes** on a lined baking tray and drizzle with oil. Season with salt and **pepper** and bake for 30 min. Once finished toss in the **parsley** and **lemon** zest



2. Make bean burgers

Finely dice the **shallots** and **green pepper**. In a frying pan with a drizzle of oil add the **shallots** and **green pepper** and fry until soft. Add the spices and cook for 30 seconds more. Leave to cool. Drain and rinse the **kidney beans**. In a large bowl add the **kidney beans**, **shallots**, **pepper**, **bread crumbs** and egg. Mix well and form into patties.



3. Cook burgers

Bake/fry?



4. Make salad

Finely chop the **cucumber** and **tomatoes**. Slice the **olives** into rounds. Cut the **feta** into cubes. Cut the **lettuce** into strips. Finely slice the **red onion**. Finely chop the **mint**. In a large bowl mix the juice of **lemon** and olive oil with some salt and **pepper**. Add the ingredients and toss. Top with the **feta**.



5. Make tzatziki

-



6. Serve

To a **burger bun** add some tzatziki add 2 **burger** patties and top with a small amount of the greek salad. Serve with **lemon parsley potatoes** on the side with remaining tzatziki and greek salad.

Seabream with Garlic Cauli Mash

and Greek Tomato Salsa

This recipe is inspired by Skordalia, a tasty Greek garlic mash potato. We just made this a lighter version!

hello chef

537 calories | 48 protein | 37 carbs | 26 fat

Low Carb | Calorie Smart | Global Eats

cook: 40 min

R4276-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2236 / 537
Fats (g)	25.9
of which saturated (g)	10.4
Carbohydrates (g)	37
of which sugars (g)	17.8
Fibers (g)	9.8
Proteins (g)	47.6
Salt (g)	3.4

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What You'll Need

Food processor

hello@hellochef.com
04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Garlic cauli mash	
Cauliflower	800 Grams
Butter [4*]	50 Grams
Garlic cloves	4 Piece
Salt	1 Tsp
Black pepper	1 Tsp

Seabream	
Seabream [6*]	660 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp

Tomato salsa	
Fresh parsley	15 Grams
Golden raisins [14*]	60 Grams
Cherry tomatoes	300 Grams
Capers	40 Grams
Walnuts [1*,2*]	60 Grams
Lemon	2 Piece
Olive oil	4 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *4 Milk, *6 Fish, *14 Sulphur Dioxide, *1 Peanuts, *2 Tree Nuts

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1. Boil cauliflower

Bring a large pot of salted water to a boil. Roughly chop the **cauliflower** into small florets. Add the **cauliflower** to the pot of boiling water and cook over a medium-high heat for 10-12 min or until soft. Once the **cauliflower** is cooked. Drain.

Tip! Keep the pot aside for step 3 to save on washing up.



2. Make salsa

Meanwhile, chop the **parsley**, **raisins**, **tomatoes**, **capers** and **walnuts** as finely as possible. Add the lot to a bowl with a squeeze of **lemon** juice and a drizzle of **olive oil**. Season with **salt** and **pepper** to taste and set aside. Slice the remaining **lemon** into wedges.



3. Make garlic butter

Peel and mince the **garlic**. Heat a large pot over a medium-low heat with the **butter** and **garlic**. Once melted, cook for 1-2 min. Make sure not to burn the **butter** or **garlic**! Set aside and keep warm.

Tip! Use the pot you boiled the cauliflower in to save on washing up.



4. Fry seabream

Pat the **seabream** fillets dry with kitchen paper and season the skin with **salt**. Heat a large non-stick pan with a drizzle of **oil** over a medium-high heat. Once hot, add the **seabream**, skin-side down and fry for 4 min or until crispy. Once crispy, flip and cook for 1-2 min further.



5. Make mash

Meanwhile, add the cooked **cauliflower** to a food processor with the **butter** and blitz for 1-2 min until smooth. Season well with **salt** and **pepper** to taste.



6. Serve

Divide the **garlic cauli mash** among plates. Serve the **seabream** and **tomato salsa** to the side along with the **lemon** wedges.

Green Noodle Soup

with Crispy Tofu and Shiitake Mushrooms

Vibrant and bright. An asian-inspired take on a noodle soup.

helló chef

726 calories | 42 protein | 71 carbs | 36 fat

cook: 45 min

R4103-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3035 / 726
Fats (g)	36.2
of which saturated (g)	12.8
Carbohydrates (g)	71
of which sugars (g)	12.1
Fibers (g)	18
Proteins (g)	42.3
Salt (g)	4.4

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Soup	
Brown onion	1 Piece
Broccoli	600 Grams
Small green chilli	2 Piece
Fresh coriander	30 Grams
Vegetable oil	1 Tbsp
Ginger garlic paste	40 Grams
Coconut milk	400 ML
Water	250 ML
Green peas	300 Grams
Miso paste 9*	60 Grams

Tofu & Shiitake	
Shiitake mushroom	400 Grams
Firm tofu 9*	600 Grams
Soy sauce 9*,10*,11*	60 ML
Corn starch	30 Grams
Vegetable oil	2 Tbsp
Black sesame seeds 3*	10 Grams

Noodles	
Rice noodles	300 Grams
Vegetable oil	1 Tbsp

To Serve	
Spring onion	80 Grams
Crispy onions	40 Grams
Lime	2 Piece

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Bake tofu and mushrooms

Preheat the oven to 200°C/220°C fan. Cut the **mushrooms** into quarters. Drain and dry **tofu** with a paper towel and cut into cubes. In a large bowl add the **tofu**, mix with half the **soy sauce** and the **corn starch**. Place the **mushrooms** and **tofu** on a lined baking tray. Mix the remaining **soy sauce** with the **mushrooms**. Drizzle both with **oil** and sprinkle with the **sesame seeds**. Bake for 15 minutes. After 15 minutes remove the **mushrooms** from the oven, return the **tofu** to the oven and bake for a further 10-15 mins until crispy.



2. Prep veg

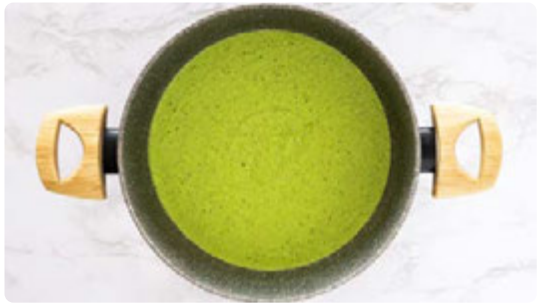
Meanwhile, peel and dice the **onion**. Finely chop the **broccoli** (discarding the woody end). Finley slice the **chilli** and **spring onion**. Roughly chop the **coriander** leaves and stems.

Tip! If cooking for for 2, just use half of the onion. Sensitive to spice? Deseed the green chili and use only a small amount.



3. Start soup

Heat a non-stick pan with a lid over a medium heat with a drizzle of **oil**. Once hot, add the **onion** and fry for 5-7 min. Next add the **ginger garlic paste** and **chilli (spicy!)**. Cook for a further 1 min. Add the **broccoli**, **coconut milk** and measured **water**. Cover and simmer for 5-7min until the **broccoli** is fully soft. Take the pan off the heat, add the **peas**, **miso** and **coriander** leaves and stems (saving a few leaves for garnish) - this is your **soup mix**.



4. Blend soup

Transfer the **soup mix** to a blender, or using a hand blender blend until smooth. The **soup** should have a medium thick texture. Transfer the **soup** back to the pan, cover and heat over a low heat until the **noodles** are ready.

Tip! If too thick add a small amount of water a tablespoon at a time.



5. Soak noodles

Meanwhile, add the **rice noodles** to a bowl or pot and cover with boiling water. Stir once and then cover with a lid or cling film Leave to soak for 4-5 min. Drain once tender and rinse with cold water. Toss the **noodles** in a small amount of **oil** to prevent them sticking together.

Tip! The noodles want to have a little bite as they will continue to cook in the soup.



6. Serve

Divide the soup amongst bowls, add the **noodles**, **tofu** and **mushrooms**. Top with **coriander** leaves, **spring onions** and **crispy onions**. Cut the **lime** into wedges and squeeze over the **lime** juice

Breaded Eggplant
with Linguine Marinara

Classic Italian flavours that come together deliciously.

helló chef

898 calories | 40 protein | 153 carbs | 16 fat

Family Friendly

cook: 35 min

R3860-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3759 / 898
Fats (g)	16.1
of which saturated (g)	3.4
Carbohydrates (g)	153
of which sugars (g)	19.1
Fibers (g)	18
Proteins (g)	40.4
Salt (g)	2.1

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hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Eggplant	
Organic Eggs **5***	4 Piece
Salt	1 Tsp
Black pepper	1 Tsp
Plain flour **10*,11***	100 Grams
Smoked paprika powder	4 Grams
Garlic onion powder	8 Grams
Panko bread crumbs **10*,11*,12***	120 Grams
Dried thyme	4 Grams
Eggplant	2 Piece
Vegetable oil	2 Tbsp

Pasta & sauce	
Linguine **10*,11***	500 Grams
Vegetable oil	2 Tbsp
Garlic paste	20 Grams
Tomato paste	70 Grams
Cherry tomatoes	300 Grams
Dried oregano	4 Grams
Vegetable stock cube **15***	1 Piece
Water	300 ML
Tomato passata	400 Grams
Brown sugar	10 Grams
Black pepper	1 Tsp
Fresh basil	15 Grams
Grated Parmesan **4***	60 Grams

Allergens: *5 Eggs, *10 Wheat, *11 Gluten, *12 Lupin, *15 Celery, *4 Milk

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1. Prep breading

- Bring a large pot of salted water to the boil.
- Meanwhile, whisk the **eggs** in a shallow bowl with a pinch of **salt** and **black pepper**.
- Add the **flour**, **smoked paprika** and **garlic onion powder** to a second shallow bowl and mix.
- Add the **panko bread crumbs** and **dried thyme** to a third shallow bowl and set aside.

Tip! Adding a pinch of salt and black pepper to the eggs, flour and panko ensures a well seasoned mix.



2. Bread eggplant

- Roughly slice the **eggplant** into 1 cm thick rounds.
- One by one, coat the **eggplant** in the seasoned **flour** before dipping them in the beaten **egg** and finally coating them in the **panko breadcrumbs**.



3. Fry eggplant

- Heat a second pan over a medium-high heat with a generous drizzle of **oil**.
- Once hot, add the **eggplant** and reduce the heat to medium.
- Fry for 5-6 min on each side or until golden brown and cooked through.
- Drain on kitchen paper to remove any excess oil.

Tip! Fry the eggplant in batches not to overcrowd the pan.



4. Boil linguine

- Meanwhile, once the water is boiling, add the **linguine** and cook for 8-10 min until 'al dente' or cooked to your liking.



5. Make sauce

- Meanwhile, heat a separate large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **garlic paste**, **tomato paste** and **cherry tomatoes**.
- Fry for 1 min stirring frequently.
- Add the **oregano**, 1 **stock cube**, **measured water**, **tomato passata**, **brown sugar** with a pinch of **pepper** and simmer, covered, for 5 min or until the **tomatoes** are soft.
- After 5 min, remove from the heat and set aside.
- Keep covered.



6. Serve

- Meanwhile, pick and roughly tear the **basil** leaves.
- Add the cooked **linguine** to the **sauce** along with the **basil** and toss.
- Divide the **pasta** among bowls and top with the fried **eggplant**.
- Sprinkle the **Parmesan** over.

Mushroom and Lentil Stew

with Creamy Cauli Mash

A hearty meal that's also low on calories. Yes please!

hello chef

421 calories | 24 protein | 53 carbs | 11 fat

Low Carb | Calorie Smart

cook: 30 min

R3974-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1767 / 421
Fats (g)	11.1
of which saturated (g)	6.8
Carbohydrates (g)	53
of which sugars (g)	22.2
Fibers (g)	17.6
Proteins (g)	24.3
Salt (g)	2.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Food processor

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stew	
Canned lentils	530 Grams
Mushroom	500 Grams
Red onion	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Garlic paste	20 Grams
Smoked paprika powder	4 Grams
Dried thyme	4 Grams
Tomato paste	70 Grams
Tomato passata	500 Grams
Onion marmalade	56 Grams
Baby spinach	125 Grams

Cauliflower mash	
Cauliflower	800 Grams
Cream cheese 4*	160 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *4 Milk

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1. Make cauli mash

- Roughly chop the **cauliflower** into small florets.
- Bring a large pot of salted water to a boil.
- Add the **cauliflower** and cook, covered, for 10-12 min until soft. Drain.
- Add to a food processor with the **cream cheese** and blitz for 1-2 min until smooth.
- Season well with **salt** and **pepper**.



2. Prep

- Meanwhile, drain and rinse the **canned lentils**.
- Clean the **mushrooms** with a cloth, knife or brush (don't wash them with water).
- Roughly chop or tear the **mushrooms**.
- Peel and finely slice the **onion**.



3. Fry

- Heat a large pot over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **mushrooms** and **onion** with a pinch of **salt**.
- Fry for 5 min.
- Add the **garlic paste**, **smoked paprika**, **dried thyme** and **tomato paste**.
- Fry for 1 min further.



4. Simmer

- Add the **lentils**, **tomato passata** and **onion marmalade**.
- Simmer, covered, for 5 mins.



5. Add spinach

- Add the **baby spinach** and cook for 2 min further or until the **spinach** is wilted.



6. Serve

- Divide the **cauliflower mash** among plates and top with the **mushroom** and **lentil** stew.

Spicy and Creamy Tomato Prawns

with Whole-wheat Spaghetti

This one's ready in no time and packs a punch!

hello chef

653 calories | 44 protein | 83 carbs | 14 fat

Speedy

cook: 20 min

R2701-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2748 / 653
Fats (g)	13.6
of which saturated (g)	7.2
Carbohydrates (g)	83
of which sugars (g)	15.4
Fibers (g)	12.7
Proteins (g)	43.8
Salt (g)	1.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pasta	
Prawns 7*	700 Grams
Water	100 ML
Whole-wheat spaghetti 5*,9*,10*,11*	400 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Olive oil	4 Tbsp
Salt	1 Tsp
Chipotle powder	2 Grams
Dried oregano	4 Grams
Tomato paste	70 Grams
Red vinegar	30 ML
Tomato passata	400 Grams
Brown sugar	10 Grams
Cream cheese 4*	160 Grams
Black pepper	2 Tsp
Rocket	40 Grams
Chilli flakes	2 Grams

Allergens: *7 Crustaceans, *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten, *4 Milk

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1. Cook pasta

- Bring a large pot of salted water to the boil.
- Once boiling, add the **whole-wheat spaghetti**.
- Cook for 10-12 min until 'al dente' or cooked to your liking.
- Reserve 100 ml of the pasta cooking water.
- Drain.



2. Prep

- Meanwhile, peel and finely chop the **red onion**.
- Peel and mince the **garlic**.



3. Fry prawns

- Drain the **prawns** on kitchen paper.
- Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **prawns** with a pinch of **salt**.
- Cook for 2-3 min until pink and cooked through.
- Transfer the **prawns** to a plate.
- Reserve the pan.



4. Make sauce

- Return the pan to a medium heat with a drizzle of **olive oil**.
- Add the **onion** with a pinch of **salt**.
- Fry for 4 min or until softened.
- Add the **garlic**, a pinch of **chipotle** (spicy!), **dried oregano**, **tomato paste**, **red vinegar**, **tomato passata**, **brown sugar**, and a pinch of **salt**.
- Simmer for 5 min.
- Add the **cream cheese**.
- Cook for 1 min further or until fully dissolved.



5. Toss

- Add the **prawns**, drained **spaghetti** and 100 ml of the reserved **pasta water** to the pan.
- Season generously with **black pepper**.
- Give everything a good mix.



6. Serve

- Serve the **Spicy and Creamy Tomato Prawns** with **Whole-wheat Spaghetti**
- Garnish with the **rocket** and **chilli flakes** (spicy!).

Giant Chocolate Chip Cookie

with Homemade Salted Peanut Caramel Ice Cream

This giant soft and gooey chocolate chip cookie is simple to make, and served with the easiest home-made, no churn caramel ice cream!

hello chef

558 calories | 8 protein | 55 carbs | 36 fat

Family Friendly

cook: 30 min

R4485-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2320 / 558
Fats (g)	36.3
of which saturated (g)	13.7
Carbohydrates (g)	55
of which sugars (g)	34.5
Fibers (g)	0.6
Proteins (g)	8.1
Salt (g)	1.6

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 6 servings

Skillet cookie	
Organic Eggs 5*	1 Piece
Butter 4*	100 Grams
Brown sugar	40 Grams
Brown sugar	10 Grams
White sugar	50 Grams
Vanilla essence	5 ML
Plain flour 10*,11*	140 Grams
Baking soda	5 Grams
Salt	0.25 Tsp
Belgian dark chocolate 9*	100 Grams
Salted peanuts 1*	40 Grams

Ice cream	
Whipping cream 4*	200 ML
Condensed milk 4*	50 Grams
Vanilla essence	5 ML
Caramel spread 4*	50 Grams
Flaky sea salt	2 Grams

Allergens: *5 Eggs, *4 Milk, *10 Wheat, *11 Gluten, *9 Soya, *1 Peanuts

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1. Whip cream

- Preheat the oven to 180°C.
- Grease either a 23-24cm medium oven-safe skillet or cake pan with a bit of **vegetable oil**.
- In a large bowl, add the **whipping cream** and **vanilla**.
- Using a whisk or electric beater, whip for 2-3 min to form stiff peaks.

Tip! Stiff peaks refers to when you remove the whisk or beaters the peak that forms will keep its shape.



2. Make ice cream

- Add the **condensed milk** and whip until fully combined.
- Transfer the mixture to a freezer-safe container.
- Drizzle the **caramel** on top, and swirl through.
- Roughly chop the **salted peanuts** and sprinkle half the amount over (reserving the rest for the **cookie batter**).
- Cover the container with a lid or plastic wrap, and freeze for at least 3 hours until it sets.



3. Mix wet ingredients

- In a large mixing bowl, melt the **butter**.
- Add the **white sugar** and **brown sugar**, and using a spatula, mix well until the **sugar** is dissolved and combined.
- Add the **egg** and **vanilla** and mix until well combined.

Tip! The texture of the batter will be runny.



4. Add dry ingredients

- Sift over the **flour**, **baking soda**, and pinch of **salt**.
- Using a spatula mix until just combined.
- Add in half the **Belgian dark chocolate** and mix until evenly distributed.

Tip! The texture of the cookie batter will be sticky. You could chill the cookie dough for 1 hour until the ice cream is ready, then bake.



5. Bake

- Spread the **cookie batter** in the skillet or baking dish of choice, and sprinkle the remaining **Belgian dark chocolate**, **peanuts**, and a pinch of **flaky sea salt** on top.
- Bake for 13-15 min.
- The **cookie** is done when the edges are lightly browned, and the center is slightly soft (for a gooey texture).

Tip! If you want a firmer cake-like cookie, bake for another 2 minutes.



6. Serve

- Serve the **Giant Chocolate Chip Cookie** warm and right out of the pan, and dig in with scoops of **Homemade Salted Peanut Caramel Ice Cream**.

Bobotie: A Spiced Minced Meat Bake

with Yellow Rice and a Chopped Salad

Bobotie (buh-BOO-tee), easily considered South Africa's national dish, is made of spiced minced meat baked with an egg-based topping.

hello chef

1180 calories | 44 protein | 122 carbs | 63 fat

Family Friendly | Global Eats

cook: 45 min

R4368-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4935 / 1180
Fats (g)	63.3
of which saturated (g)	24.8
Carbohydrates (g)	122
of which sugars (g)	34
Fibers (g)	8
Proteins (g)	44.3
Salt (g)	2.7

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Bobotie	
Beef mince	700 Grams
White onion	2 Piece
Garlic cloves	2 Piece
Vegetable oil	1 Tbsp
Curry powder	15 Grams
Coriander cumin powder	8 Grams
Panko bread crumbs 10*,11*,12*	20 Grams
Water	200 ML
Tomato paste	60 Grams
Apricot jam	30 Grams
White vinegar	30 ML
Golden raisins 14*	60 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Organic Eggs 5*	1 Piece
Whole milk 4*	200 ML
Dried bay leaves	2 Piece

Rice	
Basmati rice	300 Grams
Water	600 ML
Turmeric powder	4 Grams
Cinnamon stick	1 Piece
Butter 4*	20 Grams

Chopped salad	
Cucumber	2 Piece
Tomatoes	2 Piece
Fresh coriander	15 Grams

To serve	
Chutney 14*	75 Grams

Allergens: *10 Wheat, *11 Gluten, *12 Lupin, *14 Sulphur Dioxide, *5 Eggs, *4 Milk

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1. Prep

- Preheat oven to 200°C/180°C fan.
- Peel and finely chop the **onion** and **garlic**.
- Heat a large pot over medium heat with a drizzle of **oil**.
- Fry the **onion** for 2-3 min until softened.
- Fry the **beef mince** for 7-8 min until browned.
- Add the **curry powder**, **coriander cumin powder**, **bread crumbs**, **measured water**, **tomato paste**, **apricot jam**, **vinegar**, **raisins**, **salt** and **pepper**.
- Stir to completely incorporate. Cook for 1-2 min.

Tip! Leave out the raisins if you prefer it less sweet.



2. Transfer

- Tip the **minced meat** into a medium sized baking dish (25x18 cm) and press down firmly with the back of a spoon or spatula to create an even layer.



3. Bake

- In a small jug, mix together the **egg** and 200ml **milk** with a pinch of **salt**.
- Pour this over the top of the **minced meat**.
- Top with a **dried bay leaf**.
- Bake for 20-25 min until the **egg layer** is set and starting to brown.
- Remove from the oven.



4. Make rice

- Meanwhile, rinse and drain the **rice**.
- Add the **rice**, **turmeric powder**, **stick cinnamon**, a big pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat.
- Lower the heat, cover and cook for 12-14 min, until **rice** is tender.
- Remove from the heat, stir through the **butter** and keep covered until serving.



5. Make salad

- Roughly chop the **cucumber** and **tomato**.
- Pick the **leaves** of the **coriander**.
- In a small bowl, toss together the **salad ingredients** with a pinch of **salt**.



6. Serve

- Serve each **Bobotie** portion with a side of fragrant **Yellow Rice**, a helping of **Quick Chop Salad** and a dollop of **Chutney**.

Chipotle Lime Salmon Burrito Bowl

with Coriander Rice and Creamy Jalapeno Dressing

Burrito bowls are nutritionally balanced meals consisting of protein, carbs and good fats. And lots of flavour!

hello chef

890 calories | 48 protein | 102 carbs | 37 fat

Global Eats | Speedy

cook: 25 min

R4391-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3725 / 890
Fats (g)	36.6
of which saturated (g)	9.8
Carbohydrates (g)	102
of which sugars (g)	15.9
Fibers (g)	5.8
Proteins (g)	47.5
Salt (g)	1.8

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salmon	
Salmon cubes 6*	700 Grams
Lime	4 Piece
Garlic cloves	2 Piece
Chipotle powder	4 Grams
Smoked paprika powder	4 Grams
Agave syrup	30 Grams
Salt	0.5 Tsp
Vegetable oil	1 Tbsp

Rice	
Medium grain rice	300 Grams
Salt	1 Tsp
Water	600 ML
Fresh coriander	30 Grams

Dressing	
Jalapeno slices	60 Grams
Mayonnaise 5*,9*,13*	100 Grams
Sour cream 4*	120 Grams
Water	60 ML

Salad	
Sweet corn kernels	244 Grams
Cucumber	2 Piece
Red cabbage	200 Grams
Salt	0.5 Tsp

Allergens: *6 Fish, *5 Eggs, *9 Soya, *13 Mustard, *4 Milk

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1. Boil rice

- Rinse and drain the **rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over high heat.
- Lower the heat, cover and cook for 12-14 min, until the **rice** is tender.
- Once cooked, remove from the heat and keep covered until serving.
- Pick the **coriander** leaves and mix through the **rice**.

Tip! Add the coriander leaves just before serving to avoid the leaves turning brown.



2. Prep salad

- Drain and rinse the **sweet corn**.
- Cut the **cucumber** into bite-sized quarters.
- Thinly shred the **cabbage**.
- Cut 2 **limes** in half.
- In a large bowl combine the **sweet corn**, **cucumber** and **cabbage** with a squeeze of **lime juice** to taste and a pinch of **salt**.



3. Marinate salmon

- Meanwhile, zest the remaining **limes** and cut in half.
- Peel and finely chop the **garlic**.
- In a large bowl, combine the **salmon cubes** with the **chipotle powder**, **smoked paprika**, **agave**, **garlic**, **lime zest**, half the **lime juice** (reserving the rest for step 5) and a pinch of **salt**.



4. Cook salmon

- Heat a large frying pan over medium heat with a drizzle of **oil**
- Fry the marinated **salmon cubes** for 3-4 min or until cooked through, flipping occasionally to avoid blackening too much

Tip! Be careful not to move the salmon too much or the cubes will break.



5. Make dressing

- Finely chop the **jalapeno slices**.
- In a small bowl, combine the **mayonnaise**, **sour cream**, **jalapeno slices**, 2-3 Tbsp **water** and a squeeze of **lime juice** to taste.



6. Serve

- Serve the **Chipotle Lime Salmon** over **Coriander Rice** and alongside the **salad**.
- Finish with a drizzle of the **Creamy Jalapeno Dressing**.

Buttered Corn

with Lemon Pepper Seasoning

Bursts of sweetness paired with creamy butteriness and zesty lemon pepper.

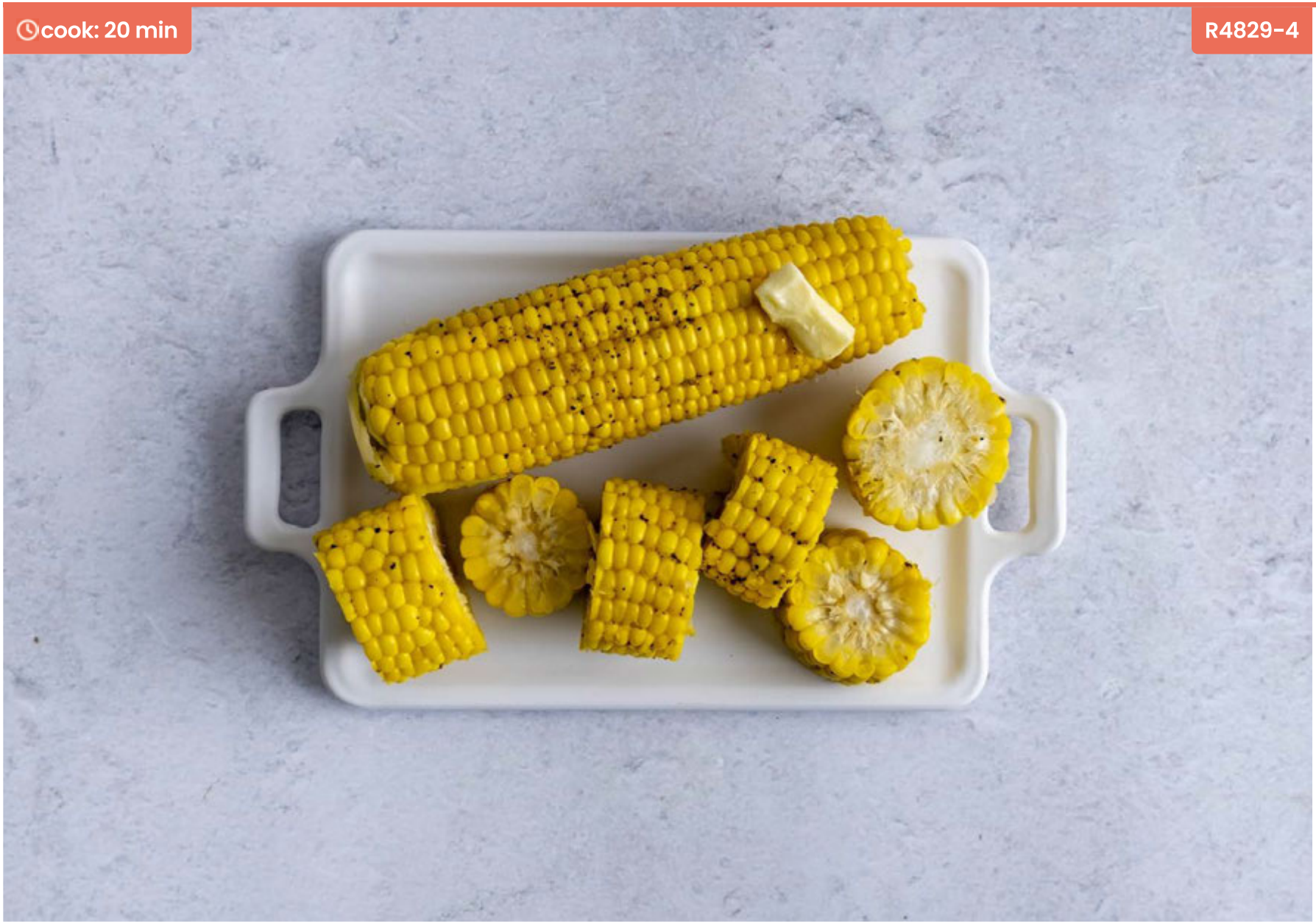
hello chef

333 calories | 10 protein | 58 carbs | 12 fat

Family Friendly | Speedy | Quick Prep

cook: 20 min

R4829-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1388 / 333
Fats (g)	11.6
of which saturated (g)	6.3
Carbohydrates (g)	58
of which sugars (g)	9.8
Fibers (g)	0
Proteins (g)	9.7
Salt (g)	0.8

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What You'll Need

Oven

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 2 servings

Buttered corn

Fresh sweet corn	2 Piece
Butter **4***	20 Grams
Lemon pepper seasoning **13*,15***	2 Grams

Allergens: *4 Milk, *13 Mustard, *15 Celery

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1. Prep

- Bring a large pot of salted water to the boil.
- Peel away the husk or outer layer of the **corn** and discard.

Tip! If using a barbecue, ignore bringing a pot of water to the boil.



2. Boil

- Add the **corn** to the boiling water.
- Boil over a medium-high heat for 12-15 minutes.
- Once cooked, drain the water and return the **corn** to the pot. The kernels will be crisp and tender.

Tip! If using a barbecue, grill the corn over an indirect heat for 10 minutes, turning occasionally until it starts to char slightly.



3. Season

- Add the **butter** and allow to completely melt all over the **corn**.
- Sprinkle with the **lemon pepper seasoning**.
- Mix well.



4. Serve

- Serve the **Buttered Corn with Lemon Pepper Seasoning** alongside your favourite dish.

Greek Prawn and White Bean Saganaki

Saganaki refers to various Greek dishes, which are prepared in a small heavy bottomed frying pan. The frying pan is called a 'saganaki'.

hello chef

418 calories | 42 protein | 35 carbs | 11 fat

Low Carb | Calorie Smart

cook: 25 min

R3615-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1760 / 418
Fats (g)	10.6
of which saturated (g)	6
Carbohydrates (g)	35
of which sugars (g)	16.7
Fibers (g)	9.9
Proteins (g)	41.9
Salt (g)	5.2

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Saganaki	
Prawns 7*	700 Grams
Red onion	2 Piece
Garlic cloves	2 Piece
White beans	480 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Peeled plum tomatoes	800 Grams
Tomato paste	70 Grams
Honey	30 Grams
Black pepper	1 Tsp

To serve	
Fresh dill	15 Grams
Chilli flakes	4 Grams
Feta cheese 4*	200 Grams

Allergens: *7 Crustaceans, *4 Milk

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1. Prep

- Peel and finely chop the **red onion**.
- Peel and mince the **garlic**.
- Drain and rinse the **white beans** in a colander.
- Finely chop the **dill**.



2. Fry onions

- Heat a pan over a medium heat with a drizzle of **oil**.
- Once hot, fry the **onions** with a pinch of **salt** for 5-6 min or until softened.
- Add the **garlic** and cook for 30 sec further.



3. Make sauce

- Add the **peeled plum tomatoes** and break them apart with a spatula.
- Add the **tomato paste**, **honey**, a pinch of **chilli flakes (spicy!)** and the drained **white beans**.
- Bring to a boil, then reduce the heat to low.
- Simmer for 5 min or until thickened.



4. Add prawns

- Once thickened, add the **prawns** to the pan and cook for 6 min or until cooked through.
- Season with **salt** and **black pepper** to taste.



5. Serve

- Serve the **Prawn Saganaki** topped with crumbled **Feta Cheese**.
- Sprinkle with the **dill** and a pinch of the remaining **chilli flakes (spicy!)**.

Tip! Cooking in an oven-proof pan? Grill in the oven for 5 min or until the feta begins to turn golden.

Classic Seared Tuna

Nicoise

A real Côte d'Azur classic!

hellochef

211 calories | 13 protein | 20 carbs | 11 fat

Low Carb

cook: 20 min

R2216-4



Nutritional information

	per serving*
Energy (kJ/kcal)	886 / 211
Fats (g)	10.5
of which saturated (g)	2.7
Carbohydrates (g)	20
of which sugars (g)	8.5
Fibers (g)	6
Proteins (g)	12.7
Salt (g)	1.6

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salad	
Tuna steaks	700 Grams
Olive oil	1 Tbsp
Green beans	250 Grams
Organic Eggs 5*	4 Pieces
Baby gem lettuce	2 Pieces
Cherry tomatoes	300 Grams
Kalamata olives	80 Grams

Dressing	
Shallots	2 Pieces
Garlic cloves	2 Pieces
Olive oil	5 Tbsp
Dijon mustard 13*	12 Grams
Red vinegar	30 ML
Salt	1 Tsp
Black pepper	0.5 Tsp
Dried oregano	2 Grams
Capers	40 Grams

Allergens: *5 Eggs, *13 Mustard

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1. Prep vegetables

Remove the **tuna** from fridge and allow it to reach room temperature before cooking. Trim the **green beans**. Chop the **gem lettuce**. Halve the **cherry tomatoes**. Peel and finely slice the **shallots**. Peel and crush the **garlic**.



2. Cook green beans

Cook the **green beans** in boiling water for 5-6 min until tender. Drain, rinse with cold water and set aside.



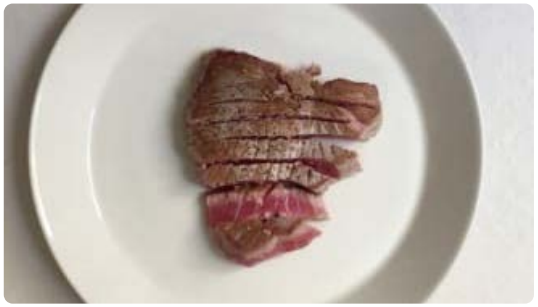
3. Boil eggs

Meanwhile, cook the **eggs** in boiling water for 5-7 min or until cooked to your liking. Drain, run under cold water and peel once cooled.



4. Make dressing

In a small bowl, whisk together the **olive oil**, **Dijon mustard**, **red vinegar**, **salt**, **pepper** and a pinch of **oregano**. Add the **shallots**, **garlic** (sensitive to raw **garlic**? Go easy!) and **capers**.



5. Fry tuna

Heat a large non-stick pan over a medium heat with a drizzle of **olive oil**. Once hot, add the **tuna steaks** and fry for 1-2 min on each side. Transfer the **tuna steaks** to a plate to rest for 5 min. Once rested, slice finely.



6. Serve

Meanwhile, tumble the **green beans**, **gem lettuce**, **cherry tomatoes**, **Kalamata olives** and the dressing. Halve or quarter the **eggs**. Serve sliced **tuna** and the **eggs** on top of the salad.

Greek Lamb Meatballs

with Bean Stew and Feta

This Greek one-pot is packed with fresh flavours.

hello chef

847 calories | 68 protein | 47 carbs | 47 fat

Low Carb

cook: 40 min

R3072-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3545 / 847
Fats (g)	47
of which saturated (g)	20.6
Carbohydrates (g)	47
of which sugars (g)	16.2
Fibers (g)	16.1
Proteins (g)	67.6
Salt (g)	7.5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meatballs	
Lamb mince	700 Grams
Fresh oregano	20 Grams
Garlic powder	8 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Olive oil	2 Tbsp

Stew	
Red onion	2 Piece
Garlic cloves	8 Piece
White beans	480 Grams
Small zucchini	2 Piece
Olive oil	4 Tbsp
Salt	1 Tsp
Tomato paste	140 Grams
Chopped tomatoes	800 Grams
Chicken stock cube 4*,5*,9*,15*	1 Piece
Water	200 ML
Honey	30 Grams
Kalamata olives	80 Grams

Garnish	
Feta cheese 4*	150 Grams
Fresh parsley	15 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Shape meatballs

- Strip the **fresh oregano** leaves directly into a large mixing bowl.
- Add the **lamb mince** and **garlic powder**.
- Season generously with **salt** and **pepper**.
- With clean hands, knead until all the ingredients are fully combined.
- Divide the mixture into 28 pieces.
- Shape each piece into a **meatball**.



2. Fry meatballs

- Heat a pan over a medium heat with a drizzle of **olive oil**.
- Once hot, add the **meatballs**.
- Fry for 5-7 min or until starting to brown all over.
- Once the **meatballs** are browned, transfer them to a plate (they don't have to be cooked through at this point).
- Reserve the pan.



3. Prep

- Meanwhile, peel and finely chop the **onion** and **garlic**.
- Grate the **zucchini**.
- Drain the **beans**.



4. Sweat

- Return the pan to a medium heat with another drizzle of **oil**.
- Add the **onion** and **zucchini** with a pinch of **salt**.
- Fry for 5 min.
- Add the **garlic**.
- Cook for 1 min further.



5. Simmer

- Add the **tomato paste**, **chopped tomatoes**, 1 **stock cube**, **measured water** and **honey**.
- Simmer for 6 min.
- After 6 min, stir the drained **beans**, **olives** and **meatballs** into the **stew**.
- Simmer for 4 min further or until the **meatballs** are cooked through.

Tip! Pour the measured water into the empty tomato tin before adding it to the stew - this way you'll get every last bit of tomatoey goodness!



6. Serve

- Meanwhile, crumble the **feta** and roughly chop the **parsley**.
- Serve the **Greek Lamb Meatballs with Bean Stew** .
- Garnish with the **chopped parsley** and **feta**.

Chilli Lime and Coriander Noodles

with Enoki Mushrooms and Pak Choi

Enoki mushrooms have been growing wild since ancient times in Eastern Asia and North America. The variety was first cultivated in Japan for its long stem, nutrients, and unique pure colour.

hellochef

571 calories | 15 protein | 106 carbs | 11 fat

Calorie Smart

cook: 30 min

R3770-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2387 / 571
Fats (g)	10.5
of which saturated (g)	1.5
Carbohydrates (g)	106
of which sugars (g)	12.9
Fibers (g)	11.8
Proteins (g)	14.8
Salt (g)	7

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Box grater

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stir fry	
Fresh coriander	30 Grams
Baby pak choi	6 Piece
Carrot	2 Piece
Lime	2 Piece
White enoki	400 Grams
Vegetable oil	2 Tbsp
Wheat noodles 10*,11*	400 Grams
Salt	1 Tsp
Gochujang 9*	30 Grams
Chilli flakes	4 Grams
Ginger garlic paste	20 Grams
Brown sugar	20 Grams
Tamari 9*	30 ML
Sesame oil 3*,9*	30 ML
Rice vinegar	30 ML
Black pepper	1 Tsp

To serve	
Sesame seeds 3*	20 Grams

Allergens: *10 Wheat, *11 Gluten, *9 Soya, *3 Sesame Seeds

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1. Prep

Finely chop the **coriander** leaves. Trim and roughly chop the **pak choi**. Peel and grate the **carrot**. Slice the **lime** into wedges. In a small bowl, combine the **gochujang (spicy!)**, **chilli flakes (spicy!)**, **coriander**, **ginger garlic paste**, **brown sugar**, **sesame seeds** (reserve some for garnish), **tamari**, **sesame oil**, **rice vinegar**, squeeze of **lime** juice to taste (reserve some for garnish) and season with **pepper** - this is your **chilli sauce**.

Tip! Sensitive to spice? Go easy on the gochujang and chilli flakes.



2. Fry enoki

Trim and discard the base of the **enoki mushrooms**. Gently break the bunch apart. Heat a large pan over a medium-high heat with a drizzle of **oil**. Once hot, fry the **enoki** for 2-3 min until browned and crispy. Transfer onto a plate and reserve the pan.



3. Boil noodles

Meanwhile, bring a large pot of salted water to a boil. Add the **wheat noodles** and cook for 3-4 min or until your liking. Drain.

Tip! Drizzle the cooked noodles with oil once drained to stop them from sticking together.



4. Fry veg

Return the reserved pan to a medium-high heat with a drizzle of **oil**. Once hot, add the **pak choi** with a pinch of **salt** and fry for 3 min. Add the **carrots** and fry for 2 min further.



5. Stir-fry

Reduce the heat to medium and add the **noodles** and **chilli sauce** to the pan. Fry for 1 min further and remove from the heat.



6. Serve

Divide the **noodles** among bowls and top with the **enoki mushrooms**. Garnish with the remaining **sesame seeds** and **lime wedges**.

Re-Costed: Chicken Tikka Masala

with Cucumber Salad

No need to order this take-away classic when you can cook it at home!

hellofresh

827 calories | 64 protein | 97 carbs | 27 fat

Family Friendly | Weekly classic

cook: 30 min

R4341-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3455 / 827
Fats (g)	26.6
of which saturated (g)	16.6
Carbohydrates (g)	97
of which sugars (g)	13.7
Fibers (g)	7.8
Proteins (g)	63.5
Salt (g)	3.6

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Chicken breast	600 Grams
Brown onion	2 Piece
Ghee 4*	40 Grams
Salt	1 Tsp
Ginger garlic paste	20 Grams
Smoked paprika powder	4 Grams
Curry powder	10 Grams
Garam masala	8 Grams
Water	400 ML
Tomato paste	140 Grams
Chicken stock cube 4*,5*,9*,15*	2 Piece
Cooking cream 4*	200 ML
White sugar	10 Grams

Rice	
Basmati rice	300 Grams
Water	600 ML

Cucumber salad	
Cucumber	4 Piece
Fresh coriander	15 Grams
Lime	2 Piece
Salt	1 Tsp

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Prep

Slice the **chicken breast** into goujons. Peel and finely chop the **brown onion**.



2. Make sauce

Heat a large non-stick pan over a medium-low heat with the **ghee**. Once hot, add the **onion** with a pinch of **salt**. Fry for 7-8 min until softened. Once softened, add the **chicken**, **ginger garlic paste**, **smoked paprika**, **curry powder**, **garam masala** and chipotle **powder (spicy!)**. Fry for 2 min. Add the **measured water**, **tomato paste** and **stock cube** and simmer for 10 min.



3. Boil rice

Meanwhile, rinse the **basmati rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pan from heat and keep covered until serving.



4. Prep cucumber salad

Meanwhile, chop the **cucumber** into small chunks. Finely chop the **coriander**. Slice the **lime** into wedges. Mix the **cucumber** and **coriander** together in a bowl with a pinch of **salt**. Add a squeeze of **lime** juice.



5. Finish sauce

Once the **chicken** is cooked, add the **cooking cream** and honey to the pan. Simmer for a final 5 min or until the sauce begins to thicken up.

Tip! Use any leftover cream later in the week for omelettes, scrambles, sauces or simply for pouring over fresh strawberries!



6. Serve

Serve the **chicken curry** over the **basmati rice** with the **cucumber salad** to the side. Serve any remaining **lime** wedges as a garnish.

South African Bobotie

Spiced Beef with Golden Topping

Enjoy this comforting, rich, aromatic meal full of African flavours!

hellóchef

831 calories | 57 protein | 98 carbs | 26 fat

Family Friendly

cook: 75 min

R3332-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3488 / 831
Fats (g)	25.8
of which saturated (g)	10.6
Carbohydrates (g)	98
of which sugars (g)	41.9
Fibers (g)	11.9
Proteins (g)	56.9
Salt (g)	4.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Bobotie	
Lean beef mince	700 Grams
Ciabatta 10*,11*	2 Piece
Whole milk 4*	400 ML
Brown onion	2 Piece
Garlic cloves	4 Piece
Lemon	2 Piece
Olive oil	4 Tbsp
Salt	1 Tsp
Vegetable stock cube 15*	2 Piece
Curry powder	10 Grams
Dried oregano	4 Grams
Cumin powder	4 Grams
Turmeric powder	4 Grams
Mango chutney	100 Grams
Tomato paste	70 Grams
Black pepper	1 Tsp
Organic Eggs 5*	2 Piece
Dried bay leaves	6 Piece

Salad	
Cherry tomatoes	300 Grams
Cucumber	4 Piece
Golden raisins 14*	60 Grams
Shallots	2 Piece
Salt	2 Tsp
Olive oil	2 Tbsp

Allergens: *10 Wheat, *11 Gluten, *4 Milk, *15 Celery, *5 Eggs, *14 Sulphur Dioxide

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1. Prep

Preheat the oven to 200°C/180°C fan. Chop the **ciabatta** and add it to a bowl with the **milk**. Set aside to soak. Finely chop the **onions** and **garlic**. Wash the **lemon** thoroughly and grate its zest with a fine blade, taking care to avoid its bitter white pith. Juice the **lemon**.



2. Fry

Heat a pan over a medium heat with a drizzle of **oil**. Once hot, add the **onions** with a pinch of **salt** and fry for 5 min or until soft. Add the **stock cube**, **curry powder**, **dried oregano**, **cumin**, **turmeric** and **beef** and cook for 5 min until browned.



3. Season

Once browned, remove the pan from the heat and stir in the **garlic**, **mango chutney**, 2 tsp the **lemon** zest, 4 tbsp of the **lemon** juice, the **tomato paste** and **salt** and **pepper**.



4. Assemble

Squeeze the **bread** over a bowl, to catch the **milk**. Set the **milk** aside. Tear the **bread** into small pieces. Mix the **bread** into the **beef** mixture and pour the lot into a baking dish.



5. Bake

Add the **eggs** to the **milk**, whisk and season with **salt** and **pepper**. Pour the **egg** mix over the **meat** and scatter with the **bay leaves**. Bake for 35 min or until golden brown. This is your **bobotie**.



6. Serve

Meanwhile, chop the **tomatoes** and **cucumbers** finely. Peel and slice the **shallots**. Place the **cucumber**, **tomatoes**, **raisins** and **shallots** in a bowl with a pinch of **salt**. Drizzle with **olive oil** and toss. Once the **bobotie** is baked, allow it to cool for 5 min before serving alongside the **salad**.

Lemon and Blueberry Loaf Cake

with Lemon Cream Cheese Glaze

-

362 calories 6 protein 47 carbs 17 fat

cook: 60 min

R4455-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1508 / 362
Fats (g)	17.3
of which saturated (g)	10.7
Carbohydrates (g)	47
of which sugars (g)	26.4
Fibers (g)	1.7
Proteins (g)	6
Salt (g)	0.6

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What You'll Need

Oven

Box grater

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 8 servings

dry ingredients	
Plain flour 10*,11*	180 Grams
Baking powder	5 Grams
Corn starch	10 Grams
Salt	0.25 Tsp
Blueberries	125 Grams

wet ingredients	
Lemon	2 Piece
Butter 4*	100 Grams
Organic Eggs 5*	2 Piece
White sugar	160 Grams
Vanilla essence	5 ML
Sour cream 4*	90 Grams

Lemon glaze	
Cream cheese 4*	120 Grams
Icing sugar	25 Grams

Allergens: *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs

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1. Prep

pre-heat the oven to 180°C. Grease and line with parchment paper a 9x5" loaf pan. In a mixing bowl, whisk **flour**, **corn starch**, **baking powder**, and **salt**. Set aside.



2. Make lemon sugar

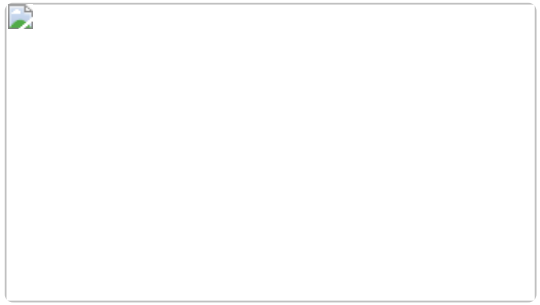
Zest the **lemons**, then squeeze the juice in a small bowl. In another large bowl, add the **sugar** and **lemon** zest. Using your hands, rub the **sugar** and the **lemon** zest together.

Tip! The sugar crystals will help the lemon release its natural oils and flavors, which will make the loaf extra zesty!



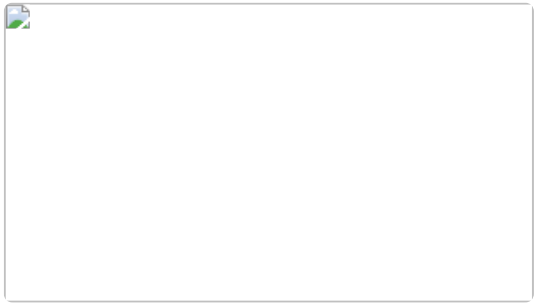
3. Mix wet ingredients

Mix the melted **butter**, oil, and **sour cream**, mix to combine. Use a hand mixer, or a stand mixer to beat the mixture for 90 seconds, until well incorporated and creamy. Add the **eggs**, one at a time, mixing one egg fully until incorporated before adding the next one. Scrape the bowl in between with a spatula. Add the **lemon** juice to the bowl. Mix until incorporated.



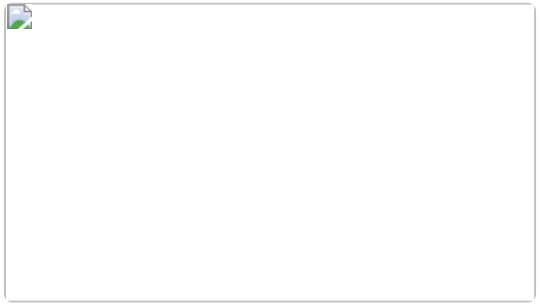
4. Mix dry ingredients

Pour half of the **flour** mixture into the bowl. Mix on low to combine. Add the remaining **flour** and **blueberries** to the batter, and stir to combine. You can finish mixing by hand to avoid over mixing.



5. Bake

Pour the rest of the batter that's mixed in with the **blueberries** on the loaf pan. Spread with a spatula. Bake in the pre-heated oven for 55 to 60 minutes, until a toothpick comes out clean when inserted in the cake. Cool for 20 minutes then lift the parchment paper to remove the bread, and transfer to a cooling rack or plate.



6. Make glaze

In a bowl, beat the **cream cheese** and **butter** together for 30 seconds. Add the powdered **sugar** and 1 TBSP **lemon** juice. Beat until creamy and fluffy. Spread the glaze on top of the bread. Garnish with some extra **blueberries** and **lemon** zest.

Potato Topped Cheesy Mushroom and Vegetable Pie

What could be more comforting than a mushroom pie topped with cheesy mash?

679 calories | 31 protein | 83 carbs | 28 fat

Family Friendly | Weekly classic

cook: 60 min

R3844-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2833 / 679
Fats (g)	28.1
of which saturated (g)	13.9
Carbohydrates (g)	83
of which sugars (g)	22.4
Fibers (g)	15.2
Proteins (g)	30.6
Salt (g)	1.3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Oven
- Potato masher

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Filling	
Chestnut mushrooms	500 Grams
Red onion	2 Piece
Carrot	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Plain flour 10*,11*	40 Grams
Vegetable stock cube 15*	2 Piece
Water	500 ML
Lemon	2 Piece
Fresh parsley	15 Grams
Cooking cream 4*	200 ML
Onion marmalade	56 Grams
Green peas	200 Grams
Black pepper	1 Tsp

Potato Mash	
Potatoes	1200 Grams
Grated cheddar 4*	120 Grams
Grated Parmesan 4*	60 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *10 Wheat, *11 Gluten, *15 Celery, *4 Milk

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1. Boil potatoes

- Preheat the oven to 200°C/180°C fan.
- Bring a large pot of salted water to the boil.
- Peel and chop the **potatoes** into bite-sized pieces.
- Once the water is boiling, add the **potatoes** and cook over a medium-high heat for 20 min or until soft.



2. Prep

- Meanwhile, peel and finely slice the **red onion**.
- Peel and chop the **carrot** into small cubes.
- Clean the **mushrooms** with a cloth, knife or brush (don't wash them with water).
- Chop the **mushrooms** in quarters.



3. Simmer

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Fry the **onion**, **carrots** and **mushrooms** with a pinch of **salt** for 5 min.
- Reduce the heat to medium.
- Add the **flour** and **vegetable stock cube** and stir until a paste forms.
- Slowly add the **measured water**.
- Simmer, covered, for 5 min further.



4. Season

- Meanwhile, slice the **lemon** into wedges.
- Pick and finely chop the **parsley** leaves (reserving a few leaves for serving).
- After 5 min, stir in half of the **cream** (reserve the rest for the mash), the **onion marmalade**, **parsley** and **peas**.
- Give everything a good mix up.
- Add a squeeze of **lemon** juice to taste with a pinch of **salt** and **pepper**.
- Set aside.



5. Mash potatoes

- Once soft, drain the **potatoes** and return them to the pot with a splash of the remaining **cream**.
- Mash until smooth.
- Add half of the **cheddar** and half of the **grated Parmesan** (reserve the rest for step 6).
- Season with **salt** and **pepper** to taste.



6. Serve

- Transfer the **mushroom sauce** to an oven proof dish.
- Carefully top with the **mashed potato** and spread evenly to cover.
- Run a fork over the mash to create a ripple effect and sprinkle with the remaining **cheddar and Parmesan cheese**.
- Bake for 15 min or until golden brown on top.
- Serve the **Potato Topped Cheesy Mushroom** and **Vegetable Pie** garnished with reserved **parsley**.

Tip! For an extra golden crust, place the pie under the grill or broiler for the final 5 min.

Low Carb Chicken Teriyaki Stir Fry

with Sesame Omelette

X

hello chef

669 calories | 61 protein | 36 carbs | 33 fat

Low Carb

cook: 25 min

R2984-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2783 / 669
Fats (g)	33
of which saturated (g)	9
Carbohydrates (g)	36
of which sugars (g)	24.3
Fibers (g)	5.1
Proteins (g)	60.5
Salt (g)	9.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stir fry	
Chicken mince	800 Grams
Spring cabbage	600 Grams
Spring onion	100 Grams
Carrot	2 Pieces
Small zucchini	3 Pieces
Sugar snap peas	200 Grams
Vegetable oil	6 Tbsp
Salt	1 Tsp

Omelette	
Organic Eggs 5*	4 Pieces
Fresh chives	15 Grams
Sesame seeds 3*	20 Grams
Black sesame seeds 3*	20 Grams
Salt	1 Tsp

Sauce	
Garlic cloves	2 Pieces
Teriyaki sauce 8*,9*,10*	80 Grams
Hoisin sauce 3*,9*,10*	60 Grams
Soy sauce 9*,10*,11*	40 ML
Honey	30 Grams

Allergens: *5 Eggs, *3 Sesame Seeds, *8 Molluscs, *9 Soya, *10 Wheat, *11 Gluten

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1. Prep eggs and sauce

Crack the **eggs** into a bowl and beat lightly. Finely chop the **chives** and add to the **eggs**. Add the **white** and **black sesame seeds**. Season with **salt**. In a second bowl, combine the peeled and crushed **garlic**, **teriyaki sauce**, **hoisin sauce**, **soy sauce** and **honey**.



2. Prep vegetables

Slice the **cabbage** as thinly as possible. Finely slice the **spring onion**. Peel the **carrot** and slice it to matchsticks. Slice the **zucchini** to thin sticks. Trim the **sugar snap peas**.



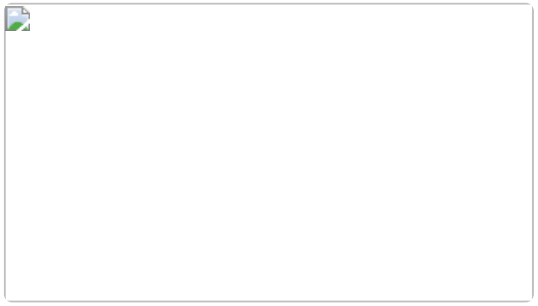
3. Cook omelette

Heat a pan over a medium heat with a drizzle of **oil**. Add the **egg mix** and turn the pan so that it spreads to an even thin layer. Cook for 2 min or until set. Flip and cook the second side for 1 final min. Remove from the pan and set aside.



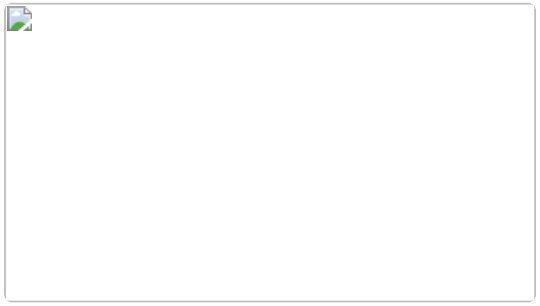
4. Fry chicken

Return the pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken mince** and fry for 4 min. Add the **sauce** mix. Cook for 2 min until the mix is thick and sticky. Remove the **chicken** mix from the pan and set aside.



5. Fry vegetables

Return the pan over a high heat with a drizzle of **oil**. Once very hot, add the **cabbage**, **carrot**, **spring onion** (reserve some for garnish), **zucchini** and **sugar snap peas**. Fry with a pinch of **salt** for 3 min.



6. Combine and serve

Add the **chicken** mix back to the pan with the vegetables and give everything a good toss. Slice the **omelette** to thin strips. Divide the **stir-fry** among plates and garnish with the **omelette strips** and the reserved **spring onion**.

Chicken Katsu Curry

with Sticky Rice and Green Peas

A total party trick! This creamy and smooth curry sauce combined with crispy chicken will blow you away!

hellofresh

817 calories | 63 protein | 128 carbs | 9 fat

Family Friendly

cook: 35 min

R2211-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3419 / 817
Fats (g)	8.8
of which saturated (g)	3.5
Carbohydrates (g)	128
of which sugars (g)	11
Fibers (g)	9.1
Proteins (g)	62.7
Salt (g)	3.3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Salt	1 Tsp
Black pepper	0.5 Tsp
Plain flour 10*,11*	100 Grams
Organic Eggs 5*	2 Pieces
Panko bread crumbs 10*,11*,12*	120 Grams
Olive oil	6 Tbsp

Rice	
Jasmine rice	300 Grams
Salt	0.5 Tsp
Green peas	200 Grams

Sauce	
Carrot	3 Pieces
Red onion	2 Pieces
Garlic cloves	4 Pieces
Olive oil	2 Tbsp
Curry powder	4 Grams
Water	600 ML
Chicken stock cube 4*,5*,9*,15*	1 Pieces
Honey	40 Grams
Soy sauce 9*,10*,11*	30 ML
Dried bay leaves	2 Pieces
Garam masala	2 Grams

Allergens: *10 Wheat, *11 Gluten, *5 Eggs, *12 Lupin, *4 Milk, *9 Soya, *15 Celery

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1. Cook rice

Rinse **rice**. Cook the **rice** using the **rice**, **water** ratio 1:2.5. Once the **water** boils, add **salt** and reduce the heat to medium-low. Cover. Simmer for 15 minutes until the **water** is absorbed. Toss in the **green peas** and mix well. Keep covered until serving.



2. Cut and fry

Peel and chop **carrots**, **onion** and **garlic**. Heat a spoon of **oil** in a pan and add **carrots**, **onions** and **garlic**. Cook for about 10 minutes, stirring, until softened.



3. Make curry sauce

Add 2 Tbsp of the all purpose **flour**. Add also the **curry powder**. Cook for 1 minute. Gradually stir in the **water** and the crumbled **chicken stock cube**. Add **honey**, **soy sauce** and **bay** leaf. Turn down the heat and simmer for about 10 minutes or until **sauce** has thickened a bit. Stir in **garam masala**. Pour the **curry sauce** through a sieve; return to saucepan and keep on low heat until ready to serve.



4. Coat chicken

Season both sides of **chicken breasts** with **salt** and **pepper**. Place remaining **flour**, **eggs** and **bread crumbs** in separate bowls. Coat the **chicken breasts** with **flour**, then dip in the **eggs**, and finally coat well with **bread crumbs**.



5. Fry chicken

Heat **oil** in large frying pan over medium-high heat. Place **chicken** into hot **oil** and reduce the heat to medium-low. Fry for about 4 minutes per side. Slice and serve with the **rice** and the **curry sauce**.

Shepherd's Pie,

Beef and Mashed Potato Casserole

A British classic.

hellochef

959 calories | 66 protein | 64 carbs | 51 fat

Family Friendly

cook: 60 min

R2917-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4000 / 959
Fats (g)	50.6
of which saturated (g)	31.4
Carbohydrates (g)	64
of which sugars (g)	19.2
Fibers (g)	12.9
Proteins (g)	66
Salt (g)	4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef sauce	
Lean beef mince	700 Grams
Brown onion	1 Pieces
Garlic cloves	3 Pieces
Carrot	2 Pieces
Olive oil	4 Tbsp
Salt	1 Tsp
Tomato paste	140 Grams
Water	400 ML
Beef stock cube 4*,5*,9*,11*,15*	1 Pieces
Worcestershire sauce 6*,11*	30 Grams
Brown sugar	10 Grams
Black pepper	1 Tsp
Green peas	200 Grams

Mash	
Potatoes	1200 Grams
Butter 4*	100 Grams
Whole milk 4*	200 ML
Organic Eggs 5*	2 Pieces
Salt	2 Tsp
Grated cheddar 4*	120 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *11 Gluten, *15 Celery, *6 Fish

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1. Prep vegetables

Preheat the oven to 200°C/180°C fan. Peel and chop the **onion** and **garlic**. Peel and grate the **carrots**. Peel and chop the **potatoes**.



2. Fry beef

Heat a pan over a medium-high heat with a drizzle of **oil**. Fry the **beef mince** for 5-7 min or until well browned. Fry in two batches if your pan is looking crowded. Transfer the **beef** to a plate and return pan to a medium heat.



3. Make sauce

Add a second drizzle of **oil** and fry the **onion** with a pinch of **salt** for 5 min. Add the **garlic** and **tomato paste**, cook for 2 min further. Add the **grated carrots**, measured **water**, **stock cube**, **Worcestershire sauce**, **sugar**, the fried **beef** and **black pepper**. Reduce the heat to low, cover with a lid, and stew for 15 min.



4. Make mash

Meanwhile, boil the **potatoes** for 15 min until soft. Drain. Return to the pan with the salted **butter**. Slowly pour in enough **milk** (about 100 ml) to reach a desired consistency, while mashing with a potato masher. Add the **eggs**, a generous pinch of **salt** and half of the **grated cheddar**. Mix well.



5. Bake

Add the **green peas** into the **beef sauce** and check the seasoning. Add **salt** and/or **pepper**, if needed. Then pour the **beef sauce** into a greased baking dish. Spoon the mashed **potatoes** on top and, using a spatula, smooth out the top, creating the odd ripple. Sprinkle with the remaining cheese. Bake for 15-20 min.



6. Serve

Once baked, set the pie aside to rest for 5 min, then serve.

Smoky Chicken Thigh Traybake

with Roasted Harissa Sweet Potatoes

This recipe boasts flavours from Morocco where the harissa spice originates from.

hellochef

528 calories | 47 protein | 65 carbs | 9 fat

Low Carb | Calorie Smart

cook: 40 min

R3790-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2209 / 528
Fats (g)	9.3
of which saturated (g)	2.1
Carbohydrates (g)	65
of which sugars (g)	15.9
Fibers (g)	10.2
Proteins (g)	46.5
Salt (g)	1.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Skinless boneless chicken thighs	800 Grams
Vegetable oil	2 Tbsp
Coriander cumin powder	8 Grams
Smoked paprika powder	4 Grams
Salt	1 Tsp

Vegetables	
Sweet potatoes	800 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Vegetable oil	2 Tbsp
Harissa paste	40 Grams
Salt	1 Tsp
Yellow pepper	2 Piece
Fresh parsley	15 Grams
Pomegranate molasses	40 Grams
Cherry tomatoes	300 Grams

Allergens:

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1. Roast potatoes

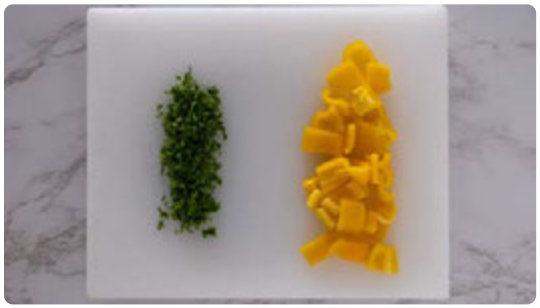
- Preheat the oven to 220°C/ 200°C fan.
- Peel and chop the **sweet potatoes** into bite-sized pieces.
- Peel and slice the **onion** into wedges.
- Peel and mince the **garlic**.
- Place the **sweet potatoes**, **oil**, **garlic**, **harissa paste** (spicy!), **onion wedges** and **salt** onto a lined baking tray.
- Toss until coated.
- Roast for 10 min.



2. Marinate chicken

- Meanwhile, in a large bowl, combine a drizzle of **oil**, the **coriander cumin powder**, **smoked paprika** and a generous pinch of **salt**.
- Add the **chicken thighs**.
- Toss to coat.
- Set aside.

Tip! Marinate the chicken thighs up to 24 hours in advance.



3. Prep

- Deseed and roughly chop the **yellow peppers**.
- Pick and finely chop the **parsley** leaves.



4. Roast

- After the **potatoes** have roasted for 10 min, add the **peppers** and half of the **pomegranate molasses**.
- Mix through.
- Top with the **chicken**, whole **cherry tomatoes**, a generous pinch of **salt** and a drizzle of **oil**.
- Bake for 20 min further or until the **chicken** is cooked through.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready.



5. Serve

- Serve the **Smoky Chicken Thigh Traybake with Roasted Harissa Sweet Potatoes**.
- Drizzle with the remaining **pomegranate molasses**.
- Garnish with the **fresh parsley**.

Chicken Meatball Sandwich

with Sriracha Mayo and Pickled Veg

Hello, flavour-packed saucy chicken meatballs! A meatball sandwich with a fresh salad on the side is a classic dinner combination - we have incorporated some Asian flavours into this one.

1012 calories | 60 protein | 88 carbs | 49 fat

Tips for Kids

cook: 40 min

R4058-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4248 / 1012
Fats (g)	48.9
of which saturated (g)	10.5
Carbohydrates (g)	88
of which sugars (g)	19.4
Fibers (g)	10
Proteins (g)	60.3
Salt (g)	5.3

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What You'll Need

Oven

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meatballs	
Chicken mince	800 Grams
Spring onion	60 Grams
Ginger garlic paste	30 Grams
Lemongrass paste	20 Grams
Soy sauce 9*,10*,11*	30 ML
Vegetable oil	2 Tbsp
Sweet chilli sauce	80 ML

Sandwich	
Mayonnaise 5*,9*,13*	100 Grams
Sriracha sauce	21 Grams
Tomatoes	3 Piece
Fresh coriander	15 Grams
Panini bread 10*,11*	4 Piece

Pickled veg	
Lime	1 Piece
Rice vinegar	30 ML
Salt	1 Tsp
Cucumber	2 Piece
Carrot	2 Piece
Romaine lettuce	300 Grams
Sesame seeds 3*	10 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *5 Eggs, *13 Mustard, *3 Sesame Seeds

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1. Prep meatballs

Preheat the oven to 200°C/180°C fan. Finely slice the **spring onion**. In a large bowl, combine the **chicken mince**, **ginger garlic paste**, **lemongrass paste**, **soy sauce** and **spring onion** with a drizzle of **oil**. With clean hands, knead until all the ingredients are fully combined. Divide the mixture into 24 pieces and shape each piece into a **meatball**.

Tip! Coat your hands in oil or water before shaping the meatballs; this way the mixture won't stick to your hands.



2. Prep salad

Slice the **lime** into wedges. In a large salad bowl, combine the **rice vinegar**, juice from half of the **limes** and **salt**. Chop the **cucumbers** into thin slices. Peel the **carrot**, then continue peeling until you are left with a pile of **carrot** ribbons. Add the **cucumbers** and **carrots** to the **limey vinegar** and leave to pickle. Finely chop the **lettuce** and set aside (don't toss until later).

Tip! If cooking for kids, reserve some cucumbers and lettuce to serve separately as larger bites.



3. Prep

In a small bowl, combine the **mayonnaise** with the **sriracha (spicy!)** and the juice from the remaining **lime**. Mix well. Thinly slice the **tomatoes**. Pick the **fresh coriander** leaves.

Tip! If cooking for kids, reserve some tomato slices to serve separately.



4. Bake bread

Meanwhile, place the **panini bread** on a baking tray and heat in the hot oven for 10 min or until crispy on the outside and warm on the inside.



5. Fry meatballs

Heat a large non-stick pan over a medium heat with a generous drizzle of **oil**. Once hot, add the **chicken meatballs** (in batches) and fry for 5-7 min or until cooked through and nicely browned all over. Reduce the heat to low, and add the **sweet chilli sauce** to the pan and stir to coat the **meatballs**.

Tip! If cooking for kids, fry the plain chicken meatballs first and set aside.



6. Serve

Toss the chopped **lettuce** in the **pickled cucumbers** and **carrots**. Add the **sesame seeds** and mix well. Slice the hot **panini** open. Load the **panini bread** with the **sriracha mayonnaise**, **tomato slices**, **chicken meatballs** and **fresh coriander**. Serve with the **pickled salad**.

Tip! If cooking for kids, serve their meatballs and the sliced panini separately. Serve the reserved vegetables on the side.

Sweet and Sticky Asian-Style Lamb Chops

1242 calories 65 protein 120 carbs 59 fat

Gourmet

cook: 35 min

R4599-4



Nutritional information

	per serving*
Energy (kJ/kcal)	5210 / 1242
Fats (g)	58.6
of which saturated (g)	24.5
Carbohydrates (g)	120
of which sugars (g)	37.2
Fibers (g)	9.2
Proteins (g)	64.8
Salt (g)	5.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Lamb	
Lamb chops	900 Grams
Black pepper	1 Tsp
Vegetable oil	6 Tbsp

Stir fry	
Brown onion	2 Piece
Tenderstem broccoli	300 Grams
Fresh baby corn	225 Grams
Spring onion	80 Grams
Red pepper	2 Piece
Rice vinegar	30 ML
Dark soy sauce 9*,10*,11*	40 ML
Sweet chilli sauce	120 ML
Teriyaki sauce 8*,9*,10*	80 ML
Ginger garlic paste	20 Grams
White sugar	20 Grams
Chilli flakes	2 Grams
Vegetable oil	1 Tbsp

Rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML

To serve	
Fresh coriander	15 Grams
Sesame seeds 3*	10 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *8 Molluscs, *3 Sesame Seeds

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1. Prep



2. Prep

Meanwhile, peel and finely slice the **onion**. Trim and finely slice the **spring onion**. Deseed and slice the **pepper** into thin strips. In a small bowl, combine the **rice vinegar**, **soy sauce**, ketchup, **sweet chilli sauce**, tomato **paste**, **ginger garlic paste**, **sugar** and a pinch of **chilli flakes (spicy!)**. This is your **chilli sauce**.

Tip! Sensitive to spice? Go easy on the chilli.



3. Prep



4. Sauce



5. Fry veg

Heat the reserved pan over a medium-high heat with another drizzle of **oil**. Once hot, add the **onion** and **pepper**. Fry for 3-4 min until slightly softened. Add the **chilli sauce** and slightly reduce for 1 min. Add the **crispy beef** and **spring onions**, coat in the **sauce** and cook for a further 1-2 min.

Tip! Reducing the sauce helps make it extra sticky!



6. Serve

hello chef

1233 calories | 83 protein | 63 carbs | 75 fat

cook: 30 min

R3527-4



Nutritional information

	per serving*
Energy (kJ/kcal)	5136 / 1233
Fats (g)	75.2
of which saturated (g)	41.8
Carbohydrates (g)	63
of which sugars (g)	16.1
Fibers (g)	12.3
Proteins (g)	82.6
Salt (g)	1.2

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What You'll Need

- Food processor

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steak	
Fillet steak	1000 Grams
Vegetable oil	2 Tbsp
Salt	2 Tsp
Black pepper	1 Tsp

Bearnaise	
Red vinegar	30 ML
Fresh tarragon	15 Grams
Shallots	2 Piece
Butter 4*	200 Grams
Organic Eggs 5*	4 Piece
Lemon	1 Piece

Chips	
Potatoes	1200 Grams
Salt	2 Tsp
Black pepper	1 Tsp

Caprese	
Cherry tomatoes	300 Grams
Balsamic vinegar glaze 14*	40 ML
Fresh basil	15 Grams
Mozzarella ball 4*	125 Grams

Allergens: *4 Milk, *5 Eggs, *14 Sulphur Dioxide

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1. Fries

Preheat the oven to 200°C/180°C fan. Slice the **potatoes** (skins on) into fries. Add the fries to a large baking tray with a drizzle of **vegetable oil**. Toss. Sprinkle with a generous pinch of **salt**. Roast for 30 min or until golden and crisp.



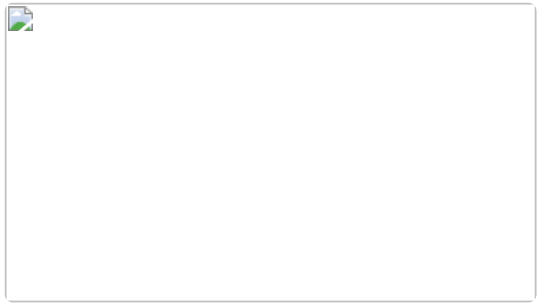
2. Melt butter

Heat a saucepan over a low heat (important). Add the **butter** and let it melt slowly. Once melted, pour the melted **butter** into a jug. Discard the white lees.



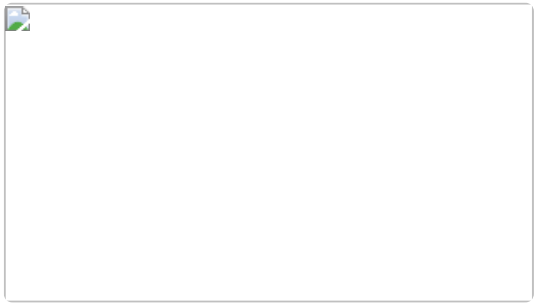
3. Béarnaise essence

Separate the **tarragon** stalks from the leaves. Roughly chop the stalks and leaves. Heat a small pot over a medium heat. Add the measured water, **tarragon** stalks, **vinegar** and **shallots**. Season with **salt** and **pepper**. Simmer until you are left with half of the liquid in the pan. Drain in a fine sieve. Keep the liquid - This is your **béarnaise essence**. Discard the lot in the sieve.



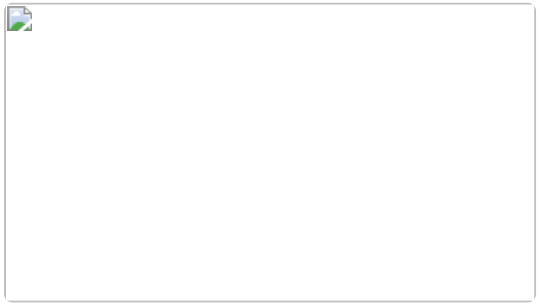
4. Fillet

Pat the **steaks** dry with kitchen paper, rub them with **oil** and season with **salt**. Heat a large pan over a high heat. Once very hot, add the **steaks** and fry them for 3 min on each side. Place on a baking tray and finish cooking them in the oven for 8-10 min or until cooked to your liking. Transfer the **steaks** to a plate and leave them to rest for 10 min. Once rested, season generously with **salt** and **pepper**.



5. Blend

Separate the egg yolks from the whites. Add the yolks to a food processor, discard the whites. Add the béarnaise essence. Very slowly pour the melted **butter**. Tbsp by tbsp, while blending to thoroughly combine. Mixture will start to thicken, and will be bubbly. Once done, stir in the **tarragon** leaves. Season with a squeeze of **lemon** and a pinch of **salt** and **pepper**.



6. Make salad and serve

Quarter the **cherry tomatoes**. Chop the **basil**. Tear the **fresh mozzarella**. Serve the **steaks**, with the **fries** and **salad** alongside. Drizzle over the **balsamic vinegar glaze**. Serve the bearnaise to the side.

Simple Honey Glazed Salmon

with Wasabi Cucumber and Green Bean Salad

Enjoy this fresh explosion of flavours, Asian style!

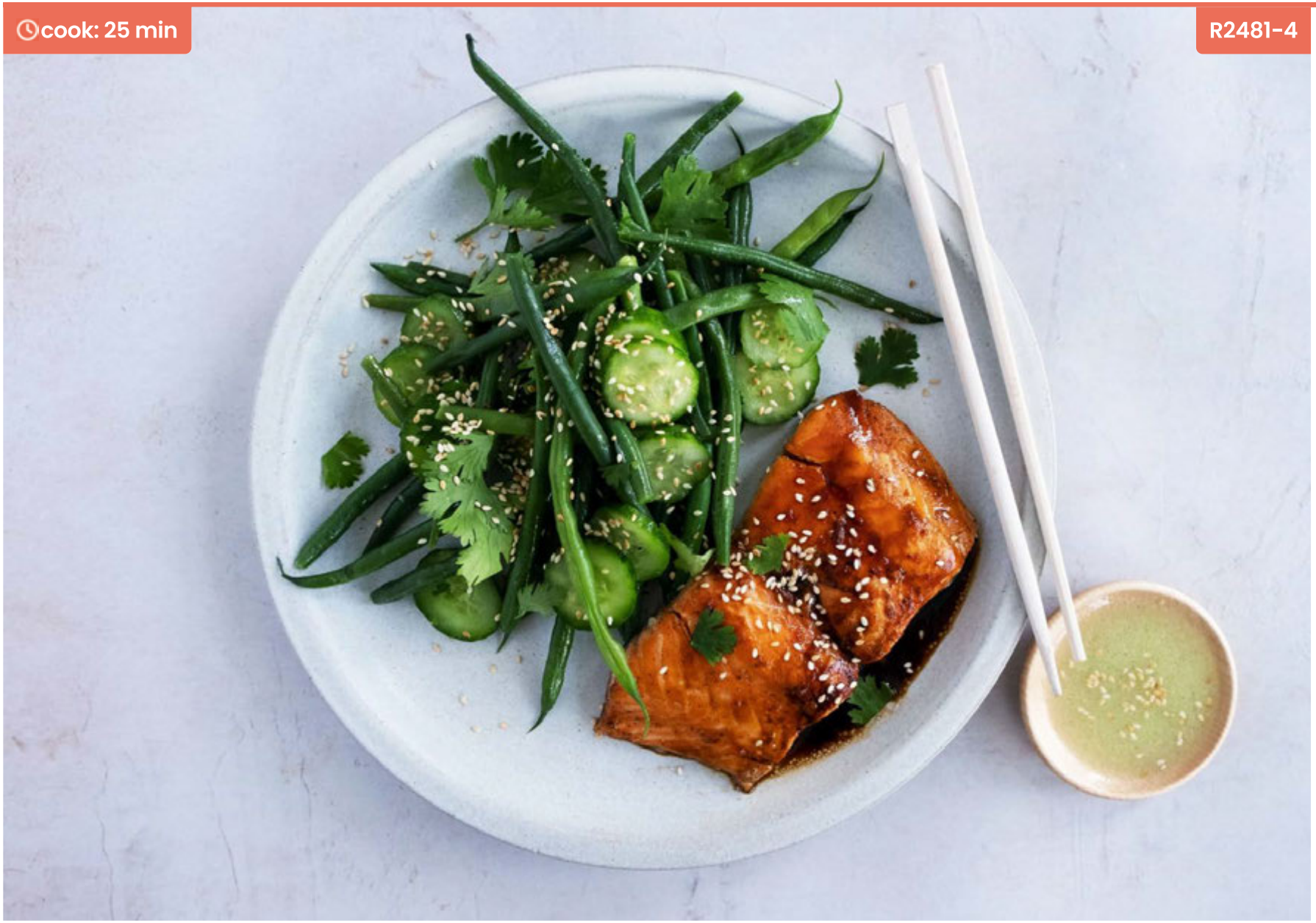
hello chef

472 calories | 43 protein | 33 carbs | 21 fat

Low Carb | Calorie Smart | Speedy

cook: 25 min

R2481-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1975 / 472
Fats (g)	20.5
of which saturated (g)	4.6
Carbohydrates (g)	33
of which sugars (g)	17.2
Fibers (g)	6.1
Proteins (g)	43.1
Salt (g)	1.2

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What You'll Need

Oven | Whisk

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salmon	
Skinless salmon fillet 6*	700 Grams
Honey	30 Grams
Chinese 5 spice	2 Grams
Salt	2 Tsp
Sweet soy sauce 9*,10*,11*,14*	20 ML

Salad	
Cucumber	4 Piece
Fresh coriander	15 Grams
Green beans	500 Grams
Salt	1 Tsp

Dressing	
Rice vinegar	30 ML
Sesame oil 3*,9*	30 ML
Wasabi 13*	4 Grams
Soy sauce 9*,10*,11*	20 ML
Lime	2 Piece

To serve	
Sesame seeds 3*	20 Grams

Allergens: *6 Fish, *9 Soya, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *3 Sesame Seeds, *13 Mustard

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1. Bake salmon

- Preheat the oven to 200°C/180°C fan.
- Portion the **salmon**.
- Place the **salmon** in a baking dish.
- In a bowl, whisk the **honey** with a pinch of **Chinese 5 spice**, the **salt** and **sweet soy sauce**.
- Drizzle over the **salmon**.
- Bake for 15 min or until cooked through.



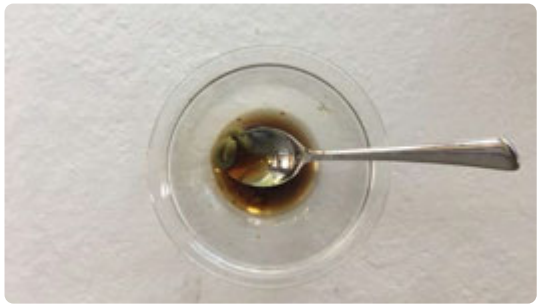
2. Prep salad

- Meanwhile, slice the **cucumber** thinly.
- Chop the **fresh coriander**.



3. Boil green beans

- Trim the **green beans**.
- Cook the **green beans** in a pot of salted boiling water for 3-4 min or until tender.
- Drain once cooked.



4. Dressing

- Meanwhile, in a bowl, whisk the **rice vinegar**, **sesame oil**, **wasabi** and **soy sauce** with 2 tbsp of **lime** juice.



5. Serve

- Toss the **cucumber**, **coriander** and **green beans** in the **dressing**.
- Serve the **Simple Honey Glazed Salmon with Wasabi Cucumber** and **Green Bean Salad**.
- Garnish with the **sesame seeds**.

Tip! Toast the sesame seeds for 2 min in a hot, dry pan.

Bread and Butter Pudding

hello chef

1564 calories | 34 protein | 204 carbs | 71 fat

Family Friendly

cook: 30 min

R4473-4



Nutritional information

	per serving*
Energy (kJ/kcal)	6520 / 1564
Fats (g)	71.4
of which saturated (g)	23.4
Carbohydrates (g)	204
of which sugars (g)	116.6
Fibers (g)	8.3
Proteins (g)	34.4
Salt (g)	6.1

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven | Whisk

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pudding	
Slider buns 3*,4*,10*,11*	12 Piece
Apricot jam	60 Grams
Butter 4*	50 Grams
Whole milk 4*	100 ML
Cooking cream 4*	100 ML
Organic Eggs 5*	1 Piece
Caster sugar	75 Grams
Vanilla essence	5 ML
Cinnamon powder	2 Grams
Nutmeg	2 Grams
Golden raisins 14*	60 Grams
Brown sugar	10 Grams
Icing sugar	25 Grams
Whipping cream 4*	150 ML

Allergens: *3 Sesame Seeds, *4 Milk, *10 Wheat, *11 Gluten, *5 Eggs, *14 Sulphur Dioxide

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Egg, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur dioxide and Celery.**



1. Bread

Preheat oven to 180C. Spread **apricot jam** on bread.



2. Melt butter

Melt **butter** and pour over bread.



3. Make custard

In a large saucepan whisk **whipping cream**, **milk**, **vanilla**, **eggs**, **nutmeg** and **cinnamon**, and **sugar** until fully combined, you do not want any trace of egg left behind. Place over medium heat and cook on low heat for 3-4 minutes until the mixture has warmed through.



4. Soak

Add bread and sultanas, briefly mix, then set aside for 15-20 minutes to allow egg mixture to soak through the bread.



5. Bake

Sprinkle **brown sugar** and **raisins** over the top. Bake 25-30.



6. Serve

Salmon Teriyaki Lettuce Cups

In this lighter take on our popular salmon teriyaki, you'll serve the salmon in lettuce cups with fresh vegetables.

hellofresh

408 calories | 43 protein | 30 carbs | 14 fat

Low Carb | Calorie Smart | Speedy

cook: 20 min

R3579-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1688 / 408
Fats (g)	13.8
of which saturated (g)	3.5
Carbohydrates (g)	30
of which sugars (g)	18
Fibers (g)	6.1
Proteins (g)	43.2
Salt (g)	3.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Box grater

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Teriyaki salmon	
Salmon cubes 6*	700 Grams
Teriyaki sauce 8*,9*,10*	80 ML
Soy sauce 9*,10*,11*	20 ML
Brown sugar	10 Grams
Oyster sauce 8*,10*	40 Grams
Vegetable oil	2 Tbsp
Black sesame seeds 3*	20 Grams

Lettuce cups	
Carrot	2 Piece
Cucumber	2 Piece
Red radish	125 Grams
Spring onion	80 Grams
Boston lettuce	2 Piece
Sushi ginger	80 Grams

Allergens: *6 Fish, *8 Molluscs, *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Make sauce

- In a bowl, mix the **teriyaki sauce**, **soy sauce**, **brown sugar** and **oyster sauce**.
- Set the **teriyaki sauce** aside.



2. Prep salad

- Peel and grate the **carrot**.
- Roughly chop the **cucumber**.
- Slice the **red radish**.
- Finely chop the **spring onion**.
- Trim and separate the **lettuce** leaves.



3. Fry salmon

- Heat a pan over a medium-high heat with a drizzle of **oil**.
- Add the **salmon cubes**.
- Cook for 3 min until almost cooked through.

Tip! Turn the salmon pieces carefully, so they don't break apart too much.



4. Add sauce

- Add the **teriyaki sauce**.
- Cook for 2 min further.



5. Assemble

- Load the **Boston lettuce** with the **salmon**, **carrots**, **radish** and **cucumber**.
- Serve the **Salmon Teriyaki Lettuce Cups** with a sprinkle of **sesame seeds** on top.
- Garnish with the **spring onion**.
- Serve the **sushi ginger** to the side.

Harissa Eggplants with Crispy Chickpeas
and Whipped Feta

Crispy chickpeas, tender eggplant and creamy feta... this dish is full of great flavour and textures!

hello chef

787 calories | 32 protein | 80 carbs | 41 fat

Low Carb

cook: 40 min

R3511-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3292 / 787
Fats (g)	41.4
of which saturated (g)	22.2
Carbohydrates (g)	80
of which sugars (g)	31.6
Fibers (g)	19.6
Proteins (g)	31.9
Salt (g)	12.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Eggplants	
Eggplant	4 Piece
Olive oil	4 Tbsp
Harissa paste	80 Grams
Maple syrup	40 ML

Chickpeas	
Chickpeas	480 Grams
Vegetable oil	2 Tbsp
Smoked paprika powder	4 Grams
Salt	1 Tsp

Whipped feta	
Lemon	1 Piece
Garlic cloves	1 Piece
Labneh 4*	400 Grams
Feta cheese 4*	400 Grams

To serve	
Pine nuts 2*	20 Grams
Smoked sea salt	4 Grams
Fresh dill	15 Grams

Allergens: *4 Milk, *2 Tree Nuts

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1. Prep

- Preheat the oven to 220°C/200°C fan.
- Slice the **eggplant** in half, lengthwise.
- Cut the flesh in a cross-hatch pattern, taking care not to slice through the skin.
- Toast the **pine nuts** in a hot dry pan until golden.
- Set aside.
- Reserve the pan.



2. Fry eggplant

- Return the pan to a high heat with a drizzle of **oil**.
- Add the **eggplant** to the pan, skin faced down.
- Cook for 2-3 min or until the skin begins to brown.
- Flip the **eggplant**.
- Cook, covered, for 3-4 min or until tender and the inside flesh has browned.
- Set aside.

> **Tip!** If there's not enough space on your pan, fry the eggplants in batches.



3. Roast eggplant

- In a small bowl, combine the **olive oil**, a pinch of **smoked salt**, the **harissa paste (spicy!)** and **maple syrup** with a squeeze of **lemon** juice (reserve the remaining **lemon** for the **feta**!).
- Add the **eggplants** to a lined baking tray, flesh side up.
- Brush the flesh of the **eggplants** with the **harissa** mix.
- Bake for 20-25 min or until the **eggplant** is tender.



4. Roast chickpeas

- Meanwhile, drain and rinse the **chickpeas**.
- On a baking tray, toss the **chickpeas** in the **vegetable oil**, **smoked paprika** and **salt**.
- Roast for 15-20 min or until crispy.



5. Whip feta

- Meanwhile, juice the remaining **lemon** into a large bowl.
- Peel and mince the **garlic** into the large bowl.
- Add the **labneh** and **feta**.
- Using a spatula, break up the **feta**.
- Whip it for 2 min.
- The result should resemble thick sour cream.
- Refrigerate until serving.

> **Tip!** Go easy on the garlic if you find the taste too punchy.



6. Serve

- Serve the **Harissa Eggplants** with **Crispy Chickpeas** on a bed of **Whipped Feta**.
- Garnish with the toasted **pine nuts**.
- Sprinkle with the **smoked sea salt**.
- Pick the **dill** and scatter over.

Chicken Meatballs with Harissa Tomato Sauce

Couscous and Cucumber Salad

Harissa brings this dish alive with rich, intense spice flavours.

938 calories | 71 protein | 89 carbs | 36 fat

Global Eats

cook: 40 min

R4244-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3929 / 938
Fats (g)	35.9
of which saturated (g)	14
Carbohydrates (g)	89
of which sugars (g)	16.8
Fibers (g)	11.5
Proteins (g)	71.2
Salt (g)	8.9

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meatballs	
Chicken mince	800 Grams
Fresh parsley	30 Grams
Red onion	2 Piece
Garlic powder	4 Grams
Panko bread crumbs 10*,11*,12*	120 Grams
Chicken seasoning	4 Grams

Sauce	
Small zucchini	4 Piece
Olive oil	1 Tbsp
Tomato paste	70 Grams
Harissa paste	40 Grams
Coriander cumin powder	8 Grams
Smoked paprika powder	4 Grams
Brown sugar	10 Grams
Dried thyme	4 Grams
Tomato passata	400 Grams
Water	400 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Dried onion flakes	20 Grams

Couscous	
Water	400 ML
Couscous 10*,11*	200 Grams
Salt	1 Tsp

Cucumber salad	
Fresh mint	10 Grams
Lemon	1 Piece
Cucumber	2 Piece
Salt	0.5 Tsp

To serve	
Feta cheese 4*	200 Grams

Allergens: *10 Wheat, *11 Gluten, *12 Lupin, *4 Milk, *5 Eggs, *9 Soya, *15 Celery

Due to production methods, we cannot guarantee our products are completely free from any allergen



1. Prep

- Preheat oven to 200°C/180°C fan.
- Pick and finely chop the **parsley** leaves.
- Peel and finely chop the **onion**.
- Cut the **zucchini** into bite-sized pieces.



2. Bake meatballs

- To a bowl, add half of the **onion**, **chicken mince**, **garlic powder**, **bread crumbs**, **parsley** and **chicken seasoning**.
- Knead well to incorporate all the ingredients.
- Form the mix into 20 **balls**.
- Add the **balls** to a lined baking tray.
- Bake for 15-18 min, until cooked through.



3. Make sauce

- Heat a large non-stick frying pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the remaining half of the **onion** and **zucchini**.
- Fry for 5-7 min until softened.
- Add the **tomato paste**, **harissa** (spicy!), **coriander cumin**, **smoked paprika**, **brown sugar**, **thyme**, **passata**, measured **water**, 1 **stock cube** and **onion flakes**.
- Mix well and bring to a boil.
- Once boiling, lower the heat. Simmer for 6-8 min.
- Once the **meatballs** are cooked, add them to the **sauce**.
- Simmer for 3-4 min until warmed through.



4. Cook couscous

- Boil the measured **water**.
- Add the **couscous** and **salt** to a pan or bowl and pour over the boiling **water**.
- Cover and leave to steam for 10-12 min until tender.
- Once cooked use a fork to fluff up the **couscous**.
- Keep covered until serving.



5. Make salad

- Pick and chop the **mint**.
- Cut the **lemon** into wedges.
- Cut the **cucumber** into small bite-sized pieces.
- To a bowl, add the **cucumber** and **mint**.
- Squeeze in the **lemon** juice and a pinch of **salt** to taste.



6. Serve

- Serve the **Chicken Meatballs** with **Harissa Tomato Sauce** with **Couscous** alongside.
- Crumble over the **feta** and serve with the **salad** on the side.

Korean-style Sticky Duck Bao Buns

with Sesame Slaw and Pickled Cucumber

These fluffy bao buns are a delight to eat! Packed with tender sous-vide duck in a sweet and spicy gochujang glaze, and a fresh and crunchy sesame slaw.

hello chef

1743 calories | 67 protein | 138 carbs | 104 fat

Global Eats | Gourmet

cook: 45 min

R4710-4



Nutritional information

	per serving*
Energy (kJ/kcal)	7294 / 1743
Fats (g)	103.9
of which saturated (g)	32.2
Carbohydrates (g)	138
of which sugars (g)	57.4
Fibers (g)	9.6
Proteins (g)	67.4
Salt (g)	4.5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com

04-825-44-00

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Duck	
Roasted half duck	4 Piece
Water	250 ML
Bao buns 10*,11*	12 Piece
Vegetable oil	0.5 Tbsp
Sesame seeds 3*	10 Grams
Ginger garlic paste	40 Grams
Gochujang 9*	80 Grams
Sweet soy sauce 9*,10*,11*,14*	80 ML
Brown sugar	15 Grams
Rice vinegar	30 ML
Water	75 ML
Sesame oil 3*,9*	30 ML

Sesame slaw	
Carrot	2 Piece
Red cabbage	300 Grams
Spring onion	80 Grams
Fresh coriander	30 Grams
Lime	2 Piece
Sesame dressing 3*,5*,9*,10*,11*	80 Grams

Pickled Cucumber	
Cucumber	2 Piece
White vinegar	30 ML
White sugar	10 Grams
Black sesame seeds 3*	5 Grams
Salt	0.25 Tsp

Allergens: *10 Wheat, *11 Gluten, *3 Sesame Seeds, *9 Soya, *14 Sulphur Dioxide, *5 Eggs

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1. Roast duck

- Preheat the oven to 220°C / 200°C fan, and bring a kettle of water to a boil.
- Place the **ducks** in a roasting pan, and pour the boiled **measured water** into the corner of the tray.
- Cover the tray with foil, and roast the **ducks** for 15 min until warmed through.
- After 15 min, remove the foil and roast the **duck** for an additional 15-20 min until crispy.

Tip! The water will help steam the duck first so they stay tender.



2. Pickle cucumber

- Meanwhile, slice the **cucumber** into rounds.
- In a bowl, combine the **white vinegar**, **white sugar**, **black sesame seeds**, and a pinch of **salt**. Mix until dissolved.
- Add the **cucumber**. Stir and set aside to marinate.



3. Make slaw

- Peel and slice the **carrot** into thin matchsticks.
- Finely shred the **red cabbage**.
- Trim and thinly slice the **spring onion**
- Pick and roughly chop the **coriander**.
- Slice the **lime** into wedges.
- In a large bowl, combine the **vegetables**, the **sesame dressing**, and squeeze of **lime juice**.
- Toss to coat and refrigerate until ready to serve.



4. Make sticky glaze

- In a sauce pan over medium heat, add a small drizzle of **oil** and the **sesame seeds**. Fry for 30 sec until golden.
- Add the **ginger garlic paste**, **gochujang**, **sweet soy sauce**, **brown sugar**, **rice vinegar**, and the **measured water**.
- Bring to a simmer and cook for 2 min until thickened.
- Stir in the **sesame oil** at the end.
- Turn off the heat, and set aside.



5. Shred duck

- Using two forks, shred the **roasted duck**, discarding the bones, and add to the pot with the **sticky glaze**. Mix well to combine.



6. Steam bao buns

- Add the **bao buns** to a plate and splash a bit of water all over.
- Cover the **bao buns** with either parchment paper or plastic film, and microwave on high for 1 min until soft and fluffy.
- Stuff the **bao buns** with the **Korean-style Sticky Duck** and slices of **pickled cucumber**. Serve the **Sesame Slaw** on the side.

Tip! Alternatively, use a bamboo or other steamer to steam the bao buns for 2-3 min until fluffy.

Mushroom Donburi Bowl

with Spicy Cucumbers

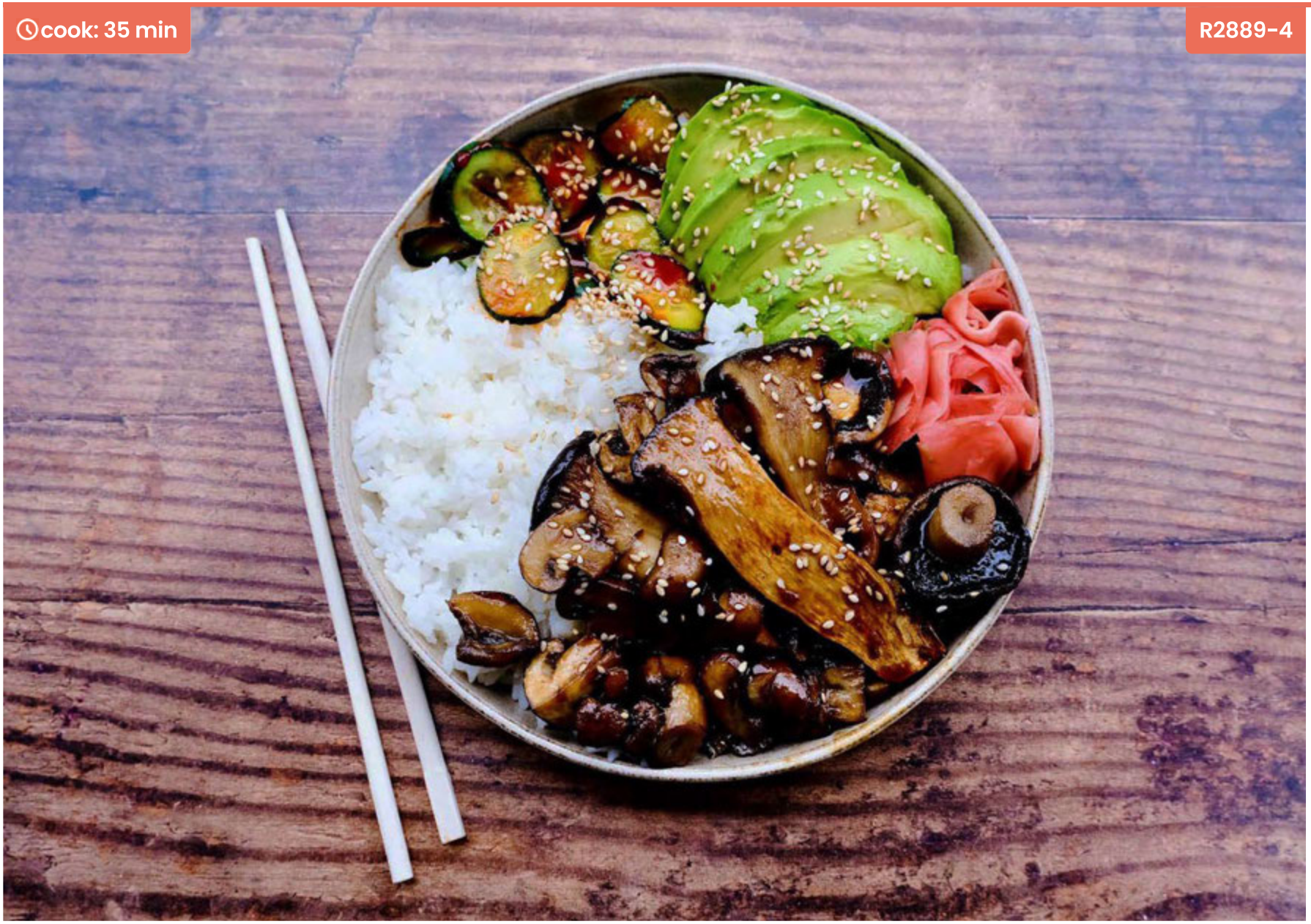
'Donburi' literally means 'bowl' in Japanese. Donburi bowls commonly consist of simmered vegetables, meat or fish, served over rice.

hello chef

757 calories | 21 protein | 108 carbs | 31 fat

cook: 35 min

R2889-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3167 / 757
Fats (g)	31.1
of which saturated (g)	4.5
Carbohydrates (g)	108
of which sugars (g)	15.1
Fibers (g)	17.8
Proteins (g)	21.3
Salt (g)	6.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Mushrooms	
Chestnut mushrooms	500 Grams
King oyster mushrooms	800 Grams
Vegetable oil	2 Tbsp
Soy sauce 9*,10*,11*	40 ML
Agave syrup	20 ML
Hoisin sauce 3*,9*,10*	40 Grams

Spicy cucumber	
Cucumber	4 Piece
Salt	2 Tsp
Ginger	60 Grams
Garlic cloves	1 Piece
Rice vinegar	30 ML
Sesame oil 3*,9*	30 ML
Gochujang 9*	20 Grams

Sides	
Sushi rice	300 Grams
Salt	1 Tsp
Water	600 ML
Avocado	2 Piece
Sushi ginger	80 Grams
Sesame seeds 3*	20 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Salt cucumbers

Preheat the oven to 200°C/180°C fan. Slice the **cucumbers** as finely as possible. Place the **cucumbers** in a colander or sieve and sprinkle them with the **salt**. Place the colander in the sink until step 5.

Tip! Salting the cucumber like this helps to draw water out from them, which is which it's best to leave the colander in the sink.



2. Roast mushrooms

Meanwhile, slice or directly tear the **mushrooms** onto a baking tray. Drizzle generously with **oil** and toss until coated. Roast for 25 min.



3. Boil rice

Meanwhile, rinse the **sushi rice** in cold water. Add the **rice**, a pinch of **salt** and the **measured water** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pan from the heat and keep covered until serving.



4. Make sauce

Meanwhile, heat a large pan over a medium heat with the **soy sauce**, **agave syrup** and **hoisin**. Simmer for 1 min, then remove from the heat and set aside. Once the **mushrooms** are ready, pour them into the pan and toss them in the **sauce** until coated.



5. Dress cucumbers

Peel and finely grate the **ginger** and **garlic**. Place the **ginger**, **garlic**, **vinegar**, **sesame oil** and **gochujang (spicy!)** in a bowl and whisk to combine. With clean hands, squeeze any excess water from the **cucumbers**. Add the **cucumbers** to the bowl and toss until coated.

6. Serve

Cut the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon, then slice it. Serve the **mushrooms**, **avocado**, **cucumbers** and **sushi ginger** over the **rice** and garnish with the **sesame seeds**.

Caribbean Beef with Coconut Rice

and Tomato Corn Salsa

In this tropical recipe you will make coconut rice; plain rice will never be the same again.

950 calories | 51 protein | 118 carbs | 37 fat

Global Eats

cook: 30 min

R3645-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3973 / 950
Fats (g)	36.6
of which saturated (g)	17.7
Carbohydrates (g)	118
of which sugars (g)	22.7
Fibers (g)	10.7
Proteins (g)	50.6
Salt (g)	2.3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Box grater

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef	
Lean beef mince	700 Grams
Carrot	2 Piece
Garlic cloves	2 Piece
Vegetable oil	2 Tbsp
Paprika powder	4 Grams
Smoked paprika powder	4 Grams
Mango chutney	100 Grams
Tomato paste	70 Grams
Soy sauce 9*,10*,11*	20 ML
Water	200 ML

Coconut rice	
Basmati rice	300 Grams
Salt	1 Tsp
Water	200 ML
Coconut milk	400 ML

Salsa	
Tomatoes	2 Piece
Sweet corn kernels	244 Grams
Fresh mint	10 Grams
Lime	2 Piece
Olive oil	2 Tbsp
Salt	1 Tsp

Allergens: *9 Soya, *10 Wheat, *11 Gluten

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1. Boil rice

- Rinse the **basmati rice**.
- Add the **rice**, a pinch of **salt**, the **measured water** and **coconut milk** to a saucepan with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pan from heat.
- Keep covered until serving.

Tip! The trick to perfectly fluffy rice is to rinse it thoroughly first, thereby removing as much starch as possible.



2. Prep

- Meanwhile, peel and grate the **carrot**.
- Peel and mince the **garlic**.



3. Fry beef

- Heat a non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **beef mince**.
- Fry for 5-7 min or until browned.
- Add the **carrot**, **garlic**, **paprika** and **smoked paprika**.
- Cook for 1-2 min or until fragrant.

Tip! Before frying the beef, cook the sweetcorn until lightly charred, 4-5 minutes. Transfer to a medium bowl. Cover the pan with a lid if the kernels are "popping" out.



4. Add

- Add half of the **mango chutney** (reserve the rest for serving), the **tomato paste**, **soy sauce** and **measured water** to the **beef mince**.
- Season with **salt**.
- Simmer for 2 min or until warmed through.

Tip! Want your beef mince saucy? Add an extra splash of water when cooking.



5. Make salsa

- Meanwhile, finely chop the **tomato**.
- Drain the **sweet corn**.
- Pick and roughly chop the **mint** leaves.
- Add the **tomato**, **corn** and **mint** to a bowl.
- Add the juice of the **lime**, a drizzle of **olive oil** and a pinch of **salt**.
- Toss.



6. Serve

- Serve the **Caribbean Beef** with **Coconut Rice** topped with the **Tomato Corn Salsa**.

9 oz Fillet of Beef with Twice Baked Potatoes

with Tenderstem Broccoli and Garlic Butter

Enjoy this steakhouse classic in the comfort of your own home!

hello chef

1018 calories | 80 protein | 36 carbs | 67 fat

Gourmet | Family Friendly

cook: 60 min

R2646-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4245 / 1018
Fats (g)	67.1
of which saturated (g)	36.7
Carbohydrates (g)	36
of which sugars (g)	4.4
Fibers (g)	8.1
Proteins (g)	79.7
Salt (g)	1.7

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steaks and butter	
Fillet steak	1000 Grams
Garlic cloves	8 Piece
Butter 4*	100 Grams
Vegetable oil	4 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Potatoes	
Potatoes	900 Grams
Olive oil	2 Tbsp
Fresh chives	15 Grams
Sour cream 4*	120 Grams
Grated cheddar 4*	120 Grams
Grated orange cheddar 4*	120 Grams
Salt	1 Tsp
Black pepper	0.5 Tsp

Side	
Tenderstem broccoli	300 Grams
Olive oil	2 Tbsp
Salt	0.5 Tsp

Allergens: *4 Milk

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1. Roast potatoes

- Preheat the oven to 220°C/200°C fan.
- Scrub the **potatoes** clean.
- Halve them (skins on) lengthwise.
- Add them to a large baking tray, cut side up.
- Drizzle with **oil** and season with **salt**.
- Roast for 30 min or until softened.



2. Prep butter

- Meanwhile, remove the **steaks** from the fridge.
- Peel and mince the **garlic**.
- Add the **butter** and **garlic** to a small pan.
- Place the pan over a medium heat and allow the **butter** to melt.
- Leave to sizzle for 30 sec, then remove from the heat.
- Keep covered until serving.



3. Make filling

- After 30 min, remove the **potatoes** from the oven.
- Using a spoon, scoop out the majority of the softened **potato**, leaving some around the edges to hold the skins in shape.
- Mash the softened **potato** in a bowl and combine it with the chopped **chives**, **sour cream**, 3/4 of the **grated** cheese (both types) and **salt** and **pepper**.



4. Bake

- Spoon the filling back into the **potato** skins.
- Sprinkle with the remaining **cheeses**.
- Trim the **broccoli** and add it to the tray along with the **potatoes**.
- Drizzle with **olive oil** and sprinkle with **salt**.
- Roast the **potatoes** and the **broccoli** in the oven for 10 min further.



5. Fry steaks

- Meanwhile, pat the **steaks** dry with kitchen paper.
- Rub them with **oil** and season with **salt**.
- Heat a large pan over a high heat.
- Once hot, add the **steaks**.
- Fry them for 3 min on each side.
- Place on a baking tray and finish cooking them in the oven for 8-10 min or until cooked to your liking.
- Transfer the **steaks** to a plate.
- Leave them to rest for 10 min.
- Once rested, season generously with **salt** and **pepper**.



6. Serve

- Serve the **9 oz Fillet of Beef** and **Twice Baked Potatoes** with **Tenderstem Broccoli** and **Garlic Butter**.
- Drizzle the **steaks** with the warm **garlic butter**.
- Serve immediately.

9oz Fillet Steak with Cauliflower Cheese

Tenderstem Broccoli and Gravy

Cauliflower cheese is a Christmas classic! We're serving ours with a tender fillet steak, rich gravy and Tenderstem broccoli.

1019 calories | 80 protein | 44 carbs | 58 fat

Gourmet | Low Carb

cook: 30 min

R3538-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4247 / 1019
Fats (g)	58.4
of which saturated (g)	31.6
Carbohydrates (g)	44
of which sugars (g)	20.7
Fibers (g)	7
Proteins (g)	80.1
Salt (g)	5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Oven
- Box grater
- Whisk

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steak	
Fillet steak	1000 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Cauliflower cheese	
Cauliflower	800 Grams
Gruyere 4*	120 Grams
Butter 4*	100 Grams
Corn starch	30 Grams
Whole milk 4*	400 ML
Grated mozzarella 4*	120 Grams
Salt	1 Tsp

Gravy	
Plain flour 10*,11*	50 Grams
Water	500 ML
Onion marmalade	56 Grams
Worcestershire sauce 6*,11*	30 ML
Beef stock cube 4*,5*,9*,11*,15*	2 Piece

To serve	
Tenderstem broccoli	300 Grams

Allergens: *4 Milk, *10 Wheat, *11 Gluten, *6 Fish, *5 Eggs, *9 Soya, *15 Celery

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1. Prep

- Preheat the oven to 200°C/180°C fan.
- Chop the **cauliflower** into small florets.
- Grate the **gruyere**.
- Cook the **cauliflower** in a pot of salted boiling water for 4 min or until tender.
- Drain.
- Meanwhile, heat a pan or pot over a medium heat.
- Once hot, add half of the **butter** and the **corn starch**.
- Cook, stirring continuously, for 1 min or until a sandy paste has formed.



2. Bake cauliflower

- Gradually whisk in the **milk**.
- Cook for 3 min further or until the **sauce** has thickened.
- Add the **gruyere** and **mozzarella** and season well with **salt** and **pepper**.
- Place the drained **cauliflower** in a baking dish.
- Pour the **cheese sauce** over the **cauliflower**.
- Give everything a good mix up.
- Bake for 20 min.

Tip! Using room temperature or slightly warm milk will help the sauce to thicken faster.



3. Fry steak

- Meanwhile, pat the **steaks** dry with kitchen paper.
- Rub them with **oil** and season with **salt**.
- Heat a large pan over a high heat.
- Once very hot, add the **steaks**.
- Fry them for 3 min on each side.
- Place on a baking tray.
- Finish cooking them in the oven for 8-10 min or until cooked to your liking.
- Transfer the **steaks** to a plate.
- Reserve the pan!
- Leave them to rest for 10 min.
- Once rested, season generously with **salt** and **pepper**.



4. Boil broccoli

- Meanwhile, cook the **broccoli** in lightly salted boiling water for 5 min or until tender.
- Drain once cooked.



5. Make gravy

- Meanwhile, return the unwashed **steak** pan to a medium heat with the remaining **butter**.
- Add the **flour**.
- Stir for 1 min.
- Gradually whisk in the **measured water**, **onion marmalade**, **Worcestershire sauce** and **beef stock cube**.
- Cook for 2-3 min until thickened.
- Season generously with **black pepper**.
- Set **gravy** aside.



6. Serve

- Serve the **9oz Fillet Steak** with **Cauliflower Cheese**, **Tenderstem Broccoli** and **Gravy**.

Spicy Tamarind Chicken and Coriander Stew

with Cauliflower Rice and Cucumber Mint Yogurt

Inspired by Southern Persian flavours with Indian influence, this spicy-tangy stew is deliciously fragrant and simple to make.

hello chef

474 calories | 58 protein | 43 carbs | 8 fat

Calorie Smart

cook: 40 min

R4114-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1984 / 474
Fats (g)	7.9
of which saturated (g)	3.3
Carbohydrates (g)	43
of which sugars (g)	23.6
Fibers (g)	10.3
Proteins (g)	58
Salt (g)	5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Food processor

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Fresh coriander	30 Grams
Small red chilli	2 Piece
Carrot	2 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Turmeric powder	4 Grams
Coriander cumin powder	8 Grams
Fenugreek leaves	4 Grams
Tamarind paste	30 Grams
Tomato passata	400 Grams
Brown sugar	10 Grams
Chicken stock cube 4*,5*,9*,15*	1 Piece
Water	400 ML

Cauliflower Rice	
Cauliflower	800 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Yogurt	
Fresh mint	10 Grams
Cucumber	2 Piece
Natural yogurt 4*	170 Grams
Salt	1 Tsp

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Prep

- Peel and finely chop the **onions**.
- Peel and finely mince the **garlic**.
- Finely chop the **coriander** (stems included).
- Thinly slice the **red chilli**.
- Peel and chop the **carrots** into thin rounds or half moons.
- Chop the **chicken** into small bite-sized pieces.

Tip! Sensitive to spice? Deseed the red chilli and use only a small amount.



2. Fry chicken

- Heat a pot over a medium-high heat with a drizzle of **olive oil**.
- Once hot, add the **onion** with a pinch of **salt** and fry for 5 min until softened.
- Add the **garlic**, **red chilli** (spicy!) and the **coriander** and fry for 1-2 min further until fragrant.
- Add the **chicken** and fry for 2-3 min further until browned.
- Add the **turmeric**, **coriander cumin powder**, and **fenugreek**, and fry for 1-2 min further.



3. Simmer Stew

- Add the **tamarind paste**, **tomato passata**, and **brown sugar** to the **chicken** and mix to combine.
- Add the 1 **chicken stock cube**, the **measured water**, and **carrots**.
- Bring to a simmer, cover, and cook for 15-20 min on medium heat until the **chicken** is cooked through, the **carrots** have softened, and the **sauce** has thickened.

Tip! Adjust the thickness of the stew to your liking by adding more or less water towards the end of cooking.



4. Make Cauli Rice

- Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains.
- Heat a saucepan over a medium heat with a drizzle of **oil**.
- Once hot, add the **cauliflower** with a pinch of **salt** and stir-fry for 5 min.



5. Make cucumber yogurt

- Meanwhile, pick and finely chop the **mint leaves**.
- Chop the **cucumber** into small bite-sized pieces.
- In a bowl, combine the **cucumber**, **mint**, **yogurt**, and a pinch of **salt**.
- Stir and set aside.



6. Serve

- Divide the **cauliflower rice** amongst plates and serve the **chicken stew** and **cucumber mint yogurt** alongside.

Fillet Steak with Chimichurri

Sweet Potato Chips and Buttered Mushrooms

Chimichurri is a classic Argentinian sauce which is commonly served with steak, isn't cooked and is flavoured with raw herbs and garlic.

hello chef

855 calories | 61 protein | 68 carbs | 38 fat

Gourmet | Low Carb

cook: 40 min

R2554-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3562 / 855
Fats (g)	38.3
of which saturated (g)	19.4
Carbohydrates (g)	68
of which sugars (g)	13.8
Fibers (g)	10.9
Proteins (g)	61.4
Salt (g)	1.7

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What You'll Need

Oven

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steak & mushrooms	
Fillet steak	1000 Grams
Vegetable oil	4 Tbsp
Salt	1 Tsp
Chestnut mushrooms	500 Grams
Soy sauce 9*,10*,11*	20 ML
Butter 4*	100 Grams

Sweet potatoes	
Sweet potatoes	1200 Grams
Vegetable oil	4 Tbsp
Salt	1 Tsp

Chimichurri	
Small red chilli	2 Piece
Fresh coriander	30 Grams
Fresh parsley	30 Grams
Garlic cloves	2 Piece
Water	60 ML
Salt	1 Tsp
Olive oil	8 Tbsp
Red vinegar	45 ML
Dried oregano	4 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *4 Milk

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1. Roast chips

- Preheat the oven to 200°C/180°C fan.
- Slice the **sweet potatoes** (skins on) into **chips**.
- Add the **chips** to a large baking tray.
- Drizzle with **vegetable oil** and sprinkle with the **salt**.
- Roast for 30 min or until golden and crisp.



2. Prep chimichurri

- Meanwhile, finely chop the **red chilli (spicy!)**, **coriander** and **parsley**, including the stalks.
- Peel and finely chop the **garlic**.
- Add the lot in a large bowl with the **measured water**, **salt**, **olive oil**, **red vinegar** and **dried oregano**.

Tip! Make the chimichurri a day ahead to allow the flavours to intensify!



3. Fry steak

- Pat the **steaks** dry with kitchen paper.
- Rub them with **oil** and season with **salt**.
- Heat a large pan over a high heat.
- Once very hot, add the **steaks**.
- Fry them for 3 min on each side.
- Place on a baking tray.
- Finish cooking them in the oven for 8-10 min or until cooked to your liking.
- Transfer the **steaks** to a plate.
- Leave them to rest for 10 min.
- Reserve the pan.



4. Fry mushrooms

- Return the pan to a medium-high heat with a drizzle of **vegetable oil**.
- Once hot, tear the **chestnut mushrooms** into the pan.
- Fry for 5 min until starting to crisp.
- Once starting to crisp, add the **soy sauce** and **butter** and cook for 1 min further.



5. Serve

- Spoon the **mushrooms** over the rested **steaks**.
- Serve the **Fillet Steak** with **Chimichurri**, **Sweet Potato Chips** and **Buttered Mushrooms**.
- Serve with the **chimichurri sauce** to the side.

Cape Malay Chicken Curry

with Coriander Rice and Sambal

A mildly spiced, fruity Cape Malay curry. Cape Malays are a community and ethnic group in South Africa, with influences from Indonesians and other Asians who lived in the Cape in the past.

hello chef

907 calories | 67 protein | 137 carbs | 12 fat

Family Friendly | Global Eats

cook: 45 min

R4498-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3800 / 907
Fats (g)	11.7
of which saturated (g)	2.7
Carbohydrates (g)	137
of which sugars (g)	32.3
Fibers (g)	12.7
Proteins (g)	66.6
Salt (g)	2.4

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What You'll Need

- Box grater

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Skin-on, bone-in chicken thighs	1000 Grams
White onion	2 Piece
Carrot	2 Piece
New potatoes	500 Grams
Vegetable oil	2 Tbsp
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Garlic paste	20 Grams
Garam masala	16 Grams
Curry powder	15 Grams
Coriander cumin powder	8 Grams
Chilli powder	4 Grams
Cardamom pods	4 Piece
Cinnamon stick	2 Piece
Tomato paste	60 Grams
Mango chutney	100 Grams
Peeled plum tomatoes	800 Grams
Water	800 ML

Rice	
Medium grain rice	300 Grams
Salt	0.5 Tsp
Water	600 ML

Sambal	
Tomatoes	2 Piece
Fresh coriander	30 Grams
White vinegar	60 ML

Allergens:

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1. Prep

- Peel and finely chop the **onion**.
- Peel and grate the **carrot**.
- Chop **potatoes** (skin on) into small bite-sized pieces.



2. Start curry

- Heat a large pot over medium heat with a drizzle of **oil**.
- Fry half the **onion** for 5 min until softened (reserve half for the **sambal**).
- Add the **potatoes**, **garlic paste**, **garam masala**, **curry powder**, **coriander cumin powder**, **cinnamon stick**, 2 tsp **chilli powder** and fry for 1 min until fragrant.
- Add the **tomato paste**, **mango chutney**, **peeled plum tomatoes**, half the **carrot** (reserve the rest for the **sambal**) and **measured water**.
- Stir, breaking up the **tomatoes**.



3. Add chicken

- Add the **chicken** into the pot.
- Lower the heat and simmer for 25-30 min until the **potatoes** are soft and the **chicken** is cooked through.
- Adjust seasoning with **salt** and **pepper**, to taste.

> **Tip!** If you prefer, remove the skin from the chicken before cooking.



4. Make sambal (salad)

- Meanwhile, roughly chop the **tomato**.
- Pick the **coriander** leaves.
- Reserve a handful of **coriander leaves** for the **rice** and roughly chop the rest.
- In a small bowl, combine the reserved **carrot**, **onion**, **tomato**, **coriander** and **vinegar**.



5. Make rice

- Rinse and drain the **rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat.
- Lower the heat, cover and cook for 12-14 min, until the **rice** is tender.
- Remove from the heat, stir through the reserved **coriander leaves** and keep covered until serving.



6. Serve

- Serve the **Cape Malay Chicken Curry** with **Coriander Rice** and a side **Sambal**.

Mustardy Beef Stew
with Champ

Champ is a traditional Irish mash made with the pride of potatoes and chopped spring onion for flavour.

641 calories | 55 protein | 61 carbs | 20 fat

Family Friendly | Global Eats

cook: 45 min

R4362-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2677 / 641
Fats (g)	20
of which saturated (g)	10.3
Carbohydrates (g)	61
of which sugars (g)	19.2
Fibers (g)	9.4
Proteins (g)	54.6
Salt (g)	4.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Potato masher

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef	
Steak strips	700 Grams
Carrot	2 Piece
Garlic cloves	4 Piece
Plain flour 10*,11*	20 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Vegetable oil	2 Tbsp
Butter 4*	20 Grams
Wholegrain mustard 13*	30 Grams
Onion marmalade	56 Grams
Worcestershire sauce 6*,11*	30 ML
Beef stock cube 4*,5*,9*,11*,15*	2 Piece
Water	450 ML

Champ	
Potatoes	1000 Grams
Spring onion	80 Grams
Whole milk 4*	200 ML
Butter 4*	30 Grams
Nutmeg	1 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *10 Wheat, *11 Gluten, *4 Milk, *13 Mustard, *6 Fish, *5 Eggs, *9 Soya, *15 Celery

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1. Prep veg

- Peel and chop the **carrots** into thin quarters.
- Peel and roughly chop the **potatoes**.
- Peel and finely chop the **garlic cloves**.
- Finely slice the **spring onion**.



2. Make champ

- Bring a pot of salted water to the boil.
- Add chopped **potatoes** and cook for 20 min or until soft.
- Drain.
- Return **potatoes** to the pot and add **milk**, 3 tub of **butter**, a pinch of **nutmeg**, **salt** and **pepper** to taste.
- Mash until smooth.
- Add the **spring onions** (reserving some for serving) and mix.



3. Fry steak

- Pat dry the **steak strips** with a paper towel.
- Coat in **flour** and season with **salt** and **pepper**.
- Heat a large pot over high heat with a drizzle of **oil**.
- Fry the **steak strips** for 3-5 min until browned.
- Remove from the pot and set aside.

Tip! Fry in batches if necessary to brown the meat without steaming.



4. Start sauce

- Add the remaining **butter**, **garlic** and **carrots** and fry for 2-3 min.
- Add **wholegrain mustard**, **onion marmalade**, **Worcestershire sauce**, **stock cube** and **measured water**.
- Return the **steak strips** to the pot.
- Lower heat and simmer for 10 min or until **carrots** are soft and **sauce** is thickened to your liking.



5. Finish stew

- Just before serving add reserved **spring onions** and mix through.



6. Serve

- Enjoy **Mustardy Beef Stew** served on a bed of **Champ**.

Scampi and Chips

with Minty Peas and Tartare Sauce

A British seaside classic, made at home!

hello chef

761 calories | 41 protein | 81 carbs | 31 fat

Family Friendly

cook: 40 min

R3226-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3182 / 761
Fats (g)	31.3
of which saturated (g)	13.8
Carbohydrates (g)	81
of which sugars (g)	7.8
Fibers (g)	13.4
Proteins (g)	40.8
Salt (g)	3.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Food processor

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Scampi	
Jumbo prawns 7*	600 Grams
Plain flour 10*,11*	50 Grams
Organic Eggs 5*	2 Piece
Panko bread crumbs 10*,11*,12*	200 Grams
Smoked paprika powder	4 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Vegetable oil	2 Tbsp

Chips	
Potatoes	1200 Grams
Vegetable oil	4 Tbsp
Flaky sea salt	4 Grams

Tartare	
Capers	40 Grams
Mayonnaise 5*,9*,13*	50 Grams
Sour cream 4*	120 Grams
Lemon	2 Piece
Salt	1 Tsp

Minted peas	
Fresh mint	20 Grams
Cream cheese 4*	160 Grams
Water	100 ML
Vegetable stock cube 15*	1 Piece
Green peas	500 Grams

Allergens: *7 Crustaceans, *10 Wheat, *11 Gluten, *5 Eggs, *12 Lupin, *9 Soya, *13 Mustard, *4 Milk, *15 Celery

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1. Bake chips

Preheat the oven to 200°C/180°C fan. Slice the **potatoes** (skins on) into **chips**. Add the **chips** to a large baking tray with a drizzle of **vegetable oil** and a generous pinch of **salt**. Toss the **chips** in the **oil** until fully coated. Bake for 30 min or until golden and crisp.



2. Bread prawns

Meanwhile, add the **plain flour**, **egg** and **panko bread crumbs** to three separate shallow bowls. Whisk the **eggs**. Add the **smoked paprika**, **salt** and **pepper** to the **flour**. One by one, pat the **prawns** dry and turn them in the seasoned **flour**, before dipping them in beaten **egg** and finally coating them in the **panko bread crumbs**. Refrigerate.



3. Make tartare

Chop the **capers** finely. In a bowl, combine the **mayonnaise**, **sour cream** with the chopped **capers**, a squeeze of **lemon** juice and a pinch of **salt**. This is your **tartare sauce**.



4. Make peas

Finely chop the **mint** leaves. Add the **mint** to a sauce pan along with the **cream cheese**, **measured water**, crumbled **stock cube** and **peas**. Simmer for 3 min to warm through. Add the lot to a food processor and blitz until smooth.



5. Fry scampi

Heat a non-stick pan over medium-high heat with a drizzle of **oil**. Once hot, add the breaded **prawns** and cook for 3 min on each side or until golden and crispy.



6. Serve

Serve the **scampi** and **chips** with the **tartare sauce** and minted **peas** to the side. Sprinkle the chips with a generous pinch of **flaky salt** and serve immediately.

Daoud Basha, Lamb Meatballs in a Rich Tomato Sauce

with Creamy Cauli Mash

Enjoy this Middle Eastern meatball dish, served over cauli mash. It is named after its greatest fan, King Daoud Basha.

hello chef

785 calories | 61 protein | 45 carbs | 46 fat

Low Carb

cook: 45 min

R3560-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3286 / 785
Fats (g)	45.8
of which saturated (g)	22.3
Carbohydrates (g)	45
of which sugars (g)	18.7
Fibers (g)	12
Proteins (g)	61.2
Salt (g)	4.2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Food processor

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meatballs	
Lamb mince	700 Grams
Fresh parsley	15 Grams
Cinnamon powder	2 Grams
Salt	1 Tsp
Marmite 11*,15*	16 Grams
Black pepper	1 Tsp
Vegetable oil	2 Tbsp

Tomato sauce	
Red onion	2 Piece
Garlic cloves	4 Piece
Small zucchini	4 Piece
Ras el hanout	10 Grams
Tomato passata	500 Grams
Tomato paste	70 Grams
Water	100 ML
Chicken stock cube 4*,5*,9*,15*	2 Piece
Brown sugar	10 Grams
Pomegranate molasses	40 Grams

Cauliflower mash	
Cauliflower	1200 Grams
Cream cheese 4*	160 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *11 Gluten, *15 Celery, *4 Milk, *5 Eggs, *9 Soya

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1. Prep

Peel and finely chop the **onion** and **garlic**. Chop the **zucchini** into bite-size pieces. Finely chop the **parsley**.



2. Make meatballs

In a large bowl, combine the **lamb mince**, **cinnamon powder**, **salt**, **marmite**, **black pepper** and half of the **parsley**. Reserve the rest for garnish. Knead the mixture until combined. Shape into 20 **meatballs**.

Tip! To avoid dense tough meatballs, don't over-knead the mixture.



3. Fry

Heat a non-stick pan with a lid over a medium-high heat with a drizzle of **vegetable oil**. Once hot, add the **meatballs** and fry for 2-3 min until browned. Add the **onions** and cook for 3 min further. Add the **garlic** and **ras el hanout (spicy!)**. Cook for 1 min further.

Tip! Sensitive to spice? Go easy on the ras el hanout.



4. Simmer

Add the **tomato passata**, **tomato paste**, **measured water**, **stock cube**, **brown sugar** and **zucchini**. Bring to a boil. Reduce the heat to medium and simmer covered for 12-15 min or until the **meatballs** are cooked through. Once cooked, keep warm until ready to serve.



5. Blend cauliflower

Meanwhile, chop the **cauliflower** into small florets. Bring a large pot of salted water to a boil. Add the **cauliflower** and cook, covered, for 12-15 min or until soft. Once cooked, drain and add the **cauliflower** and **cream cheese** to a food processor. Blitz for 1-2 min until smooth. Season generously with **salt** and **pepper**.



6. Serve

Serve the **meatballs**, **zucchini** and **sauce** over the **cauliflower mash**. Drizzle the **pomegranate molasses** over the **meatballs**. Top with the remaining **parsley**.

VIRAL - Cucumber and Smoked Salmon Salad

-

-

121 calories | 8 protein | 10 carbs | 6 fat

Speedy

cook: 5 min

R4837-4



Nutritional information

	per serving*
Energy (kJ/kcal)	508 / 121
Fats (g)	5.9
of which saturated (g)	3.5
Carbohydrates (g)	10
of which sugars (g)	4
Fibers (g)	2.4
Proteins (g)	8.3
Salt (g)	0.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Cucumber	2 Piece
Smoked Salmon Slices 6*	100 Grams
Cream cheese 4*	80 Grams
Fresh chives	15 Grams
Sesame seeds 3*	5 Grams
Fresh dill	15 Grams
Lemon	1 Piece
Vegetable seasoning 2*,10*,11*,13*	2 Grams
Garlic onion powder	4 Grams
Capers	40 Grams
Red onion	1 Piece

Allergens: *6 Fish, *4 Milk, *3 Sesame Seeds, *2 Tree Nuts, *10 Wheat, *11 Gluten, *13 Mustard

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1. Prep

- thinly slice **cucumbers**. Peel and finely slice shallots. Finely chop **chives**. Finely chop **dill**. Cut **lemon** in half. Finely chop **smoked salmon**.



2. Combine

- In a large container with a lid, add all the chopped ingredients, **cream cheese**, **garlic onion powder**, **capers**, **vegetable seasoning**, toasted **sesame seeds**.



3. Shake

- Give everything a good shake until well combined.



4. Serve

- serve

Two Cheese and Black Pepper Risotto

with Roasted Cherry Tomatoes

We love this one because it's both fancy enough for a dinner party and comforting enough to be eaten in front of the telly.

hello chef

755 calories | 33 protein | 98 carbs | 31 fat

cook: 35 min

R2812-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3154 / 755
Fats (g)	30.6
of which saturated (g)	15.4
Carbohydrates (g)	98
of which sugars (g)	14.6
Fibers (g)	6.7
Proteins (g)	33.2
Salt (g)	1.3

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What You'll Need

- Oven
- Pestle & Mortar

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04-825-44-00

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Tomatoes	
Cherry tomatoes	600 Grams
Olive oil	2 Tbsp
Balsamic vinegar 14*	30 ML
Brown sugar	10 Grams
Salt	1 Tsp

Risotto	
Brown onion	2 Piece
Garlic cloves	4 Piece
Water	1400 ML
Vegetable stock cube 15*	2 Piece
Butter 4*	50 Grams
Salt	1 Tsp
Arborio rice	320 Grams
Gruyere 4*	200 Grams
Grated Parmesan 4*	60 Grams
Fresh chives	15 Grams
Black peppercorns	10 Grams

Allergens: *14 Sulphur Dioxide, *15 Celery, *4 Milk

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1. Roast tomatoes

- Preheat the oven to 180°C/160°C fan.
- Place the whole **cherry tomatoes** on a lined baking tray.
- Drizzle with **olive oil** and **balsamic vinegar**.
- Sprinkle with the **sugar** and **salt**.
- Shake the tray from side to side until the **tomatoes** are coated.
- Roast for 30 min until the **tomatoes** are starting to shrivel.



2. Prep

- Meanwhile, peel and finely chop the **onion**.
- Peel and mince the **garlic**.
- Boil the **measured water** and dissolve the **vegetable stock cube** in it.



3. Fry onion

- Heat a large non-stick pan over a medium-low heat with the **butter**.
- Once melted, add the **onion** with a pinch of **salt**.
- Cook for 6-7 min or until softened.



4. Add rice

- Once softened, add the **arborio rice** and **garlic**.
- Cook for 1 min further, stirring to coat the grains in the **butter**.



5. Simmer risotto

- Add 1/3 of the **stock** and stir continuously until it has absorbed.
- Continue to add the **stock**, a little at a time for 20 min or until all the **stock** is absorbed and the **rice** is cooked 'al dente'.

Tip! Like pasta, risotto is traditionally served 'al dente'. If you prefer a softer finish, cook the risotto for 5-10 min longer.



6. Finish

- Meanwhile, grate the **Gruyere**.
- Finely slice the **chives**.
- Grind the **peppercorns** in a mill or pestle and mortar.
- Stir the **Gruyere**, **grated Parmesan** and a generous pinch of the **ground pepper (spicy!)** into the **risotto**.
- Serve the **Two Cheese and Black Pepper Risotto** with **Roasted Cherry Tomatoes** on top.
- Drizzle over with any juices they may have left behind in the tray.
- Garnish with the chopped **chives**.

One-pot Chinese 5 Spice Chicken Rice

with Mixed Veg and Sesame Seeds

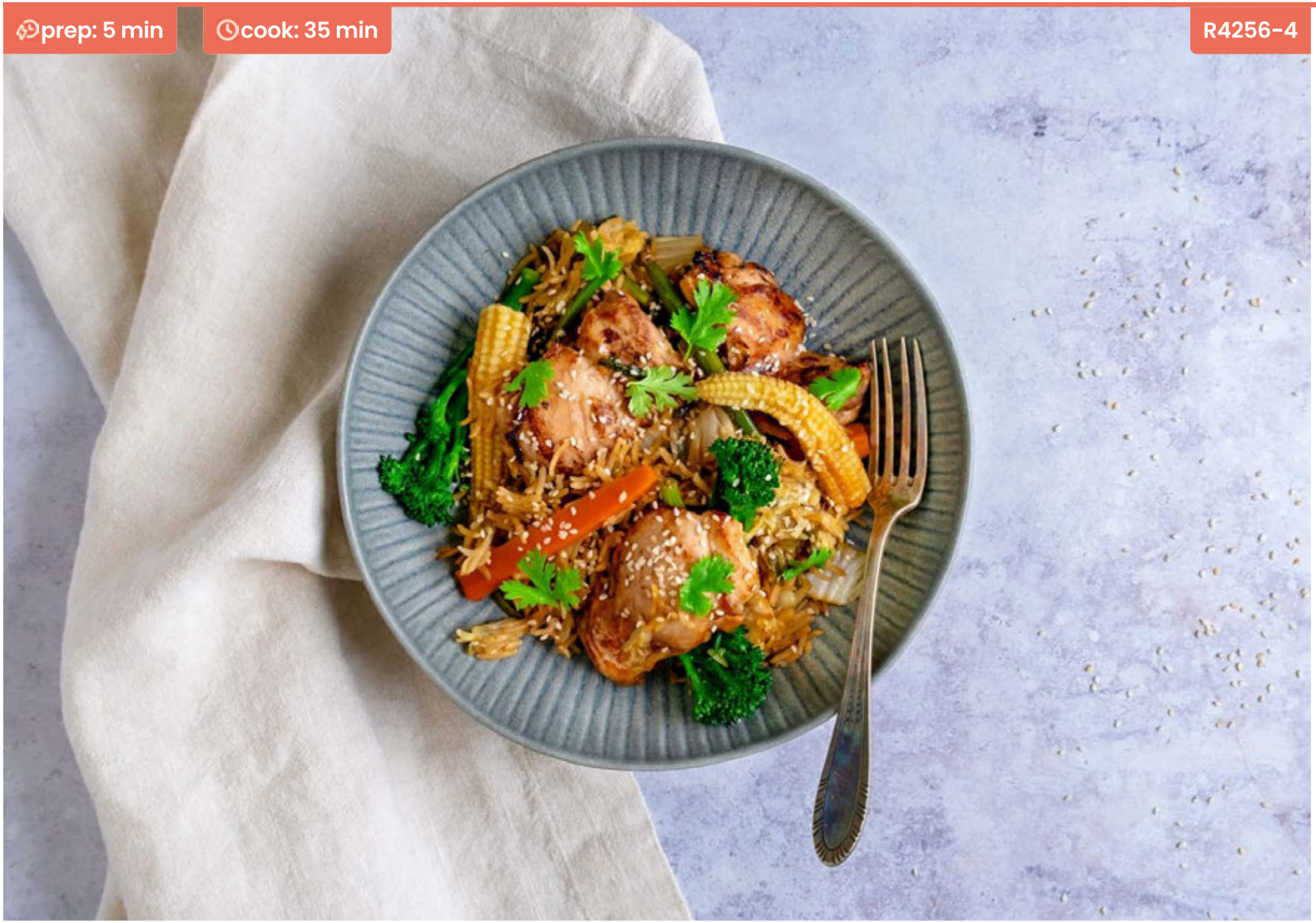
A quick and easy meal, packed with veg and flavour!

hello chef

787 calories | 53 protein | 102 carbs | 17 fat

Quick Prep | Family Friendly

prep: 5 min | cook: 35 min | R4256-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3348 / 787
Fats (g)	17.1
of which saturated (g)	3.3
Carbohydrates (g)	102
of which sugars (g)	23.9
Fibers (g)	6.2
Proteins (g)	52.6
Salt (g)	10.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Skinless boneless chicken thighs	800 Grams
Oyster sauce 8*,10*	120 Grams
Dark soy sauce 9*,10*,11*	60 ML
Sweet soy sauce 9*,10*,11*,14*	60 ML
Ginger garlic paste	30 Grams
Rice vinegar	30 ML
Sesame oil 3*,9*	30 ML
Chinese 5 spice	8 Grams
Vegetable oil	1 Tbsp

Rice	
Spring onion	80 Grams
Chinese cabbage	600 Grams
Long grain rice	300 Grams
Vegetable oil	1 Tbsp
Baby corn & mixed veg	400 Grams
Star anise	4 Piece
Water	400 ML
Tamari 9*	30 ML

To serve	
Fresh coriander	15 Grams
Sesame seeds 3*	10 Grams

Allergens: *8 Molluscs, *10 Wheat, *9 Soya, *11 Gluten, *14 Sulphur Dioxide, *3 Sesame Seeds

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1. Marinate chicken

- In a large bowl, combine the **oyster sauce**, **dark** and **sweet soy sauces**, **ginger garlic paste**, **rice vinegar**, **sesame oil** and **chinese 5 spices**.
- Add the **chicken** and coat in the **marinade**.
- Leave to marinate until step 3.



2. Prep

- Finely chop the **spring onion**.
- Chop the **cabbage** into bite-sized pieces.



3. Fry chicken

- Heat a large non-stick pot over a medium high heat with a drizzle of **oil**.
- Once hot, add the **chicken** (retaining the **marinade** for step **5**).
- Fry for 2-3 min each side.
- Once browned, remove the **chicken** from the pan.
- Set aside.



4. Fry

- Rinse the **rice** under cold **water**.
- To the same pan, add another drizzle of **oil**.
- Once hot, add half of the **spring onions** (saving some for garnish), **cabbage** and **mixed veg**.
- Fry for 1-2 min.
- Add the **rice** and **star anise**.
- Fry for a further 1 min.



5. Steam

- Add the **measured water**, **tamari** and remaining **marinade**.
- Mix well and top with the **chicken**.
- Bring to a boil.
- Once boiling, lower the heat and cover.
- Simmer for 14-16 min, or until the **water** is absorbed and the **rice** is cooked.



6. Serve

- Meanwhile, pick the **coriander**.
- Serve the **One-pot Chinese 5 Spice Chicken Rice with Mixed Veg**.
- Top with the reserved **spring onion**, **coriander** and **sesame seeds**.

Tenderstem Penne Arrabbiata

'Arrabbiata' means 'angry' in Italian, and refers to the spiciness of the sauce. We've made this one milder and kid-friendly!

hellochef

697 calories | 33 protein | 125 carbs | 9 fat

Family Friendly

cook: 30 min

R3835-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2914 / 697
Fats (g)	9.4
of which saturated (g)	0.2
Carbohydrates (g)	125
of which sugars (g)	21.7
Fibers (g)	16.2
Proteins (g)	32.9
Salt (g)	1.3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Box grater
- Blender

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pasta	
Carrot	2 Piece
Red onion	2 Piece
Garlic cloves	4 Piece
Fresh basil	15 Grams
Tenderstem broccoli	300 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Tomato paste	70 Grams
Dried oregano	4 Grams
Chilli flakes	4 Grams
Tomato passata	400 Grams
Cherry tomatoes	300 Grams
Vegetable stock cube 15*	2 Piece
Water	200 ML
Honey	30 Grams
Penne 5*,10*,11*	500 Grams

To serve	
Grated Parmesan 4*	60 Grams

Allergens: *15 Celery, *5 Eggs, *10 Wheat, *11 Gluten, *4 Milk

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1. Prep

- Peel and grate the **carrots**.
- Peel and finely slice the **onion**.
- Peel and roughly chop the **garlic cloves**.
- Pick the **basil** leaves and finely chop half of them.
- Trim and chop the **Tenderstem** into bite-sized pieces.



2. Start sauce

- Heat a large saucepan over a medium heat with a drizzle of **oil**.
- Once hot, add the **onion** with a pinch of **salt**.
- Fry for 5 min.
- Add the **carrots**, **garlic**, **tomato paste**, **dried oregano** and **chilli flakes** (spicy!).
- Fry for 1 min further.
- Add the **tomato passata**, **cherry tomatoes**, chopped **basil**, **vegetable stock cube**, **measured water** and **honey**.
- Bring to a boil and simmer, covered, for 10 min.

Tip! Sensitive to spice? Go easy on the chilli powder.



3. Cook pasta

- Meanwhile, bring a large pot of salted water to the boil.
- Once boiling, add the **pasta**.
- Cook for 5 min.
- Add the **Tenderstem broccoli**.
- Cook for 4-6 min further until 'al dente' or cooked to your liking.
- Drain and set aside.



4. Blend sauce

- Meanwhile, after 10 min, using a handheld blender, blitz the **sauce** until smooth.



5. Mix

- Stir the drained **pasta** and **tenderstem broccoli** through the **Arrabbiata sauce**.



6. Serve

- Serve the **Tenderstem Penne Arrabbiata**.
- Garnish with the **grated Parmesan** and remaining **basil** leaves.

"Marry Me" Chicken in Sundried Tomato Sauce

with Linguine and Broccoli

This delicious recipe became a social media sensation that had everyone swoon over Valentine's day with proposals!

hello chef

875 calories | 74 protein | 100 carbs | 22 fat

Family Friendly

cook: 35 min

R4271-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3651 / 875
Fats (g)	21.8
of which saturated (g)	12.5
Carbohydrates (g)	100
of which sugars (g)	14.6
Fibers (g)	11.6
Proteins (g)	73.9
Salt (g)	4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Box grater

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Plain flour 10*,11*	30 Grams
Dried thyme	4 Grams
Olive oil	2 Tbsp

Sauce	
Red onion	1 Piece
Garlic cloves	2 Piece
Sun dried tomatoes	60 Grams
Fresh basil	15 Grams
Parmesan 4*	60 Grams
Olive oil	2 Tbsp
Tomato paste	70 Grams
Chicken stock cube 4*,5*,9*,15*	1 Piece
Water	300 ML
Cooking cream 4*	200 ML

Pasta	
Broccoli	400 Grams
Linguine 10*,11*	375 Grams

Allergens: *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Prep

- Trim the **broccoli** florets and cut into bite-sized pieces.
- Peel and finely chop the **onion**.
- Peel and finely chop the **garlic**.
- Roughly chop the **sun dried tomatoes**.
- Pick the **basil** leaves.



2. Prep chicken

- Pat the **chicken breasts** dry with paper towel.
- Slice each **chicken breast** in half as if you were cutting a burger bun, so you are left with two thinner **chicken** escalopes.
- Season the **chicken** with **salt** and **pepper**.
- Combine the **flour** and **dried thyme** on a plate.
- Coat the **chicken** in the **flour**.



3. Fry chicken

- Heat a large pan over a medium-high heat with a generous drizzle of **olive oil**.
- Once hot, carefully add the coated **chicken breasts** (in batches).
- Fry for 2-3 min on either side or until golden and crispy.
- Set aside on a plate.
- Reserve the frying pan.

Tip! Avoid overcooking the chicken at this step as it will continue to cook in the cream sauce in step 5.



4. Boil pasta

- Meanwhile, bring a large pot of salted water to a boil.
- Add the **linguine**.
- Cook for 12-15 min or until cooked to your liking.
- During the last 5 min, add the **broccoli**.
- Cook until blanched.
- Drain and set aside.



5. Make sauce

- Grate the **parmesan** and set aside.
- Heat the reserved frying pan to medium heat with another drizzle of **olive oil**.
- Fry the **onion** and **garlic** for 4-5 min until softened.
- Add the **tomato paste**, and **sun dried tomato**. Fry for 1 min.
- Crumble 1 **chicken stock cube**, the **measured water**, and whisk in 200 of the **cooking cream**, and half the **parmesan**.
- Return the **chicken** to the pan.
- Gently cook for 3-4 min until the **chicken** is cooked through and the **sauce** is thickened.
- Tear in some of the **basil** leaves.



6. Serve

- Serve the **"Marry Me" Chicken in Sundried Tomato Sauce** with **Linguine** and **Broccoli**.
- Pour that delicious **cream sauce** over each serving.
- Serve with any extra **parmesan** on the side.

Breakfast Oat Smoothies with Strawberries and Mint

-

460 calories 15 protein 52 carbs 10 fat

Speedy Quick Prep

prep: 5 min cook: 30 min R4453-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1926 / 460
Fats (g)	9.5
of which saturated (g)	2.4
Carbohydrates (g)	52
of which sugars (g)	34.1
Fibers (g)	11.9
Proteins (g)	15.1
Salt (g)	0.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Blender

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Smoothies	
Fresh mint	10 Grams
Strawberries	250 Grams
Banana	1 Piece
Almond milk 2*	480 ML
Natural yogurt 4*	170 Grams
Rolled oats	100 Grams
Honey	15 Grams

Allergens: *2 Tree Nuts, *4 Milk

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1. Prep

Pick the **mint** leaves. Remove the stems of the **strawberries**. Cut the avocado in half and remove its stone. Scoop the avocado out of its skin using a spoon. Slice the lemon in half.



2. Combine

To a blender, add the **mint**, **strawberries**, avocado, **milk**, **yogurt**, **oats**, **honey**, chia seeds and baby spinach with a squeeze of lemon juice.

Tip! For a thicker and creamier smoothie, freeze the strawberries ahead of time.



3. Blend

Blend the everything for 1-2 min until smooth or to your desired consistency.

Tip! Feel free to add an extra scoop of protein powder of your choice.



4. Serve

Have the **Breakfast Oat Smoothies with Strawberries and Mint** as an on-the-go breakfast.

Eggplant and Egg Stuffed Pitta Pockets

with Tahini Yogurt

While we'd love to take credit for this slightly odd, but delicious mix of veggie delights, its origins are widely believed to lie in 1950's Iraq.

hello chef

758 calories | 42 protein | 87 carbs | 29 fat

Chef's choice | Family Friendly

cook: 35 min

R2879-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2724 / 758
Fats (g)	28.5
of which saturated (g)	6.2
Carbohydrates (g)	87
of which sugars (g)	18.7
Fibers (g)	10.4
Proteins (g)	41.5
Salt (g)	2.8

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Extras	
Eggplant	600 Grams
Vegetable oil	4 Tbsp
Salt	2 Tsp
Organic Eggs 5*	8 Pieces
Pitta bread 4*,5*,9*,10*,11*	4 Pieces

Salad	
Fresh parsley	30 Grams
Cherry tomatoes	500 Grams
Cucumber	2 Pieces
Shallots	2 Pieces
Lemon	2 Pieces
Olive oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Tahini	
Garlic cloves	1 Pieces
Natural yogurt 4*	170 Grams
Tahini 3*	80 Grams
Salt	1 Tsp

Zaatar drizzle	
Capers	40 Grams
Zaatar	20 Grams
Olive oil	4 Tbsp
Water	40 ML
Salt	1 Tsp

Allergens: *5 Eggs, *4 Milk, *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Roast eggplants

Preheat the oven to 200°C/180°C fan. Peel the **eggplants** in a stripey pattern, then chop them into cubes. Place the **eggplant** on a baking tray, drizzle generously with **oil** and season with **salt**. Toss until coated. Roast for 25-30 min until golden and cooked.



2. Boil eggs

Meanwhile, cook the **eggs** in boiling **water** for 5-7 min or until cooked to your liking. Drain and run under cold **water** once cooked. Once cooled, peel and halve.



3. Prep zaatar drizzle

Meanwhile, chop half the **parsley** and all the **capers** as finely as possible. In a small bowl, combine the chopped **capers** and **parsley** with the **zaatar**, **olive oil**, **water** and **salt**. Set aside.



4. Prep tahini yoghurt

Peel and crush the **garlic** directly into a bowl (don't like raw **garlic**? Go easy!). Add 8 tbsp of the **yogurt**, the **tahini** and **salt** and mix well to combine. Set aside.



5. Prep salad

Pick the remaining **parsley** leaves. Wash and roughly chop the **cherry tomatoes** and **cucumber**. Peel and finely slice the **shallots**. Toss the **tomatoes**, **cucumber**, **shallots** and **parsley** leaves in the **lemon** juice with a drizzle of **olive oil** and a pinch of **salt** and **pepper** - this is your salad.



6. Heat pittas

Toast the **pitta** pockets in a hot oven for 5-7 min or in a toaster until warmed through. Serve the **eggplants**, salad, **eggs**, **zaatar** drizzle and **tahini yogurt** in the middle of the table and let everyone build their own sandwiches.

No-Bake Lotus Biscoff Cheesecake

with Caramel Drizzle

Rich and decadent, this easy-to-make cheesecake will satisfy your sweet tooth!

786 calories | 8 protein | 69 carbs | 52 fat

Family Friendly

cook: 60 min

R4769-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3270 / 786
Fats (g)	52.4
of which saturated (g)	22.8
Carbohydrates (g)	69
of which sugars (g)	46.6
Fibers (g)	2.6
Proteins (g)	7.6
Salt (g)	1.2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Whisk
- Food processor

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 2 servings

Cheesecake	
Butter 4*	30 Grams
Lotus biscuits 9*,10*,11*	75 Grams
Whipping cream 4*	100 ML
Cream cheese 4*	140 Grams
Icing sugar	35 Grams
Vanilla essence	5 ML
Lemon	1 Piece
Caramel spread 4*	35 Grams

Allergens: *4 Milk, *9 Soya, *10 Wheat, *11 Gluten

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1. Make crumb

- Melt the **butter** in a pan over a low heat.
- Add the **Lotus biscuits** to a food processor and blitz to form a fine crumb.
- In a bowl, combine the melted **butter** and biscuit crumbs (reserving some for topping at the end).
- Mix to form a texture similar to wet sand.

Tip! Don't have a food processor? Place the Lotus biscuits into a large ziplock bag and crush with a rolling pin.



2. Layer base

- Divide the **Lotus crumb** between a selection of cups, jars, or bowls (whatever you have on hand will work).
- Using the back of a spoon, compact the crumb.



3. Whip cream

- In a large bowl, use a whisk or electric beater to whip the **cream** to form stiff peaks.

Tip! Stiff peaks refers to when you remove the whisk or beaters the peak that forms will keep its shape.



4. Make filling

- In a large bowl, add the **cream cheese**, **icing sugar**, **vanilla** extract, and 1 tsp of **lemon juice**.
- Using a spatula, beat the ingredients together until smooth.
- Fold the **whipped cream** into the **cream cheese mixture** until smooth.

Tip! Folding is when you carefully combine two mixtures of different thickness and weight into one smooth mixture.



5. Layer filling

- Divide the **cheesecake filling** between the containers.
- **Spread** the **filling** over the crumb and smooth the top.
- Cover the **cheesecakes** with a lid or clingfilm and place in the refrigerator for 3-4 hours, or as long as overnight.

Tip! Strapped for time? Set the cheesecakes in the freezer for 30 mins.



6. Serve

- Top the set **Lotus and Vanilla Cheesecakes** with the **caramel spread** and sprinkle over some of the reserved biscuit crumbs.

Tip! Cover cheesecakes with a lid or cling film. Store in the refrigerator and consume within 2 days.

Jamaican Squash and Coconut Stew

with Quinoa and Mango Salsa

Jamaican food is a melting pot of flavours. This stew is a combination of warm spices, sweet squash, salty soy and creamy coconut.

hello chef

782 calories | 15 protein | 102 carbs | 40 fat

Global Eats

cook: 30 min

R2967-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3268 / 782
Fats (g)	40.1
of which saturated (g)	21.6
Carbohydrates (g)	102
of which sugars (g)	32.5
Fibers (g)	17.1
Proteins (g)	15.4
Salt (g)	3.8

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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04-825-44-00
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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stew	
Butternut squash	1200 Grams
Spring onion	80 Grams
Fresh thyme	20 Grams
Tomatoes	2 Piece
Olive oil	2 Tbsp
Coriander powder	4 Grams
Allspice powder	4 Grams
Curry powder	4 Grams
Garlic powder	4 Grams
Coconut milk	800 ML
Sambal oelek	30 Grams
Soy sauce 9*,10*,11*	40 ML
Ketchup	32 Grams

Quinoa	
Mixed quinoa	200 Grams
Water	500 ML
Salt	1 Tsp

Salsa	
Mango	2 Piece
Fresh coriander	30 Grams
Large red chilli	2 Piece
Lime	2 Piece
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *9 Soya, *10 Wheat, *11 Gluten

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1. Prep

- Peel the **butternut squash**, slice it in half and, using a spoon, remove the seeds.
- Chop the **squash** into bite-size pieces.
- Trim and finely slice the **spring onion**.
- Strip the **thyme** leaves from its stalks.
- Roughly chop the **tomatoes**.



2. Sweat

- Heat a large pan with a drizzle of **oil** over a medium heat.
- Once hot, add the chopped **butternut squash** cubes.
- Cook for 4-5 min or until starting to brown.
- Add the **spring onion**, **thyme**, **coriander**, **allspice powder** and **curry powder** to the pan.
- Cook for 30 secs or until fragrant.



3. Simmer

- Once fragrant, add the **garlic powder**, **tomatoes**, **coconut milk**, **sambal oelek** (spicy!), **soy sauce** and **ketchup**.
- Reduce the heat to medium-low.
- Cook for 20-25 min or until the **squash** is soft.
- Season.



4. Boil quinoa

- Meanwhile, place the **quinoa** in a bowl, cover with warm water and rinse well.
- Drain in a fine sieve.
- Add the **measured water** to a saucepan.
- Bring it to a boil over a high heat.
- Once boiling, add the **quinoa** and **salt**.
- Reduce the heat to medium-low and cover with a lid.
- Simmer for 15 min or until the liquid is fully absorbed and the **quinoa** is tender.

Tip! Washing quinoa with warm water before draining it, helps remove any bitter-tasting components known as saponins from its surface.



5. Prep mango salsa

- Meanwhile, peel the **mango** and cube it.
- Roughly chop the **coriander**.
- Finely chop the **chilli**.
- Squeeze the **lime** into a bowl.
- Add the **mango**, **coriander** and **chilli** (spicy!).
- Season with **salt** and **pepper** and toss.



6. Serve

- Serve the **Jamaican Squash and Coconut Stew** with **Quinoa**.
- Top with the **Mango Salsa**.

Quick Beef Sausage Gnocchi

in Creamy Sauce

Italian beef sausage, sun-dried tomatoes, spinach and garlic makes this the ultimate comfort food in under 20 min!

hellochef

1355 calories | 63 protein | 104 carbs | 74 fat

Family Friendly

cook: 20 min

R3472-4



Nutritional information

	per serving*
Energy (kJ/kcal)	5679 / 1355
Fats (g)	73.7
of which saturated (g)	18.1
Carbohydrates (g)	104
of which sugars (g)	15.6
Fibers (g)	8.5
Proteins (g)	63
Salt (g)	10.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Gnocchi	
Italian sausage [10*]	800 Grams
Sun dried tomatoes	120 Grams
Vegetable oil	2 Tbsp
Gnocchi [4*,5*,9*,10*]	1000 Grams
Cooking cream [4*]	400 ML
Water	300 ML
Chicken stock cube [4*,5*,9*,15*]	2 Piece
Garlic onion powder	8 Grams
Grated Parmesan [4*,5*]	60 Grams
Baby spinach	90 Grams
Chilli flakes	4 Grams

Allergens: *10 Wheat, *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Prep

Roughly chop the **sun-dried tomatoes**. Remove the **sausages** from its casing by slicing them lengthwise. The cut should be shallow enough to pierce the casing, but don't cut all the way through the **sausage**. Peel and discard the casing. Chop or break the **sausages** into smaller bite-size pieces.



2. Fry

Heat a large non-stick pan with a lid over a medium-high heat with a drizzle of **oil**. Once hot, add the **sausages** and fry for 3 min. Add the **gnocchi** and fry for 3 mins or until lightly golden.



3. Simmer

Reduce the heat to medium. Add the **cream**, **measured water**, **stock cube**, **garlic onion powder** and **sun-dried tomatoes** to the pan. Simmer covered for 2 min or until the **gnocchi** begin to soften or are cooked through.



4. Cook spinach

Add the **grated Parmesan** (save some for garnish!) and **spinach** to the sauce and simmer for 1 min or until the **sauce** begins to thicken.



5. Serve

Divide the **gnocchi** and **cream sauce** evenly amongst bowls. Top with the **chilli flakes** (spicy!) and remaining Grana padano.

Herb-Crusted Alaskan Pollock

with Creamy Dill Potato Salad

A light meal featuring crispy yet tender and flaky fish, complemented by a refreshing potato salad that's delightfully light without the heaviness of mayonnaise.

hello chef

573 calories | 48 protein | 64 carbs | 16 fat

Calorie Smart

cook: 30 min

R4278-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2399 / 573
Fats (g)	16
of which saturated (g)	8.3
Carbohydrates (g)	64
of which sugars (g)	10.1
Fibers (g)	12.4
Proteins (g)	47.5
Salt (g)	3.2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fish	
Alaskan pollock loin 6*	700 Grams
Panko bread crumbs 10*,11*,12*	90 Grams
Plain flour 10*,11*	10 Grams
Lemon pepper seasoning 13*,15*	8 Grams
Dried thyme	4 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Olive oil	2 Tbsp

Potato Salad	
Potatoes	1000 Grams
Sour cream 4*	240 Grams
Spring onion	80 Grams
Fresh dill	15 Grams
Celery	2 Piece
Lemon	1 Piece
Cherry tomatoes	300 Grams
Dijon mustard 13*	12 Grams
White vinegar	22 ML
Vegetable seasoning 2*,10*,11*,13*	10 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Capers	40 Grams

Allergens: *6 Fish, *10 Wheat, *11 Gluten, *12 Lupin, *13 Mustard, *15 Celery, *4 Milk, *2 Tree Nuts

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1. Boil potatoes

- Preheat the oven to 180°C/200°C.
- Bring a pot of salted water to the boil.
- Peel and slice the **potatoes** into bite-sized pieces.
- Add them to the boiling water.
- Cook for 12-15 min or until mostly soft.
- Reserve 1 cup of the starchy **potato water**.
- Then drain and set aside to cool.

Tip! If desired, add some dill stalks to the cooking water to impart its flavour in the potatoes!



2. Prep fish

- Meanwhile, reserve 2 Tbsp of **sour cream** in a small bowl.
- In another bowl, combine the **panko bread crumbs**, 2 tsp of **flour**, **lemon pepper seasoning**, **dried thyme**, pinch of **salt** and **pepper**.



3. Bake fish

- Add the **fish** to a lined baking tray.
- Using the back of a spoon, spread the **sour cream** on top of each piece of **fish**.
- Press the **crumb** on top.
- Drizzle with **olive oil**.
- Bake for 8-10 min until cooked through, golden and crispy.



4. Prep

- Meanwhile, finely chop the **spring onion**.
- Pick and chop the **dill**.
- Thinly slice the **celery**.
- Slice the **lemon** in wedges.
- Slice the **cherry tomatoes** in half.



5. Mix salad

- In a large bowl, whisk together the **dijon mustard**, **white vinegar**, **vegetable seasoning**, **sour cream**, a small squeeze of **lemon juice**, and 5 Tbsp of the reserved **potato water** until creamy.
- Add the drained **potatoes**, **capers**, **celery**, **dill**, and **spring onions** into the **dressing**.
- Gently fold until incorporated.

Tip! The starchy potato water will give the dressing a creamy element without all the calories!



6. Serve

- Serve the **Herb-Crusted Alaskan Pollock** with **Creamy Dill Potato Salad** with the **cherry tomatoes** and **lemon wedges** alongside.

Cheesy Cauliflower and Mushroom Bake

with Festive Side Salad

Cauliflower Cheese is a Christmas classic! We've pimped ours by adding chestnut mushrooms, mature cheddar cheese and a festive side salad.

hellochef

725 calories | 34 protein | 55 carbs | 44 fat

Low Carb

cook: 50 min

R3533-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3024 / 725
Fats (g)	43.6
of which saturated (g)	21.9
Carbohydrates (g)	55
of which sugars (g)	32.8
Fibers (g)	8
Proteins (g)	33.8
Salt (g)	2.8

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What You'll Need

- Oven
- Box grater
- Whisk

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

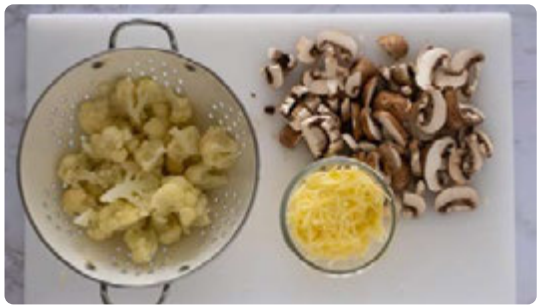
for 4 servings

Bake	
Cauliflower	800 Grams
Mature cheddar 4*	120 Grams
Chestnut mushrooms	500 Grams
Olive oil	2 Tbsp
Butter 4*	50 Grams
Corn starch	60 Grams
Mushroom stock cube	1 Piece
Whole milk 4*	800 ML
Wholegrain mustard 13*	30 Grams
Grated mozzarella 4*	120 Grams

Side salad	
Walnuts 2*	60 Grams
White balsamic vinegar 14*	30 ML
Olive oil	4 Tbsp
Honey	30 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Rocket	125 Grams
Dried cranberries	60 Grams

Allergens: *4 Milk, *13 Mustard, *2 Tree Nuts, *14 Sulphur Dioxide

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1. Boil cauliflower

- Preheat the oven to 200°C/180°C fan.
- Chop the **cauliflower** into small florets.
- Cook the **cauliflower** in a pot of salted boiling water for 4 min or until tender.
- Drain once cooked.
- Meanwhile, grate the **mature cheddar**.
- Roughly chop or tear the **mushrooms**.



2. Fry

- Heat a pan over a medium-high heat with a drizzle of **oil**.
- Add the **mushrooms** with a pinch of **salt**.
- Cook for 5 min, or until all the liquid has evaporated.



3. Make cheese sauce

- Meanwhile, heat a second pan or pot over a medium heat.
- Once hot, add the **butter**, **corn starch** and 1 **stock cube**.
- Cook, stirring continuously, for 1 min or until a sandy paste has formed.
- Gradually whisk in the **milk**.
- Cook for 3 min further or until the **sauce** has thickened.
- Add the **mustard**, **mozzarella** and **cheddar**.



4. Bake

- Add the drained **cauliflower** and cooked **mushrooms** to a baking dish.
- Pour the **cheese sauce** over the **cauliflower** and **mushrooms**.
- Give everything a good mix up.
- Bake in the oven for 20 min.

Tip! Place your bake under the grill for a final 5 min to get a golden top.



5. Make salad

- Meanwhile, toast the **walnuts** in a hot, dry pan until golden and toasted.
- Place the **vinegar**, **olive oil**, **honey**, **salt** and **pepper** in a salad bowl and whisk until combined
- Set the **dressing** aside.
- Toss the **rocket**, **walnuts** and **cranberries** in the **dressing** once ready to serve.



6. Serve

- Serve the **Cheesy Cauliflower and Mushroom Bake** with **Festive Side Salad**.

Hunter's Chicken

with Roasted Potatoes and Peas

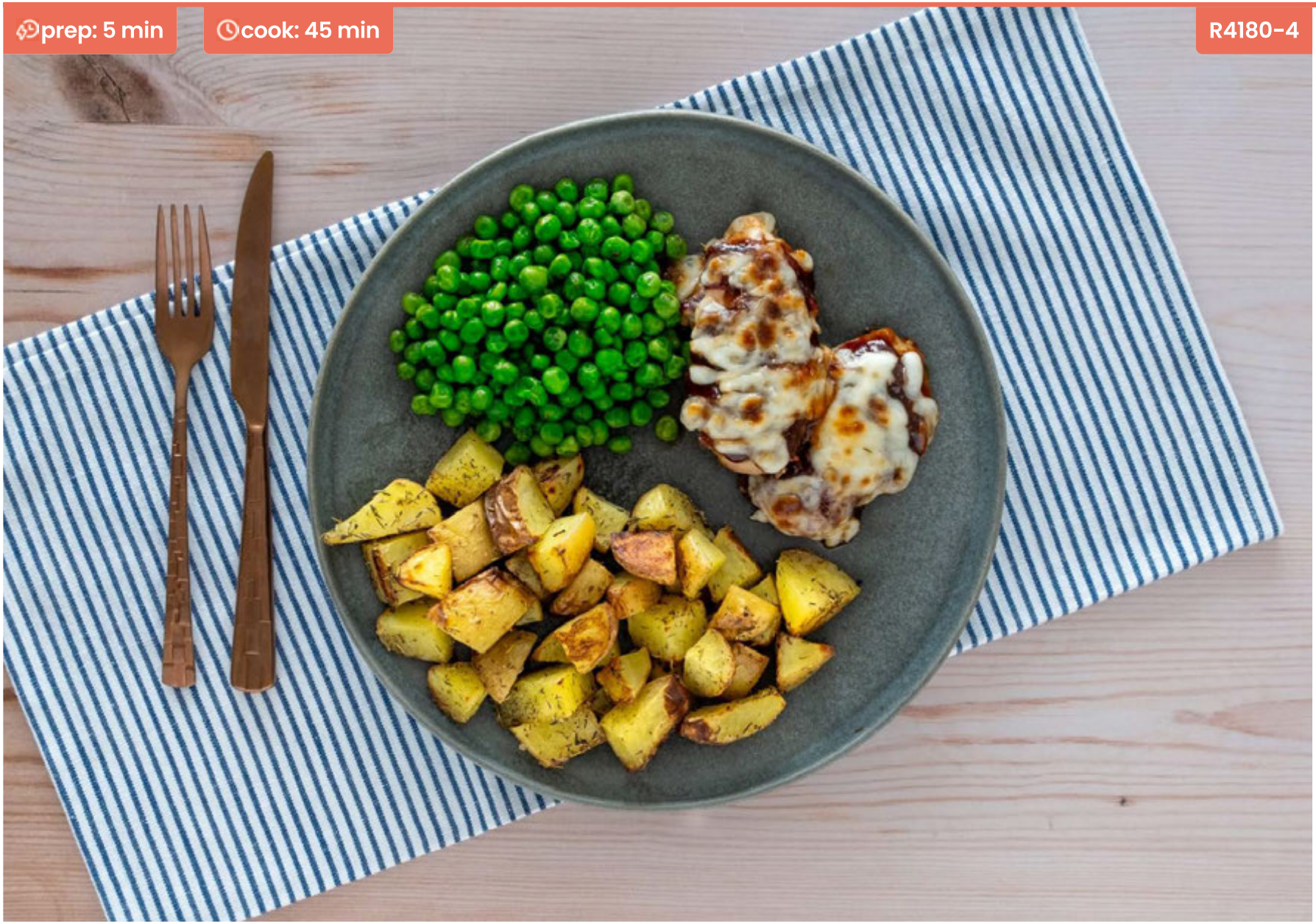
An absolute pub classic! Chicken wrapped in bacon smothered in BBQ sauce and topped with cheese!

hello chef

810 calories | 78 protein | 50 carbs | 32 fat

Tips for Kids | Quick Prep

prep: 5 min | cook: 45 min | R4180-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3384 / 810
Fats (g)	32
of which saturated (g)	16.1
Carbohydrates (g)	50
of which sugars (g)	17.5
Fibers (g)	8.1
Proteins (g)	78.3
Salt (g)	5.2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

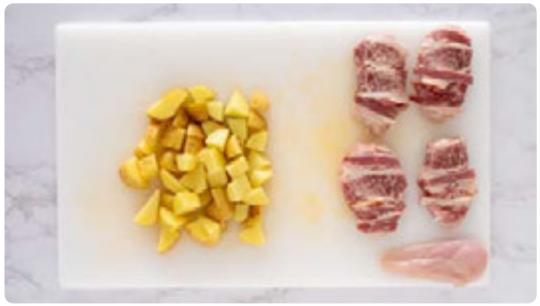
Chicken	
Chicken breast	800 Grams
Beef bacon	180 Grams
Black pepper	1 Tsp
Barbecue sauce 11*,13*	160 Grams
Grated mozzarella 4*	200 Grams

Potatoes	
Potatoes	900 Grams
Vegetable oil	2 Tbsp
Smoked sea salt	4 Grams
Black pepper	1 Tsp
Dried thyme	4 Grams

Peas	
Butter 4*	20 Grams
Green peas	400 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp

Allergens: *11 Gluten, *13 Mustard, *4 Milk

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1. Prep

- Preheat oven to 200°C/180°C fan.
- Cut the **potatoes** (skin on) into bite-sized pieces.
- Wrap the **chicken breasts** with the **bacon**.

Tip! If cooking for kids, leave some chicken plain without the bacon and cook the bacon on the side.



4. Cook peas

- Meanwhile, heat a pan over a medium-high heat with the **butter**.
- Once the **butter** is melted, add the **peas**.
- Fry for 3-5 min until cooked through.
- Season with **salt** and **pepper** to taste.

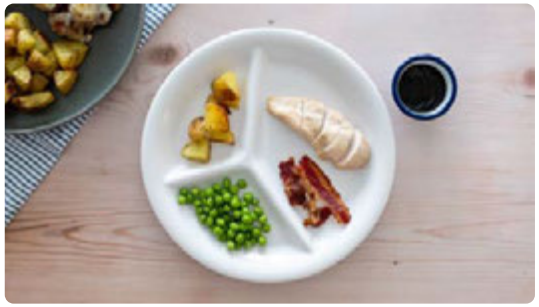
Tip! If cooking for kids, remove some peas before seasoning with the pepper.



2. Bake

- Place the **potatoes** and **chicken** on a lined baking tray.
- Drizzle the **potatoes** with **oil** and sprinkle over **smoked salt**, **pepper** and **thyme**.
- Place the **bacon** wrapped **chicken** on the same baking tray and season with **pepper**.
- Bake in the oven for 20-25 min until the **chicken** and **potatoes** are fully cooked.
- Once cooked, remove the tray from the oven.
- Place the **potatoes** on a separate plate and leave the **chicken** on the tray.

Tip! For extra crispy potatoes, cook them on a separate tray to the chicken.



5. Serve

- Serve the **Hunter's Chicken** with **Roasted Potatoes** and **Peas**.

Tip! If cooking for kids, serve the plain chicken breast, with the bacon, plain potatoes and peas on the side.



3. Top chicken

- Remove the baking tray from the oven and turn the oven to the grill setting.
- Pour the **barbecue sauce** over the **chicken** and sprinkle over the **mozzarella**.
- Place the **chicken** under the grill for 3-5 min, until the **cheese** is golden and bubbling.

Tip! If cooking for kids, leave the chicken plain without the barbecue sauce and cheese and serve the barbecue sauce on the side.

Greek Crumbed Chicken

with Roasted Vegetables and Salsa

Fresh, bright and packed with goodness!

hello chef

544 calories | 58 protein | 58 carbs | 10 fat

Tips for Kids | Calorie Smart | Global Eats

cook: 45 min

R4111-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2277 / 544
Fats (g)	10.1
of which saturated (g)	2
Carbohydrates (g)	58
of which sugars (g)	11.2
Fibers (g)	13
Proteins (g)	58.1
Salt (g)	1.1

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What You'll Need

Oven

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Small red chilli	2 Piece
Lemon	2 Piece
Crispy onions	40 Grams
Dried oregano	4 Grams
Garlic onion powder	8 Grams
Salt	1 Tsp
Panko bread crumbs 10*,11*,12*	40 Grams
Olive oil	4 Tbsp
Black pepper	1 Tsp

Salsa	
Cherry tomatoes	300 Grams
Fresh parsley	15 Grams
Cucumber	2 Piece
Kalamata olives	80 Grams
Olive oil	1 Tbsp
Salt	1 Tsp

Roasted Veg	
Potatoes	900 Grams
Red pepper	2 Piece
Small zucchini	2 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *10 Wheat, *11 Gluten, *12 Lupin

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1. Prep

- Preheat the oven to 200°C /180°C fan.
- Cut the **potatoes** (skin on) into bite-sized pieces.
- Deseed and chop the **red pepper** into bite-sized pieces.
- Chop the **zucchini** into half circle pieces.
- Remove the seeds from the **red chilli** (spicy!) and finely slice.
- Zest the **lemon** (saving the juice for the salsa).

Tip! If cooking for kids, keep some of the raw red pepper and zucchini for serving.



2. Roast vegetables

- Place the **potatoes**, **red pepper** and **zucchini** onto lined baking tray, drizzle with **olive oil** and sprinkle with **salt** and **pepper**.
- Roast for 18-20 min.

Tip! If the red peppers and zucchini are cooking too fast, remove them from the oven and leave the potatoes to cook for the remaining time.



3. Make crumb

- In a bowl add the **crispy onions** and slightly crush to form a rough crumb.
- Mix the **crispy onions** with **lemon zest**, **chilli** (spicy!), **dried oregano**, **garlic onion powder** and **salt**.
- Add the **bread crumbs** and slowly drizzle in the **olive oil**, mixing well to form a wet **crumb**.



4. Bake chicken

- Place the **chicken breasts** on a clean cutting board and slice them in half as if you were cutting a burger bun, so you are left with two thinner pieces of **chicken breast**.
- Coat the **chicken breasts** with a small amount of **olive oil**, sprinkle with **salt** and **pepper**.
- Place the **chicken** on the same lined baking tray as the **veg**.
- Spoon the topping evenly over the **chicken**.
- Bake with the **veg** for a further 10-12 min.

Tip! If cooking for kids, keep some of the chicken plain.



5. Make salsa

- Cut the **cherry tomatoes** into quarters.
- Finely chop the **parsley**.
- Chop **cucumber** into quarter circles.
- Chop the **olives** into rounds.
- In a bowl squeeze in the juice of the **lemon** and add the **olive oil**.
- Add the **tomatoes**, **parsley**, **cucumber** and **olives**.
- Mix well and season with **salt** to taste.

Tip! If cooking for kids, keep some of the tomato and cucumber separate for serving.



6. Serve

- Divide the **roasted veg** amongst plates.
- Place the **chicken** on the plate and spoon on some of the **salsa**.
- Serve with any remaining **lemon** on the side.

Tip! If cooking for kids, serve the plain chicken, raw zucchini, peppers, tomatoes and cucumber. Serve with the potatoes on the side.

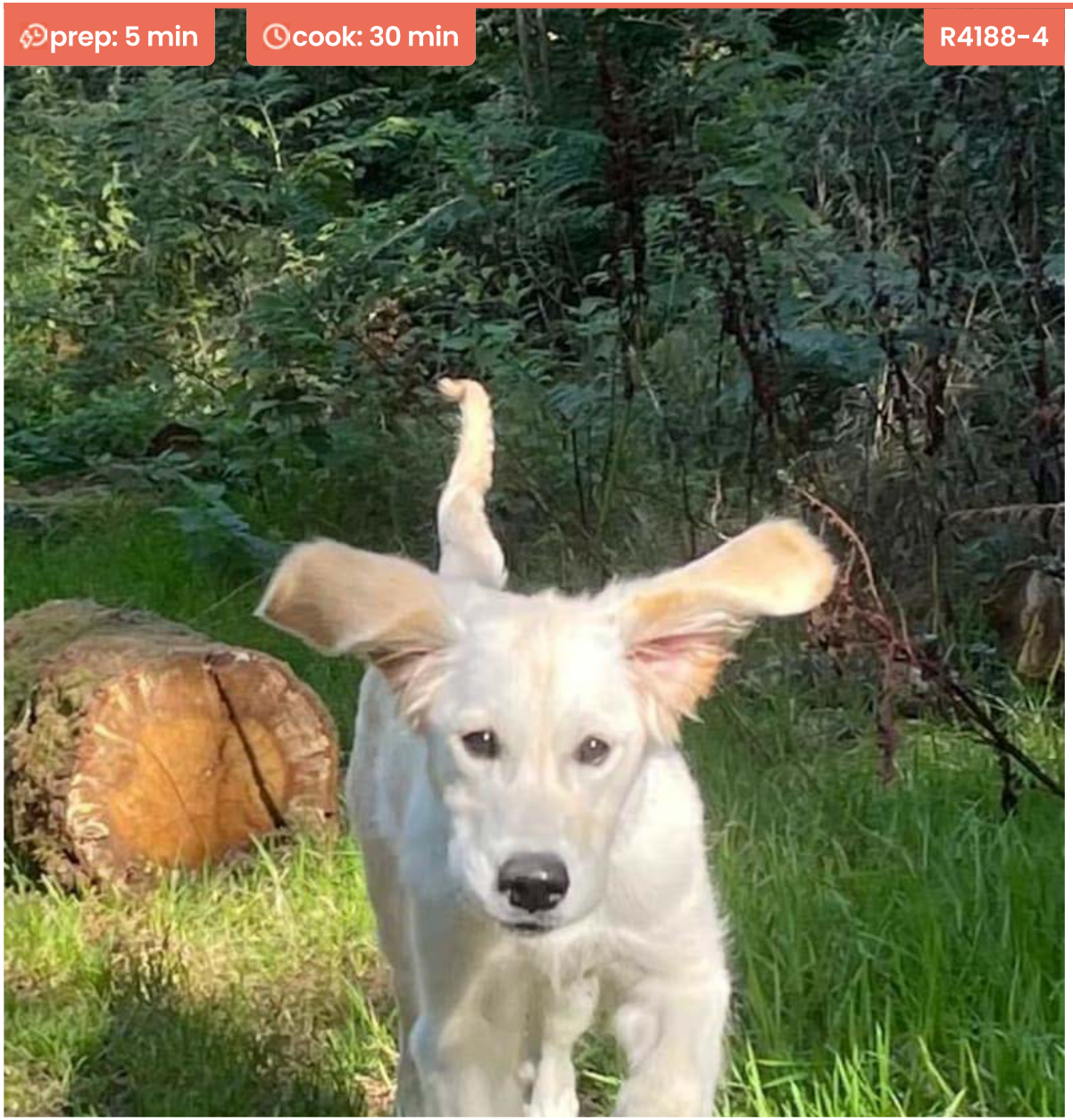
Pan Fried Sea Bream

with Fennel and Apple Salad

304 calories 41 protein 27 carbs 4 fat

Quick Prep Calorie Smart

prep: 5 min cook: 30 min R4188-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1273 / 304
Fats (g)	4.2
of which saturated (g)	0.7
Carbohydrates (g)	27
of which sugars (g)	18.2
Fibers (g)	7.6
Proteins (g)	41
Salt (g)	0.3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Seabream	
Seabream 6*	660 Grams
Salt	1 Tsp
Black pepper	0.5 Tsp
Fennel seeds	4 Grams
Olive oil	1 Tbsp

Salad	
Fennel	2 Piece
Green apple	2 Piece
Romaine lettuce	400 Grams

Dressing	
Orange	1 Piece
Apple cider vinegar	30 ML
Olive oil	2 Tbsp
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Fresh parsley	15 Grams
Dijon mustard 13*	12 Grams

Allergens: *6 Fish, *13 Mustard

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1. Prep

Trim and finely shred the **fennel**. Slice the **apple** into thin sticks. Zest and juice the **orange** (saving a wedge or two un juiced for serving)



2. Make dressing

In a small bowl combine the **vinegar**, **olive oil**, **mustard**, **orange** zest and juice. Mix well and season with a pinch of **salt** and **pepper** to taste. This is now your dressing.



3. Assemble salad

To a large bowl, add the rocket, **fennel** and **apple**. Mix well. Dress the salad with the dressing just before serving.



4. Fry fish

Drain and pat dry the fish with a paper towel. Season the fish with the **fennel seeds** and a sprinkle of **salt** and **pepper**. Heat a large non-stick frying pan over a medium-high heat with a drizzle of **oil**. Once hot, add the fish skin side down.



5. Serve

Meanwhile, pick and finely chop the **parsley**. Spoon some of the salad onto a plate. Place the **seabream** on top. Sprinkle of the **parsley** and serve with any remaining **orange** on the side.

Ginger Chicken Udon Noodles

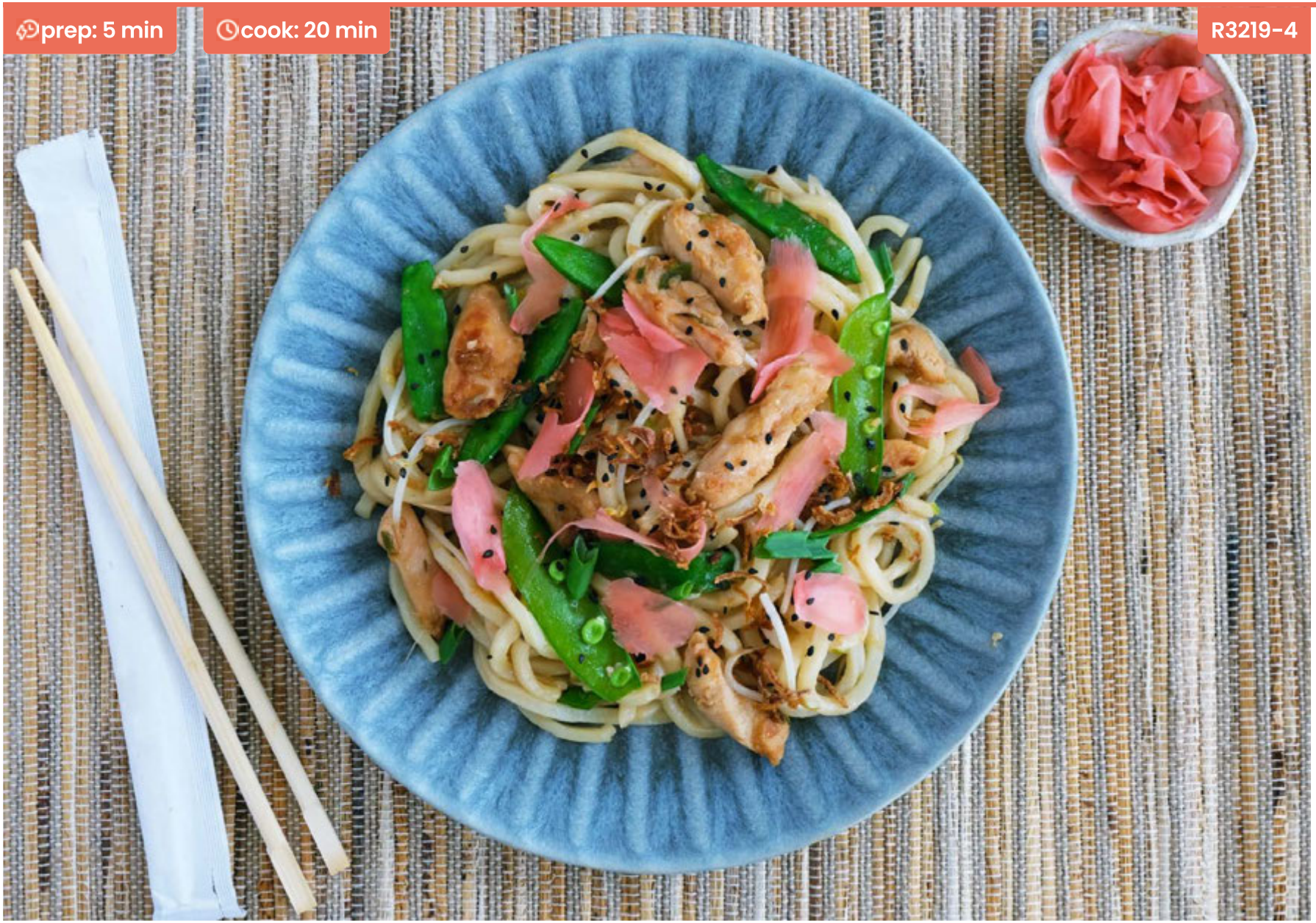
This speedy one-pan dish packs in a ton of flavour and can be ready in just 20 minutes!

hello chef

707 calories | 50 protein | 91 carbs | 14 fat

Family Friendly | Quick Prep | Speedy

prep: 5 min | cook: 20 min | R3219-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2980 / 707
Fats (g)	14.4
of which saturated (g)	2.5
Carbohydrates (g)	91
of which sugars (g)	6.9
Fibers (g)	3.8
Proteins (g)	49.5
Salt (g)	6.9

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Ginger garlic paste	40 Grams
Oyster sauce 8*,10*	40 Grams
Soy sauce 9*,10*,11*	60 ML

Stir-fry	
Spring onion	80 Grams
Udon noodles 10*,11*	1000 Grams
Snow peas	200 Grams
Bean sprouts	100 Grams
Sesame oil 3*,9*	30 ML

Garnish	
Crispy onions	40 Grams
Sushi ginger	80 Grams
Black sesame seeds 3*	10 Grams

Allergens: *8 Molluscs, *10 Wheat, *9 Soya, *11 Gluten, *3 Sesame Seeds

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1. Marinate chicken

- Chop the **chicken** into strips.
- Add the **ginger garlic paste**, **oyster** and **soy sauce** to a large bowl along with the **chicken**.
- Mix well and set aside.

Tip! Marinate the chicken for up to 24 hours in advance.



2. Prep

- Boil a kettle.
- Trim and finely slice the **spring onion**, separating the white parts from the green.
- Place the **noodles** in a bowl, cover with boiling water to loosen, then drain.



3. Start stir-fry

- Heat a non-stick pan over a medium high heat with a drizzle of **oil**.
- Once hot, add the white parts of the **spring onion**.
- Fry for 1 min.



4. Add

- Add the **chicken** and its marinade and fry for 5 min.
- Add the whole **snow peas** and fry for 3 min.
- Add the drained **udon noodles** and fry for 1 min.



5. Finish

- Add the **bean sprouts** and **sesame oil** and cook for 1 final min.



6. Serve

- Serve the **Ginger Chicken Udon Noodles** garnished with the remaining **spring onion**, **crispy onion**, **sushi ginger** and **sesame seeds**.

Sticky Pomegranate Chicken

with Beetroot and Fennel Salad

Inspired by flavours of Middle Eastern cuisine

hello chef

1050 calories | 77 protein | 102 carbs | 37 fat

Family Friendly

cook: 45 min

R4690-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4392 / 1050
Fats (g)	36.9
of which saturated (g)	9.5
Carbohydrates (g)	102
of which sugars (g)	39.2
Fibers (g)	15.3
Proteins (g)	77.2
Salt (g)	2.3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken legs	1000 Grams
Pomegranate molasses	60 Grams
Balsamic vinegar 14*	30 ML
Garlic cloves	4 Piece
Coriander cumin powder	8 Grams
Olive oil	4 Tbsp
Salt	0.5 Tsp
Black pepper	0.5 Tsp

Salad	
Fresh beetroot	440 Grams
Fennel	230 Grams
Fresh parsley	15 Grams
Fresh mint	20 Grams
Olive oil	2 Tbsp
Pomegranate	1 Piece

Sumac	4 Grams
Couscous 10*,11*	225 Grams

Allergens: *14 Sulphur Dioxide, *10 Wheat, *11 Gluten

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1. Prep

- Preheat oven. **garlic**, potatoes,



2. Marinate



3. Roat Chicken



4. Make Slaw



5. Serve

Trout Almandine in Lemon Butter Sauce

with Green Vegetables

-

929 calories | 63 protein | 76 carbs | 45 fat

Gourmet

cook: 30 min

R4699-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3868 / 929
Fats (g)	44.9
of which saturated (g)	17.1
Carbohydrates (g)	76
of which sugars (g)	14.3
Fibers (g)	15.8
Proteins (g)	63.2
Salt (g)	4.7

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Trout and sauce	
Skin-on trout fillet	700 Grams
Shallots	2 Piece
Garlic cloves	4 Piece
Lemon	2 Piece
Fresh parsley	30 Grams
Water	300 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Olive oil	4 Tbsp
Salt	2 Tsp
Capers	40 Grams
Butter 4*	100 Grams
Black pepper	1 Tsp

Greens	
Green beans	500 Grams
Broccoli	400 Grams

Additional	
New potatoes	750 Grams
Almond flakes 1*,2*	60 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *1 Peanuts, *2 Tree Nuts

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1. Butterfly salmon

Pat the salmon dry and portion it. Using a sharp knife, make a deep incision along each salmon **fillet**, length ways. The incision should reach through to the skin of the salmon, but not slice through it. Turn each salmon piece out as though opening a book. The intact salmon skin should function as the book's spine.



2. Prep vegetables

Peel and chop the **shallots**. Peel and mince the **garlic**. Wash the **lemon** thoroughly and grate its zest with a fine blade, taking care to avoid its bitter white pith. Juice half of the **lemon** and slice the remaining **lemon** into round slices. Chop the **parsley**.



3. Boil greens

Wash and trim the **green beans**. Separate the **broccoli** into florets. Bring a pot of lightly salted water to a boil and cook the **green beans** and **broccoli** for 5 min until tender. Drain and keep warm until serving.



4. Fry salmon

Meanwhile, heat a pan over a medium heat with a drizzle of **olive oil**. Once hot, add the salmon **fillets** and cook for 2-3 min on either side until cooked through but juicy on the inside. Transfer to a plate and set aside.



5. Make sauce

Return the pan to medium heat with a second drizzle of **olive oil**. Add the **shallots**, **garlic** and a pinch of **salt**. Cook for 1-2 min. Add the 1 **chicken stock cube**, **measured water**, 2 Tbsp of **lemon** juice and 1 tsp of **lemon** zest. Cook for 3 min or until the liquid has reduced by 1/3.



6. Finish and serve

Add the **capers** along with their juice, the chopped **parsley** and a few **lemon** slices. Return the salmon to the pan. Cook for 2 min further. Remove the pan from the heat and finally stir in the salted **butter**. Season with **black pepper**. Serve with the **green beans** and **broccoli**.

Turkish Eggs with Spicy Sausages,
Yogurt and Tomatoes

Spicy, creamy and tart flavours come together in this satisfying dinner!

helló chef

420 calories | 29 protein | 21 carbs | 28 fat

Chef's choice | Low Carb

cook: 30 min

R2757-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1755 / 420
Fats (g)	27.8
of which saturated (g)	8
Carbohydrates (g)	21
of which sugars (g)	8.4
Fibers (g)	7.2
Proteins (g)	28.6
Salt (g)	1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Base	
Garlic cloves	2 Pieces
Olive oil	2 Tbsp
Greek yogurt 4*	340 Grams
Salt	0.5 Tsp

Spicy tomatoes	
Shallots	2 Pieces
Cherry tomatoes	300 Grams
Butter 4*	30 Grams
Olive oil	2 Tbsp
Tomato paste	140 Grams
Red vinegar	30 ML
Honey	40 Grams
Chilli powder	4 Grams
Salt	1 Tsp
Black pepper	0.5 Tsp

To serve	
Organic Eggs 5*	8 Pieces
White vinegar	30 ML
Hazelnuts 2*	80 Grams
Zaatar	10 Grams
Sumac	4 Grams

Allergens: *4 Milk, *5 Eggs, *2 Tree Nuts

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1. Make garlic yogurt

Peel and crush the **garlic** into a small microwavable bowl. Add the **olive oil**. Warm the **oil** in the microwave for 30 seconds until sizzling (alternatively heat the **oil** in a pan instead). Add the **Greek yogurt** to the **oil**, season with a pinch of **salt** and set aside (don't refrigerate - serve at room temperature).



2. Cook tomatoes

Peel and chop the **shallots**. Halve the **cherry tomatoes**. Heat a pan over a medium heat with the **butter** and a drizzle of **olive oil**. Add the **shallots**, **tomatoes**, **tomato paste**, **red vinegar**, **honey**, **chilli powder** (adjust to your liking) **salt** and **black pepper**. Cover with a lid and simmer for 10 min or until the **tomatoes** have broken down.



3. Prep eggs

Meanwhile, bring a large pot of water to a simmer (don't add any **salt**) over a medium heat. Crack the **eggs** into separate bowls or mugs. Add the **white vinegar** to the pot.



4. Poach eggs

Once simmering, reduce the heat to low so small bubbles rise to the surface. Stir the water to create a gentle whirlpool. Slowly tip the **eggs**, one by one, into the center of the whirlpool. Cook for 3-4 min until the egg whites are set. Using a slotted spoon, transfer the **eggs** to kitchen paper to drain. Trim the whites.



5. Fry sausages

Meanwhile, heat a pan over a medium-high heat with a drizzle of **olive oil**. Fry the merguez sausages (without piercing their skins) for 5-7 min, turning occasionally, or until they are cooked through and nicely browned on the surface.



6. Assemble and serve

Roughly chop the **hazelnuts**. Divide the **garlic yogurt** among plates. Top with the spicy **tomatoes**. Add the merguez sausages and the poached **eggs**. Sprinkle with the chopped **hazelnuts**, **zaatar** and **sumac**. Serve immediately.

Moroccan Beef Kofta Tagine

with Herby Cauli Couscous

Tender and tasty kofta, flavoured with Ras el Hanout, a spice blend originating from Morocco.

hello chef

611 calories | 46 protein | 53 carbs | 26 fat

Low Carb

cook: 30 min

R4105-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2555 / 611
Fats (g)	26.1
of which saturated (g)	9.1
Carbohydrates (g)	53
of which sugars (g)	28
Fibers (g)	15.7
Proteins (g)	45.9
Salt (g)	3.9

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What You'll Need

- Box grater

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef Kofta	
Lean beef mince	700 Grams
Red onion	2 Piece
Fresh mint	10 Grams
Ras el hanout	10 Grams
Smoked paprika powder	4 Grams
Garlic onion powder	8 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Sauce	
Garlic cloves	2 Piece
Green beans	300 Grams
Tomatoes	2 Piece
Coriander cumin powder	8 Grams
Tomato passata	500 Grams
Water	125 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Kalamata olives	80 Grams

Cauli Couscous	
Spring onion	80 Grams
Fresh parsley	15 Grams
Cauliflower	800 Grams
Olive oil	1 Tbsp
Vegetable seasoning 2*,10*,11*,13*	10 Grams
Black pepper	1 Tsp

To Serve	
Pomegranate	1 Piece

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *2 Tree Nuts, *10 Wheat, *11 Gluten, *13 Mustard

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1. Prep

- Peel and finely chop the **red onion** and **spring onion**.
- Pick and finely chop the **mint** and **parsley**.
- Peel and mince **garlic**.
- Trim the **green beans** and cut into thirds.
- Dice the **tomato**.
- To a large bowl, add the **beef mince**, chopped **red onion**, **mint**, **ras el hanout**, **smoked paprika**, **garlic onion powder**, **olive oil**, **salt** and **pepper**.
- With clean hands, knead until all the ingredients are fully combined.
- Divide the mixture into 24 pieces and shape each piece into a **kofta**.



2. Fry koftas

- Heat a large non-stick pan over a medium high heat with a drizzle of **oil**.
- Fry the **kofta** for 4-6 min until fully browned.

Tip! If the pan is looking crowded, fry the kofta in batches. This will stop them from stewing, rather than frying!



3. Make sauce

- To the same pan as the **kofta**, add the **garlic**, **coriander cumin powder** and **tomatoes**.
- Cook for 3-4 min.
- Add the **passata**, **measured water** and crumble in 1 of the **stock cube**.
- Lower the heat and simmer the **sauce** for 3-5 min.
- Add the **green beans** to the **sauce**.
- Turn heat down to low, cover and simmer for 10 min.
- At 1 min before the end add the **olives**.
- This is the **tagine**.



4. Cook cauli couscous

- Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles couscous grains.
- Heat a large non-stick pan over a medium high heat with a drizzle of **oil**.
- Fry the **spring onion** for 1 min.
- Add the **cauliflower**, **vegetable seasoning** and **pepper**.
- Fry for a further 5-7 min, until tender.
- Once cooked stir through **parsley**.
- Set aside.



5. Prep pomegranate

- Halve the **pomegranate**, hold each half over a large bowl, seeds facing down.
- Hit the skin with a wooden spoon, squeezing to release the seeds.
- Discard the shell and membrane.



6. Serve

- Serve the **Moroccan Beef Kofta Tagine** with **Herby Cauli Couscous**.
- Sprinkle the **pomegranate seeds** over the top.

Beef Hot-Pot

with Sautéed Brussels Sprouts

Enjoy this traditional dish from Lancashire, in the North West of England.

592 calories | 49 protein | 62 carbs | 19 fat

Calorie Smart

cook: 60 min

R4234-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2476 / 592
Fats (g)	19
of which saturated (g)	7.3
Carbohydrates (g)	62
of which sugars (g)	22.2
Fibers (g)	14.5
Proteins (g)	48.5
Salt (g)	4.5

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What You'll Need

Oven

Box grater

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Hot Pot	
Lean beef mince	700 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Carrot	2 Piece
Fresh thyme	10 Grams
Potatoes	400 Grams
Vegetable oil	2 Tbsp
Salt	0.5 Tsp
Tomato paste	70 Grams
Plain flour 10*,11*	20 Grams
Water	400 ML
Beef stock cube 4*,5*,9*,11*,15*	1 Piece
Dried bay leaves	2 Piece
Dried rosemary	4 Grams
Garlic onion powder	8 Grams
Onion marmalade	56 Grams
Worcestershire sauce 6*,11*	30 ML
Green peas	200 Grams

Brussels	
Brussels sprouts	600 Grams
Olive oil	1 Tbsp
Salt	0.5 Tsp

Allergens: *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *6 Fish

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1. Prep

- Preheat oven to 200°C/180°C fan.
- Peel and finely chop the **onion**.
- Peel and finely chop the **garlic**.
- Peel and grate the **carrot**.
- Strip the **thyme leaves**.
- Slice the **potatoes** (skins on!) as thin as possible.



2. Fry

- Heat a non-stick pan over a medium-high heat with a drizzle of **oil**.
- Add the **onion** and **carrot** with a pinch of **salt**.
- Fry for 3-5 min until softened.
- Add the **garlic** and **tomato paste**.
- Fry for 1 min further.



3. Simmer

- Add the **beef mince** and fry for 4-5 min further, breaking up the **mince** as you go.
- Stir the **flour** through and cook for 30 sec.
- Add the **measured water**, **stock cube**, **bay leaves**, **rosemary**, **garlic onion powder**, **worcestershire sauce**, **onion marmalade** and half the **thyme**.
- Cook for 3 min.
- Stir through the **peas**.



4. Bake hot-pot

- Transfer the **beef mixture** into an oven proof dish.
- Wipe and reserve the pan.
- Top with the sliced **potato slices**, slightly overlapping, forming a layer one slice thick.
- Drizzle the **potatoes** generously with **oil** and sprinkle with **salt** and the remaining **thyme**.
- Bake **hot-pot** for 30-35 min until the **potatoes** are slightly browned and crispy.

Tip! For an extra crispy top, grill for a further 5 mins.



5. Saute

- Meanwhile, trim and cut the **brussels sprouts** into half or quarters.
- Heat the reserved pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **brussels sprouts**.
- Fry for 3-5 min until tender.
- Season with **salt** to taste.

Tip! Add a splash of water to help the brussels cook faster.



6. Serve

- Allow the **hot-pot** to rest for 5 min.
- Serve the **Beef Hot-Pot** with **Sautéed Brussels Sprouts** to the side.

Korean Pulled Beef Tacos with Pickled Salad

and Spicy Gochujang Sour Cream

Gochujang is an intensely savoury, slightly sweet, and spicy fermented red chilli paste that's popular in Korean cooking!

hellochef

806 calories | 39 protein | 83 carbs | 36 fat

Quick Prep | Speedy

prep: 5 min | cook: 25 min | R3983-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3373 / 806
Fats (g)	36
of which saturated (g)	11.3
Carbohydrates (g)	83
of which sugars (g)	23.3
Fibers (g)	5.8
Proteins (g)	38.9
Salt (g)	4.8

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Korean beef	
Pulled beef	400 Grams
Ginger garlic paste	30 Grams
Gochujang 9*	30 Grams
Sweet soy sauce 9*,10*,11*,14*	40 ML
Sesame oil 3*,9*	30 ML
Water	100 ML
Vegetable oil	1 Tbsp
Fresh mint	10 Grams
6" tortilla wraps 10*,11*	12 Piece
Sesame seeds 3*	20 Grams

Pickled Salad	
Cucumber	2 Piece
Chinese cabbage	450 Grams
Carrot	2 Piece
Rice vinegar	30 ML
White sugar	10 Grams
Salt	0.5 Tsp

Gochujang Sour Cream	
Gochujang 9*	30 Grams
Sour cream 4*	120 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *3 Sesame Seeds, *4 Milk

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1. Prep

Slice the **cucumber** into thin rounds. Finely shred the **cabbage**. Peel and grate the **carrots**.



2. Make pickled salad

In a bowl, combine the **rice vinegar** with a pinch of **salt** and **sugar**. Add the **cucumbers** and half the amount of chopped **cabbage** and **carrots**, reserving the rest for the stir-fry in step 4. Mix well and set aside to marinate.



3. Make sauces

Divide the **gochujang paste** amongst two small bowls. In one bowl, mix the **gochujang (spicy!)** and **sour cream** until well combined. In the other bowl, mix the **gochujang (spicy!)**, the **ginger garlic paste**, **sweet soy sauce**, **sesame oil**, and the **measured water** - this is your **stir-fry sauce**.

Tip! Sensitive to spice? Adjust the amount of gochujang paste in the sauces to your liking.



4. Stir-fry

Heat a large pan over a medium-high heat. Add the **sesame seeds** and dry-toast them for 1-2 min until golden and fragrant. Remove them to a bowl and set aside. To the same pan, add a drizzle of **oil**, the reserved **cabbage** and **carrots**, and fry for 3-4 min until softened. Add the **pulled beef** and fry for another 2-3 min. Reduce the heat to medium, add the **stir-fry sauce** and half the **sesame seeds**. Fry, stirring, for 2-3 min further or until the **sauce** thickens to your liking. Turn off the heat, and keep warm until serving.



5. Prep

Meanwhile, pick the **mint** leaves. Warm the **tortilla wraps** in the microwave for 30 secs.

Tip! Alternatively, for a crispier texture, warm the tortillas on a medium-hot dry pan for a few seconds, flipping on each side in between until lightly golden



6. Serve

Load the **tortilla wraps** with the **pulled beef** and top with the **pickled salad**. Serve with a dollop of **gochujang sour cream** and garnish with remaining **sesame seeds** and **fresh mint** leaves.

Warm Halloumi and Pesto Butterbean Salad

So satisfying!

hellochef

710 calories | 34 protein | 49 carbs | 44 fat

Low Carb | Speedy

cook: 20 min

R3025-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2951 / 710
Fats (g)	43.6
of which saturated (g)	25.6
Carbohydrates (g)	49
of which sugars (g)	17.7
Fibers (g)	13.8
Proteins (g)	33.6
Salt (g)	36.3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Halloumi 4*	400 Grams
Shallots	1 Piece
Lemon	1 Piece
Olive oil	4 Tbsp
White balsamic vinegar 14*	30 ML
Honey	30 Grams
Salt	1 Tsp
Black pepper	0.5 Tsp
Baby gem lettuce	4 Piece
Rocket	80 Grams
Cherry tomatoes	300 Grams
Butter beans	480 Grams
Green pesto 2*,4*	100 Grams
Sunflower seeds	40 Grams
Fresh basil	15 Grams

Allergens: *4 Milk, *14 Sulphur Dioxide, *2 Tree Nuts

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1. Prep shallot dressing

- Peel and finely chop the **shallot**.
- Add 1-2 tbsp of the chopped **shallots** to a small bowl.
- Squeeze 1 tbsp of **lemon** juice into the bowl.
- Add a generous drizzle of **olive oil**, the **white balsamic vinegar**, **honey**, **salt** and **pepper**.
- Mix well and set the **shallot dressing** aside.



2. Prep vegetables

- Slice the **halloumi**.
- Separate the **gem lettuce** leaves.
- Rinse and dry the **rocket**.
- Halve the **cherry tomatoes**.
- Rinse and drain the **butter beans** in a colander.



3. Fry halloumi

- Heat a pan over a medium-low heat with a drizzle of **oil**.
- Once hot, add the **halloumi**.
- Fry for 2 min on each side until the surface turns golden brown.
- The inside of the cheese should stay soft.
- Transfer to a plate and cover lightly.

Tip! Don't fry the halloumi on too high a heat. It should be golden on the outside and soft on the inside.



4. Make pesto beans

- Return the pan to a medium heat with a second drizzle of **olive oil**.
- Add the **beans** and the **green pesto** with 1-2 tbsp of **water**.
- Cook for 2 min until the **beans** are warmed through and the excess water has evaporated.



5. Serve

- Serve the **Warm Halloumi** and **Pesto Butterbean Salad**.
- Drizzle with the **shallot dressing**.
- Garnish with the **sunflower seeds** and **fresh basil** leaves.

Prawn Pad Thai

with Snow Peas and Roasted Peanuts

Pad Thai is a popular street food made with tamarind, famous for its unique sweet and tangy flavour.

hello chef

561 calories | 43 protein | 46 carbs | 25 fat

Calorie Smart | Global Eats | Speedy

cook: 25 min

R3569-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2347 / 561
Fats (g)	24.5
of which saturated (g)	4.8
Carbohydrates (g)	46
of which sugars (g)	16
Fibers (g)	7.8
Proteins (g)	42.5
Salt (g)	7.2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pad thai sauce	
Chilli flakes	4 Grams
Soy sauce 9*,10*,11*	20 ML
Sweet soy sauce 9*,10*,11*,14*	30 ML
Tamarind paste	30 Grams
Sesame oil 3*,9*	30 ML
Fish sauce 6*,10*	20 ML
Brown sugar	10 Grams
Lime	2 Piece

Stir-fry	
Prawns 7*	700 Grams
Snow peas	200 Grams
Garlic cloves	4 Piece
Carrot	2 Piece
Organic Eggs 5*	4 Piece
Rice noodles	200 Grams
Vegetable oil	2 Tbsp
Bean sprouts	100 Grams

To serve	
Salted peanuts 1*	80 Grams
Fresh coriander	15 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *3 Sesame Seeds, *6 Fish, *7 Crustaceans, *5 Eggs, *1 Peanuts

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1. Prep

- Trim and slice the **snow peas**.
- Peel and mince the **garlic**.
- Peel and grate the **carrot**.
- Boil a kettle.



2. Make sauce

- In a bowl, combine a pinch of **chilli flakes (spicy!)**, the **soy sauce**, **sweet soy sauce**, **tamarind paste**, **sesame oil**, **fish sauce**, **brown sugar** and the juice of half of the **limes**.
- Add the **eggs** to a second bowl .Beat them lightly.
- Add the **rice noodles** to a third, larger bowl and cover them with boiling water.
- Leave to soak for 5 min.



3. Start stir-fry

- Meanwhile, heat a large pan or wok over a high heat with a drizzle of **vegetable oil**.
- Add the **prawns**.
- Stir-fry for 1 min.
- Add the **carrot**, **snow peas** and **garlic**.
- Stir-fry for 2 min further.

Tip! Cooking for 4? Use 2 pans!



4. Stir-fry

- Add the **eggs**.
- Stir-fry for 1-2 min, scrambling with a spatula as you go.



5. Add

- Drain the **noodles**.
- Add them to the stir-fry along with the **bean sprouts**.
- Stir-fry for a final 2 min.
- Remove the pan from the heat.
- Add the **sauce**.
- Toss until coated.



6. Serve

- Slice the remaining **limes** into wedges.
- Serve the **Prawn Pad Thai** with **Snow Peas** and **Roasted Peanuts**.
- Sprinkle with the **peanuts** and remaining **chilli flakes (spicy!)**.
- Garnish with the **lime** wedges and **fresh coriander** leaves.

Tostadas with Guacamole,

Popped Beans and Pickled Shallots

'Tostada' means 'toasted' in Spanish. In Mexican cooking 'tostada' refers to a dish that includes a toasted component as its base.

914 calories | 27 protein | 111 carbs | 46 fat

cook: 30 min

R3152-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3824 / 914
Fats (g)	45.7
of which saturated (g)	7.1
Carbohydrates (g)	111
of which sugars (g)	14.8
Fibers (g)	29.9
Proteins (g)	26.9
Salt (g)	3.1

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Oven
- Food processor

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Guacamole	
Avocado	4 Piece
Garlic cloves	1 Piece
Fresh coriander	15 Grams
Large red chilli	2 Piece
Tomatoes	2 Piece
Lime	4 Piece
Salt	1 Tsp

Popped beans	
Red kidney beans	480 Grams
Vegetable oil	2 Tbsp
Soy sauce 9*,10*,11*	20 ML
Chipotle powder	2 Grams
Coriander powder	4 Grams
Salt	1 Tsp

Pickled shallots	
Shallots	2 Piece
Brown sugar	5 Grams
Red vinegar	60 ML
Salt	1 Tsp

Tostadas	
Salt	1 Tsp
Vegetable oil	2 Tbsp
6" tortilla wraps 10*,11*	12 Piece

Allergens: *9 Soya, *10 Wheat, *11 Gluten

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1. Pickle shallot

- Preheat the oven to 200°C/180°C fan.
- Peel and very finely slice the **shallots**.
- Combine the **red vinegar** with the **brown sugar** and **salt** in a small bowl.
- Once the **sugar** has dissolved, submerge the sliced **shallots** in the **vinegar** and set aside.



2. Roast beans

- Drain, rinse and dry the **kidney beans**.
- Add the **kidney beans** to a baking tray.
- Drizzle them with **oil** and the **soy sauce**.
- Sprinkle with the **chipotle** (spicy!), **coriander powder** and **salt**.
- Toss.
- Place the tray in the oven for 20-25 min or until the skins have burst and the **beans** are crispy.
- Keep the **popped beans** aside.



3. Bake tostadas

- Meanwhile, place the **tortilla wraps** on a second, large baking tray.
- Generously drizzle with **vegetable oil** and season with **salt**.
- With clean hands, rub the **salt** and **oil** into the **tortilla wraps**.
- Bake in the oven for 5-8 min until crispy.
- Once golden, remove the tray from the oven and set aside.

Tip! Tortillas looking crowded on the tray? Use multiple trays if the tortilla wraps overlap and bake them in batches!



4. Prep guacamole

- Meanwhile, cut the **avocado** in half and remove its stone.
- Scoop the **avocado** out of its skin using a spoon, then chop it roughly.
- Peel and mince the **garlic**.
- Roughly chop the **coriander**, **chilli** and **tomatoes**.
- Reserve some of the **coriander** for garnish.



5. Make guacamole

- Juice the **lime** into a food processor.
- Add the **avocado**, **garlic**, **chilli** (spicy!), **coriander** and **tomatoes** and season generously with **salt**.
- Blitz until almost smooth.



6. Serve

- Drain the **shallots**.
- Spread the **guacamole** over the **tostadas**.
- Top with the **beans**, pickled **shallots** and reserved **coriander**.
- Serve the **Tostadas** with **Guacamole, Popped Beans** and **Pickled Shallots**.

Masala Crumbed Seabream

with Roasted Coriander Veg and Lime Yogurt

Crispy coated and aromatic! A fish dish that will for sure make you smile.

595 calories | 56 protein | 77 carbs | 10 fat

Family Friendly | Tips for Kids | Calorie Smart

cook: 45 min

R4265-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2492 / 595
Fats (g)	10.3
of which saturated (g)	3.6
Carbohydrates (g)	77
of which sugars (g)	15.3
Fibers (g)	15.2
Proteins (g)	55.9
Salt (g)	0.7

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What You'll Need

Oven

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Seabream	
Seabream 6*	660 Grams
Crispy onions	40 Grams
Panko bread crumbs 10*,11*,12*	80 Grams
Garam masala	8 Grams
Curry powder	4 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Vegetable oil	2 Tbsp

Veg	
Potatoes	1200 Grams
Broccoli	400 Grams
Red pepper	2 Piece
Fresh coriander	30 Grams
Vegetable oil	1 Tbsp
Garlic onion powder	8 Grams
Coriander powder	4 Grams
Paprika powder	4 Grams
Salt	1 Tsp
Black pepper	0.5 Tsp

To serve	
Lime	2 Piece
Cucumber	2 Piece
Natural yogurt 4*	340 Grams
Salt	0.5 Tsp

Allergens: *6 Fish, *10 Wheat, *11 Gluten, *12 Lupin, *4 Milk

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1. Prep

- Preheat the oven to 200°C/180°C fan.
- Chop the **potatoes** (skin on) into small bite-sized pieces.
- Chop the **broccoli** into bite-sized pieces.
- Deseed and chop the **pepper** into bite-sized pieces.
- Finely chop the **coriander** leaves and stems.



2. Bake potatoes

- To a lined baking tray, add the **potatoes** with a drizzle of **oil**.
- Bake for 20 min.



3. Bake veg

- After 20 min, add the **broccoli** and **peppers** to the same tray as the **potatoes**.
- Sprinkle over the **garlic onion powder**, **coriander powder**, **paprika powder**, **salt** and **pepper**.
- Mix to coat the **veg** with the **seasonings**.
- Bake in the oven for a further 15-18 min.
- Once cooked, sprinkle over the **fresh coriander**.

Tip! If cooking for kids keep some of the veg unseasoned or just season with salt.



4. Make crumb

- Zest the **lime** and cut it into wedges (reserving the juice for the **lime yogurt**).
- To a small bowl, add the **crispy onions**.
- Using your finger tips, crush to form a rough crumb.
- Add the **bread crumbs**, **garam masala**, **curry powder**, **lime zest** and a pinch of **salt** and **pepper**.
- Drizzle in **oil**, mixing to form a wet crumb.

Tip! If cooking for kids, leave some of the breadcrumbs plain to be used as the crumb.



5. Bake fish

- Pat dry the **seabream** using kitchen paper.
- Add the **seabream** to a lined baking tray, if there is space add it to the same one as the **veg**.
- Top the **fish** with the **crumb**, patting it down to help it stick.
- Bake for 8-10 min, until the **fish** is cooked through.

Tip! If cooking for kids, you can keep the fish plain without the crumb, or, alternatively use just breadcrumbs.



6. Serve

- Meanwhile, chop the **cucumber** into small bite-sized pieces.
- In a small bowl, combine the **yogurt**, **cucumber** and **lime** juice.
- Season with **salt** to taste.
- Serve the **Masala Crumbed Seabream** with **Roasted Coriander Veg** and **Lime Yogurt**.
- Garnish with any remaining **lime** wedges.

Tip! If cooking for kids, keep some of the yogurt plain.

Greek Beef Flatbreads with Rocket and Radish Salad

Greek Beef Flatbreads with Rocket and Radish Salad

hellofresh

725 calories 62 protein 80 carbs 18 fat

cook: 25 min

R4350-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3032 / 725
Fats (g)	17.9
of which saturated (g)	6
Carbohydrates (g)	80
of which sugars (g)	16
Fibers (g)	11
Proteins (g)	62.3
Salt (g)	1.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Beef	
Steak strips	700 Grams
Red onion	2 Piece
Dried oregano	4 Grams
Dried thyme	4 Grams
Sumac	4 Grams
Garlic powder	4 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Lemon	1 Piece

Salad	
Red radish	125 Grams
Fresh mint	10 Grams
Rocket	80 Grams
Black olive slices	80 Grams

To serve	
Pitta bread 4*,5*,9*,10*,11*	4 Piece
Natural yogurt 4*	340 Grams
Tomatoes	2 Piece

Allergens: *4 Milk, *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten

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1. Marinate beef

Zest the **lemon** and cut it into wedges. In a large bowl, combine the **dried oregano**, **dried thyme**, **sumac**, **garlic powder**, a pinch of chilli flakes, **salt** and **pepper** with a drizzle of **olive** oil. Add the beef and coat in the marinade.



2. Prep salad

Cut the **radish** into rounds. Pick the **mint** leaves.



3. Mix salad



4. Fry beef



5. Heat pitta breads



6. Serve

Pea, Mint and Feta

Frittata

Easy and full of goodness!

hello chef

411 calories | 32 protein | 19 carbs | 24 fat

Low Carb

cook: 25 min

R1988-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1719 / 411
Fats (g)	23.7
of which saturated (g)	10.3
Carbohydrates (g)	19
of which sugars (g)	11.6
Fibers (g)	4.1
Proteins (g)	31.9
Salt (g)	4.7

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Frittata	
Small zucchini	4 Pieces
Spring onion	100 Grams
Garlic cloves	3 Pieces
Fresh mint	10 Grams
Fresh parsley	15 Grams
Organic Eggs 5*	10 Pieces
Wholegrain mustard 13*	30 Grams
Feta cheese 4*	150 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Olive oil	2 Tbsp
Green peas	200 Grams

Salad	
Baby gem lettuce	2 Pieces
Tomatoes	4 Pieces
Cucumber	3 Pieces
Orange	2 Pieces
Olive oil	2 Tbsp

Allergens: *5 Eggs, *13 Mustard, *4 Milk

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1. Prep

Rinse and grate **zucchini** to a bowl and squeeze out any excess water. Finely slice **spring onion**, **garlic** and herbs and set aside.



2. Mix eggs

Beat the **eggs** in a bowl with **mustard** and crumble in the **feta** and half of the herbs. Season with **salt** and **pepper**.



3. Make salad

Wash and chop **lettuce** leaves into a salad bowl. Rinse the **tomatoes** and **cucumber** and cut to **small** cubes. Cut off the **orange** peels and separate the **orange** slices into the salad. Add the remaining herbs and drizzle with **olive oil** just before serving.



4. Fry greens

Heat a spoon of **oil** in a frying pan (nonstick or cast iron). Add the sliced **spring onion**, **zucchini**, **peas** and crushed **garlic**. Fry on medium-high heat for a few minutes.



5. Pour and cook

Pour the egg mixture on the pan, mix quickly, then bring the heat to low and cook for 5–10 minutes, until nicely cooked at the bottom.



6. Flip and cook

With one confident move, flip the frittata to a larger pan, or to a large plate. Then slide the frittata back to the original pan and continue cooking on the other side for about 5 minutes, until nicely set. Don't overcook, so that the frittata remains moist and juicy. Take off the stove and let rest for at least 5 minutes before cutting. Serve with the salad.

Garlic Chilli Halloumi

over Pesto Rice

Halloumi simmered in a spicy garlic tomato butter sauce - YUM!

hello chef

811 calories | 29 protein | 80 carbs | 47 fat

Speedy

cook: 25 min

R3854-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3371 / 811
Fats (g)	47
of which saturated (g)	31
Carbohydrates (g)	80
of which sugars (g)	4.8
Fibers (g)	4.4
Proteins (g)	29.1
Salt (g)	36.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Halloumi	
Halloumi **4***	400 Grams
Fresh basil	15 Grams
Vegetable oil	2 Tbsp
Butter **4***	50 Grams
Garlic paste	20 Grams
Cherry tomatoes	300 Grams
Water	200 ML
Chilli flakes	4 Grams

Pesto rice	
Basmati rice	300 Grams
Green pesto **2*,4***	100 Grams
Salt	1 Tsp
Water	600 ML
Green peas	375 Grams

Allergens: *4 Milk, *2 Tree Nuts

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1. Boil rice

- Rinse the **rice**.
- Add the **rice**, **pesto**, a pinch of **salt** and the **measured water** to a pot with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, add the **peas**, remove the pot from the heat.
- Keep covered until serving.



2. Prep

- Meanwhile, slice the **halloumi** into bite-sized pieces.
- Pick and finely chop the **basil** leaves.



3. Fry

- Heat a large non-stick pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **halloumi**.
- Fry for 2-3 min or until lightly golden.
- Remove from the pan.
- Set the **halloumi** aside.
- Wipe and reserve the pan.



4. Simmer

- Return the pan to a medium heat with the **butter**.
- Once melted, add the **garlic paste** and **tomatoes**.
- Fry for 1 min.
- Add the **measured water** and **chilli flakes (spicy!)**.
- Simmer, covered, for 5 min or until the **tomatoes** are soft.
- Once soft, break the **tomatoes** using a spatula and stir the **sauce** until combined.

Tip! Sensitive to spice? Go easy on the chilli flakes.



5. Add halloumi

- Once the **tomatoes** have softened, return the **halloumi** to the **sauce**.
- Simmer for 2 min further or until the sauce slightly thickens up.



6. Serve

- Serve the **Garlic Chilli Halloumi** over the **Pesto Rice**.
- Garnish with the **basil**.

Dark Chocolate and Oat Date Balls

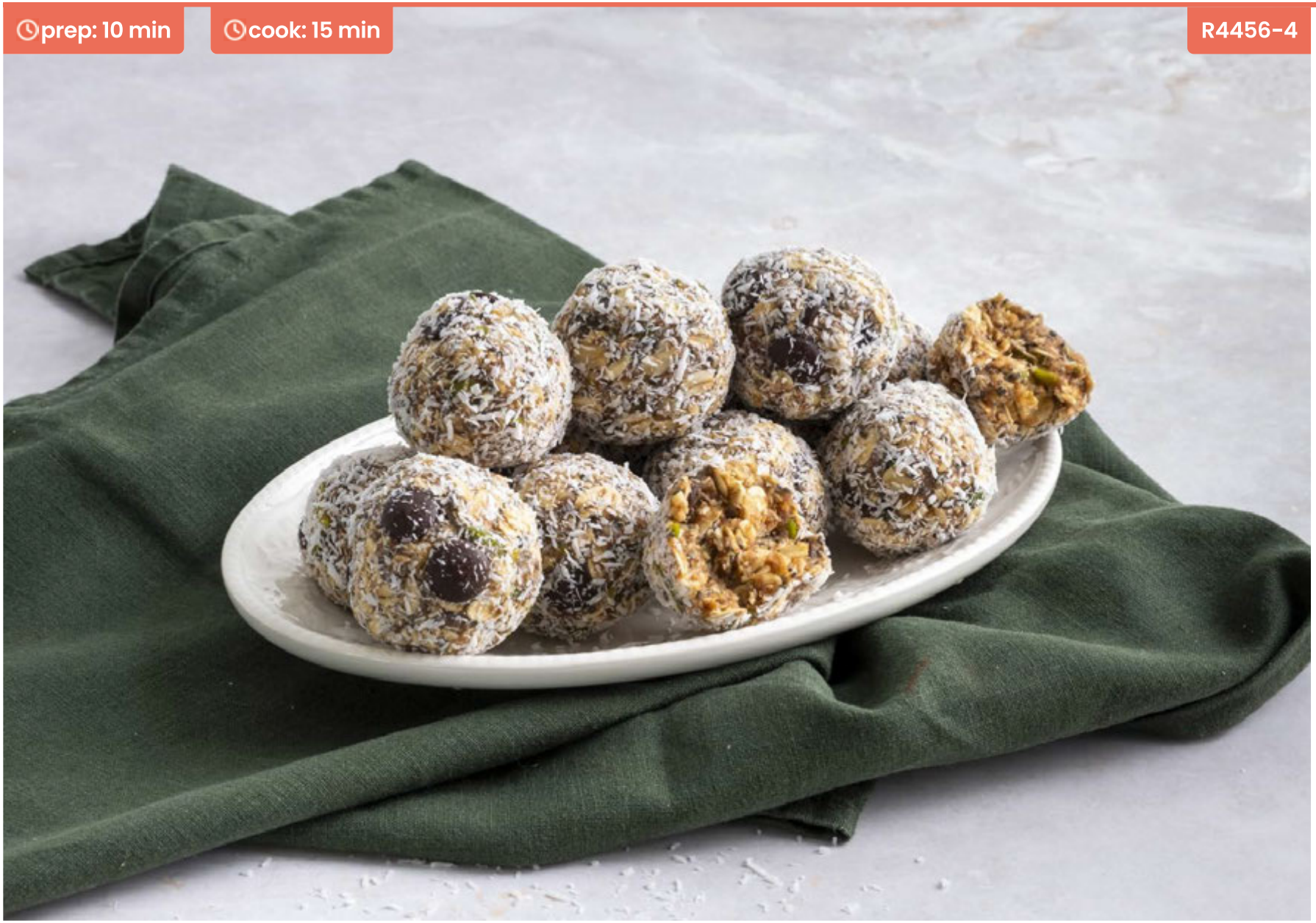
High-energy date balls made with dark chocolate, coconut and peanut butter are great for an on-the-go snack.

hello chef

486 calories | 14 protein | 50 carbs | 19 fat

Quick Prep

prep: 10 min | cook: 15 min | R4456-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2032 / 486
Fats (g)	18.7
of which saturated (g)	5.5
Carbohydrates (g)	50
of which sugars (g)	34.5
Fibers (g)	9.4
Proteins (g)	13.8
Salt (g)	0.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Date balls	
Date paste	160 Grams
Water	60 ML
Desiccated coconut	50 Grams
Peanut butter 1*,9*	60 Grams
Rolled oats	100 Grams
Chia seeds	15 Grams
Vanilla essence	5 ML
Belgian dark chocolate 9*	40 Grams
Sliced pistachios 2*	20 Grams
Salt	0.25 Tsp

Allergens: *1 Peanuts, *9 Soya, *2 Tree Nuts

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1. Prep

- Bring a kettle to the boil.
- In a large bowl, add the **date paste** and **boiled measured water**.
- Using a wooden spoon, mash until the **date paste** becomes soft.



2. Add

- To the **date paste**, add the **peanut butter**, **oats**, **chia seeds**, **vanilla essence**, **dark chocolate**, **pistachios** and **desiccated coconut** (reserve some for step 4) with a tiny pinch of **salt**.

Tip! For a nutty flavour, toast the oats in a dry hot pan over medium-high until golden brown and fragrant.



3. Combine

- With a wooden spoon, combine the **date mixture** well.
- It should still be slightly sticky to the touch.
- Cover with a lid or clingfilm and place into the fridge to set for a minimum of 15-30 min (up to 2 hours).

Tip! Leaving the date mixture to set in the fridge makes it less sticky and easier to form into shapes.



4. Shape

- Remove the **date mixture** from the fridge.
- Using a tablespoon, scoop the **date mixture** and roll in between your palms.
- Form into golf ball-sized rounds or size of your choice.
- Roll in the reserved **desiccated coconut**.
- Repeat.



5. Serve

- Serve the **Dark Chocolate and Oat Date Balls** as a high-energy on-the-go snack.

Tip! Store the Dark Chocolate and Oat Date Balls in an airtight container or ziplock bag in the fridge for up to one week or in the freezer for up to 3 months.

Creamy Vegan Pepper and Tomato Pasta

with Pine Nuts

Enjoy this luscious red pasta which benefits from the natural sweetness of red peppers.

hellochef

895 calories | 40 protein | 148 carbs | 21 fat

cook: 30 min

R2525-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3748 / 895
Fats (g)	20.8
of which saturated (g)	2.9
Carbohydrates (g)	148
of which sugars (g)	38.1
Fibers (g)	19.2
Proteins (g)	39.5
Salt (g)	2

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What You'll Need

- Blender

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pasta	
Spaghetti 5*,10*,11*	500 Grams

Sauce	
Red onion	2 Piece
Garlic cloves	4 Piece
Red pepper	2 Piece
Sun dried tomatoes	120 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Tomato paste	140 Grams
Paprika powder	4 Grams
Chopped tomatoes	800 Grams
Vegetable stock cube 15*	2 Piece
Brown sugar	10 Grams
Cashew nuts 1*,2*	80 Grams
Almond milk 2*	480 ML
Black pepper	1 Tsp

To serve	
Cherry tomatoes	300 Grams
Fresh basil	15 Grams
Pine nuts 2*	40 Grams

Allergens: *5 Eggs, *10 Wheat, *11 Gluten, *15 Celery, *1 Peanuts, *2 Tree Nuts

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Egg, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur dioxide and Celery.**



1. Prep

- Peel and chop the **onion**.
- Peel and mince the **garlic**.
- Roughly chop the **peppers** and **sun dried tomatoes**.



2. Start sauce

- Heat a large non-stick pan over a medium heat with a drizzle of **olive oil**.
- Once hot, add the **onion** and **pepper** with a pinch of **salt**.
- Fry for 3 min.
- Add the **tomato paste**, **garlic**, **paprika** and **sun dried tomatoes**.
- Cook for 2 min.



3. Simmer

- Add the **chopped tomatoes**, **vegetable stock cube**, **sugar**, **cashew nuts** and **almond milk**.
- Cover with a lid and reduce the heat to low.
- Simmer for 15-20 min.

Tip! For extra creaminess, soak the cashew nuts in hot water for 2-4 hours before cooking. Drain well.



4. Boil and toast

- Meanwhile, bring a large pot of salted water to the boil.
- Once boiling, add the **spaghetti**.
- Cook for 8-10 min until 'al dente' or cooked to your liking.
- Drain.
- Meanwhile, slice the **cherry tomatoes** in half.
- Pick the **basil** leaves.
- Toast the **pine nuts** in a hot, dry pan for 2 min or until starting to brown.
- Set aside.



5. Blend sauce

- Add the **sauce** to a food processor and blitz until smooth.
- Alternatively, use a hand-held blender.
- Season to taste with **salt** and **pepper**.



6. Finish

- Toss the drained **spaghetti** in the **tomato** sauce along with the **cherry tomatoes** and **basil** leaves.
- Serve the **Creamy Vegan Pepper and Tomato Pasta** with **Pine Nuts** sprinkled over the top.

Greek Pulled Chicken Gyros

with Feta and Tzatziki

One of the best sandwiches in the world, the Greek gyro! Our ready-made pulled chicken ensures quick delivery onto your dinner table.

hello chef

598 calories | 50 protein | 70 carbs | 15 fat

Calorie Smart

cook: 30 min

R4080-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1706 / 598
Fats (g)	14.8
of which saturated (g)	6.2
Carbohydrates (g)	70
of which sugars (g)	16.5
Fibers (g)	8.6
Proteins (g)	50.1
Salt (g)	4.8

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Box grater

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Pulled chicken	600 Grams
Olive oil	2 Tbsp
Garlic onion powder	8 Grams
Cumin powder	4 Grams
Paprika powder	4 Grams
Dried oregano	4 Grams
Black pepper	1 Tsp

Pickled onion	
Lemon	1 Piece
Red onion	2 Piece
Olive oil	2 Tbsp
Red vinegar	30 ML
Salt	1 Tsp

Tzatziki	
Garlic cloves	3 Piece
Fresh mint	10 Grams
Cucumber	2 Piece
Natural yogurt 4*	340 Grams
Salt	1 Tsp
Black pepper	0.5 Tsp

Gyros	
Fresh parsley	15 Grams
Cherry tomatoes	300 Grams
Feta cheese 4*	100 Grams
Arabic flatbread packet 10*,11*	2 Piece

Allergens: *4 Milk, *10 Wheat, *11 Gluten

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1. Prep vegetables

- Slice the **lemon** into wedges.
- Peel and finely slice the **red onion**.

Tip! Lemon is juicier when you store it at room temperature rather than in the fridge.



2. Pickle onion

- In a small bowl, combine the **red onion**, **olive oil** and **red vinegar** with a generous squeeze of **lemon** juice and a pinch of **salt**.
- Mix and set aside to pickle.

Tip! You might wish to pickle the onion for 3-4 hours before dinnertime, or even the day before.



3. Make tzatziki

- Peel and finely chop the **garlic**.
- Pick and finely chop the **mint**.
- Grate the **cucumber**, then carefully squeeze out any excess water.
- In a small bowl, combine the **garlic**, **mint** and the grated **cucumber** with the **yogurt**.
- Season with a pinch of **salt** and **black pepper** to taste.
- Mix well. Set **tzatziki** aside.

Tip! Go easy on the raw garlic if you find the taste too punchy.



4. Fry chicken

- Meanwhile, heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **pulled chicken**, **garlic onion powder**, **cumin powder**, **paprika powder**, **oregano** and **black pepper**.
- Fry for 2-3 min.
- Turn off the heat.
- Cover to keep warm until ready to serve.



5. Prep gyros

- Pick and chop the **parsley**.
- Halve the **cherry tomatoes**.
- Crumble the **feta**.
- Microwave the **Arabic flatbread** for 30 sec until hot.

Tip! Alternatively, you may warm the bread in the oven.



6. Serve

- Spread some **tzatziki** onto a warm **Arabic flatbread**.
- Add some **pulled chicken**, **pickled onions**, **cherry tomatoes**, **feta**, chopped **parsley** and a squeeze of **lemon** juice.
- Roll into a **gyro**.
- Serve the **Greek Pulled Chicken Gyros with Feta and Tzatziki**.

Tip! Serve the components family style and let everyone build their own gyros.

Sticky Hoisin Prawns with Baby Corn, Snow Peas and Jasmine Rice

Enjoy this simple stir-fry that's guaranteed to be tasty and quicker than ordering take-out!

hello chef

603 calories | 33 protein | 100 carbs | 12 fat

Tips for Kids

cook: 30 min

R3834-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2555 / 603
Fats (g)	12.1
of which saturated (g)	2
Carbohydrates (g)	100
of which sugars (g)	16.1
Fibers (g)	5.6
Proteins (g)	32.8
Salt (g)	7.7

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Sticky prawns	
Jumbo prawns 7*	600 Grams
Corn starch	10 Grams
Soy sauce 9*,10*,11*	30 ML
White vinegar	30 ML
Brown sugar	10 Grams
Hoisin sauce 3*,9*,10*	40 Grams
Sweet soy sauce 9*,10*,11*,14*	30 ML
Ginger garlic paste	40 Grams
Sesame oil 3*,9*	30 ML
Vegetable oil	2 Tbsp
Salt	1 Tsp

Jasmine rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML

Vegetables	
Fresh baby corn	225 Grams
Snow peas	200 Grams
Spring onion	80 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

To serve	
Fresh coriander	15 Grams
Sesame seeds 3*	20 Grams

Allergens: *7 Crustaceans, *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds, *14 Sulphur Dioxide

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1. Boil rice

- Rinse the **rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat.
- Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked.



2. Prep veg

- Meanwhile, slice the **baby corn** in half, lengthways.
- Trim the **snow peas**.
- Trim and roughly chop the **spring onions**, reserving the greens for garnish.
- Pick the **coriander** leaves.



3. Make sauce

- In a small bowl, combine 2 tsp of **corn starch**, the **soy sauce**, **white vinegar**, **brown sugar**, **hoisin sauce**, **sweet soy sauce**, **ginger garlic paste**, and **sesame oil**.
- This is your **sauce**.



4. Fry vegetables

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **baby corn** with a pinch of **salt** and fry for 2-3 min.
- Add the **snow peas**, **spring onions**, and **sesame seeds** and fry for 2-3 min further.
- Transfer the **vegetables** to a plate.
- Wipe and reserve the pan.

Tip! If cooking for kids, set aside a portion of sesame seeds to use as 'sprinkles'.



5. Fry prawns

- Drain the **prawns** on kitchen paper. Return the reserved pan to a medium-high heat with a drizzle of **oil**.
- Once hot, add the **prawns** with a pinch of **salt**, and fry for 2-3 min until pink and cooked through.
- Add the **sauce** and fry for a further 1-2 min until it's thick and sticky.
- For a thinner sauce, add a splash of water at the end and mix well.

Tip! If cooking for kids, fry a plain portion of prawns without the sauce for 3-4 min or until cooked through, and set aside.



6. Serve

- Divide the **jasmine rice** among bowls and serve the **sticky hoisin prawns** and **vegetables** alongside.
- Garnish with the **fresh coriander** and reserved **spring onion** greens.

Tip! If cooking for kids, serve the plain cooked prawns, vegetables, and rice separately. Serve any remaining sauce to the side, and sesame seeds and coriander as "sprinkles".

Cream of Mushroom Soup

with Cheesy Panini

Way tastier than from a tin and almost just as easy!

hello chef

919 calories | 32 protein | 61 carbs | 61 fat

cook: 30 min

R3097-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3824 / 919
Fats (g)	61.3
of which saturated (g)	39.3
Carbohydrates (g)	61
of which sugars (g)	12.4
Fibers (g)	5.8
Proteins (g)	31.8
Salt (g)	3.2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Blender

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Soup	
Chestnut mushrooms	500 Grams
Shallots	4 Piece
Butter 4*	50 Grams
Salt	1 Tsp
Dried porcini mushrooms	20 Grams
Garlic powder	8 Grams
Mushroom stock cube	1 Piece
Water	1000 ML
Soy sauce 9*,10*,11*	20 ML
Black pepper	1 Tsp
Cooking cream 4*	400 ML

Panini	
Ciabatta 10*,11*	2 Piece
Fresh chives	15 Grams
Dijon mustard 13*	12 Grams
Grated cheddar 4*	120 Grams
Grated mozzarella 4*	120 Grams
Vegetable oil	1 Tbsp

Allergens: *4 Milk, *9 Soya, *10 Wheat, *11 Gluten, *13 Mustard

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1. Prep

- Roughly chop the **chestnut mushrooms**.
- Peel and finely slice the **shallots**.



2. Sauté

- Heat the **butter** in a pot over a medium heat.
- Fry the **mushrooms** with a pinch of **salt** for 5 min.
- Remove a couple of **mushrooms** and reserve for garnish.
- Add the **shallots** and **dried porcini**.
- Fry for 2 min.



3. Simmer

- Add the **garlic powder**, 1 **stock cube**, **measured water**, **soy sauce**, **salt** and **pepper**.
- Simmer, covered, for 20 min.



4. Prep panini

- Meanwhile, slice the **ciabatta** open.
- Finely slice the **chives**.
- Mix the **Dijon mustard**, **chives** and **grated cheddar** with the **mozzarella**.
- Sandwich the **cheese** mixture in between the **ciabatta** halves.



5. Fry panini

- Heat a drizzle of **oil** in a pan over a medium heat.
- Add the **ciabatta** sandwiches.
- Place a smaller pan directly on top of them.
- Place a heavy weight (e.g. several cans) onto the smaller pan.
- Fry for 3 min per side until golden.
- Keep warm.



6. Blitz

- After 20 min, using your blender of choice, blitz the **soup** for 2-3 min or until entirely smooth.
- Add the **cooking cream** to the pan and heat until hot.
- Season with **salt** and **pepper**.
- Slice the **panini**.
- Serve the **Cream of Mushroom Soup** with **Cheesy Panini** on the side.

Sesame Crusted Salmon

with Crunchy Slaw

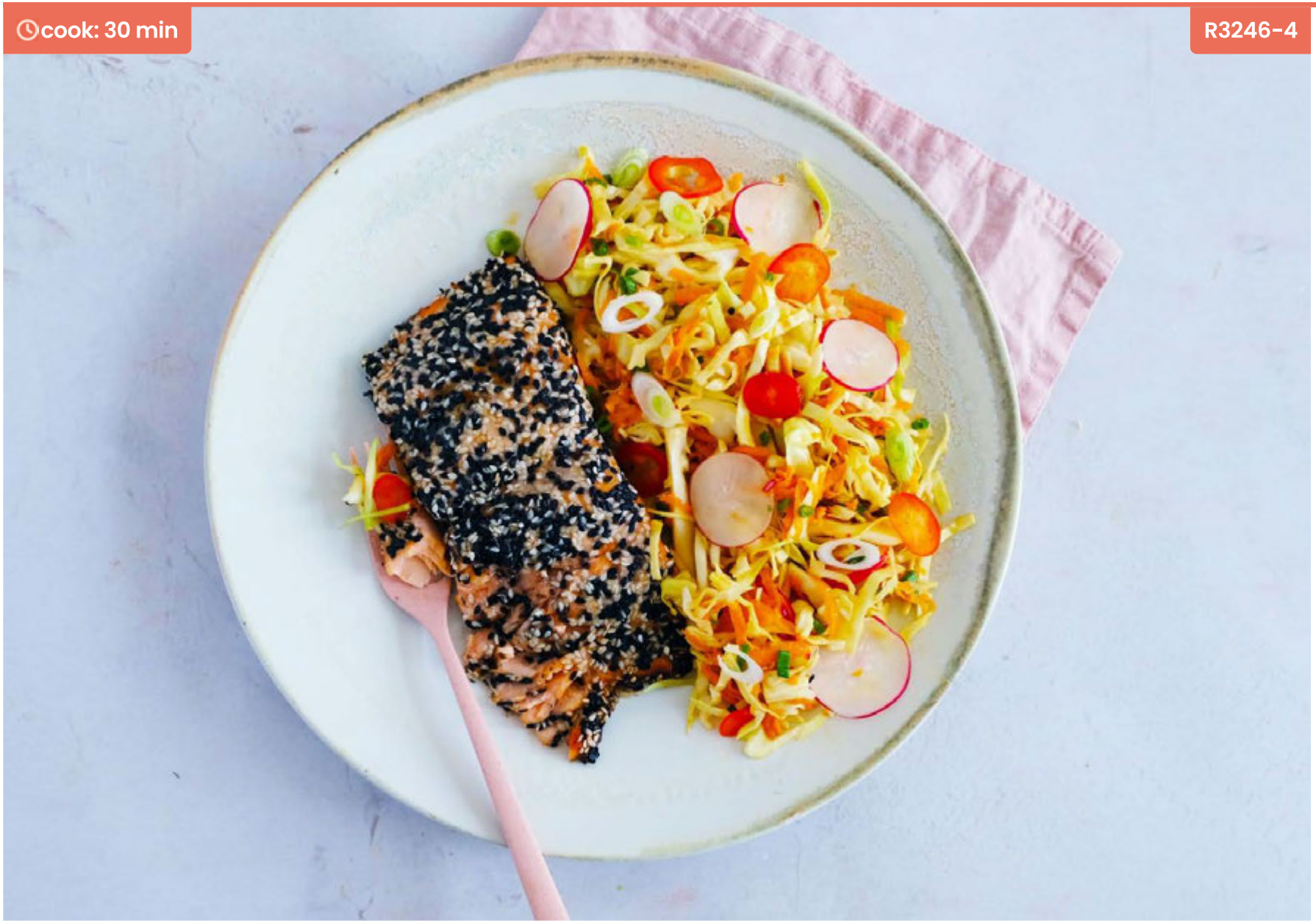
The flavor of the toasted sesame seeds is complemented by the Asian-flavoured marinade and slaw.

637 calories | 45 protein | 40 carbs | 35 fat

Low Carb

cook: 30 min

R3246-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2662 / 637
Fats (g)	35
of which saturated (g)	6.9
Carbohydrates (g)	40
of which sugars (g)	22.1
Fibers (g)	9.1
Proteins (g)	45.2
Salt (g)	2.6

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What You'll Need

- Oven
- Box grater
- Whisk

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salmon	
Skinless salmon fillet 6*	700 Grams
Soy sauce 9*,10*,11*	40 ML
Honey	30 Grams
Garlic powder	4 Grams
Sesame seeds 3*	20 Grams
Black sesame seeds 3*	20 Grams

Slaw	
Rice vinegar	60 ML
Sweet soy sauce 9*,10*,11*,14*	30 ML
Mayonnaise 5*,9*,13*	100 Grams
White cabbage	450 Grams
Carrot	2 Piece
Red radish	250 Grams
Spring onion	80 Grams
Salt	2 Tsp
Large red chilli	2 Piece

Allergens: *6 Fish, *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds, *14 Sulphur Dioxide, *5 Eggs, *13 Mustard

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1. Marinate

- Preheat the oven to 200°C/180°C fan.
- Whisk the **soy sauce**, **honey** and **garlic powder** in a large bowl.
- Portion the **salmon** and add to the bowl.
- Flip the **salmon** until all sides are covered.



2. Crust salmon

- Mix both **sesame seeds** on a plate.
- Remove the **salmon** from the marinade.
- Turn it in the **sesame seeds**.



3. Bake

- Place the **salmon** on an oiled lined baking tray.
- Bake for 15 min or until cooked through.



4. Make slaw

- Meanwhile, place the **rice vinegar**, **sweet soy sauce** and **mayonnaise** in a large bowl and whisk.
- Slice the **cabbage** as finely as possible.
- Peel and grate the **carrot**.
- Slice the **red radish**.
- Finely chop the **spring onions**.
- Add the lot into the bowl.
- Mix until combined.
- Season generously with **salt**.



5. Serve

- Thinly slice the **red chilli**.
- Serve the **Sesame Crusted Salmon** with **Crunchy Slaw** alongside.
- Garnish with the **red chilli**.

Zaatar Baked Cod

with Tomato, Chilli, Walnut Salad and Herby Rice

Zaatar is a Middle-Eastern herb that is often served dried and mixed with toasted sesame seeds, sumac and salt!

hellochef

610 calories | 44 protein | 87 carbs | 11 fat

Calorie Smart

cook: 30 min

R4124-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2552 / 610
Fats (g)	11.4
of which saturated (g)	1.3
Carbohydrates (g)	87
of which sugars (g)	7.4
Fibers (g)	8.1
Proteins (g)	43.8
Salt (g)	1

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What You'll Need

Oven

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Zaatar Cod	
Cod fillet 6*	700 Grams
Zaatar	20 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Lemon	1 Piece

Salad	
Cherry tomatoes	300 Grams
Large green chilli	2 Piece
Walnuts 2*	60 Grams
Sumac	4 Grams
Fresh zaatar	20 Grams
Pomegranate molasses	40 Grams

Herby rice	
Spring onion	80 Grams
Fresh parsley	15 Grams
Long grain rice	300 Grams
Olive oil	2 Tbsp
Salt	1 Tsp

Allergens: *6 Fish, *2 Tree Nuts

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1. Prep

Preheat the oven to 200°C/180°C fan. Slice the **cherry tomatoes** in half. Finely slice the **green chilli**. Trim and finely slice the **spring onions**. Pick and finely chop the **parsley**. Heat a pan over a medium heat. Once hot, add the **walnuts** and toast for 1 min until slightly browned and fragrant. Once toasted remove from the pan and set aside. Wipe and reserve the pan.

Tip! Sensitive to spice? Carefully remove the seeds of the green chilli, if you prefer a milder flavour.



2. Boil rice

Bring a pan of salted water to a boil. Once boiling , add the **rice**, **spring onions** and **parsley**. Boil for 4-5 min (the **rice** should to be half cooked). Drain and set aside. Reserve the pan for the steaming of the **rice**.

Tip! Strapped for time? Skip the steaming step, just boil the herby rice for an extra 5 min and drain once fully cooked.



3. Bake fish

In an oven proof baking dish combine the **zaatar** with a drizzle of **olive oil**. Pat the **cod** down with kitchen paper. Add the **fish** to the same baking dish and coat with the **zaatar** mix, sprinkle over half of the **sumac** (retaining the rest for step 5) and season with **salt**. Bake for 10-12 min, or until fully cooked.

Tip! Did you know that rinsing fish with either salt, citrus, or milk helps neutralise odour's and produces a fresher, purer tasting fish?



4. Finish rice

Place the reserved pan on a medium high heat with a drizzle of **oil**. Once hot, add the boiled **rice** and **herb** mix with a pinch of **salt**. Mix well and toast for 1-2 min. Turn the heat down to low and cover. Steam the **rice** for 10 min with the lid on throughout. Once cooked, keep the lid on and set aside.

Tip! Steaming the rice after parboiling allows for the rice to get really soft and fluffy.



5. Make salad

Meanwhile, slightly crush the **walnuts**. Pick and roughly chop the **fresh zaatar**. In a large bowl combine the **walnuts**, **cherry tomatoes**, **green chilli (spicy!)**, **sumac** and **fresh zaatar** (reserve some for garnish). Mix well and drizzle with the **pomegranate molasses**.

Tip! Sensitive to spice? Go easy on the chilli or keep it on the side.



6. Serve

Slice the **lemon** into wedges and squeeze the juice over the **cod** to taste. Divide the **herby rice** and **salad** among plates. Place the **cod** alongside and garnish with the remaining **fresh zaatar**.

Taco Spiced Pulled Beef Rice Bowl

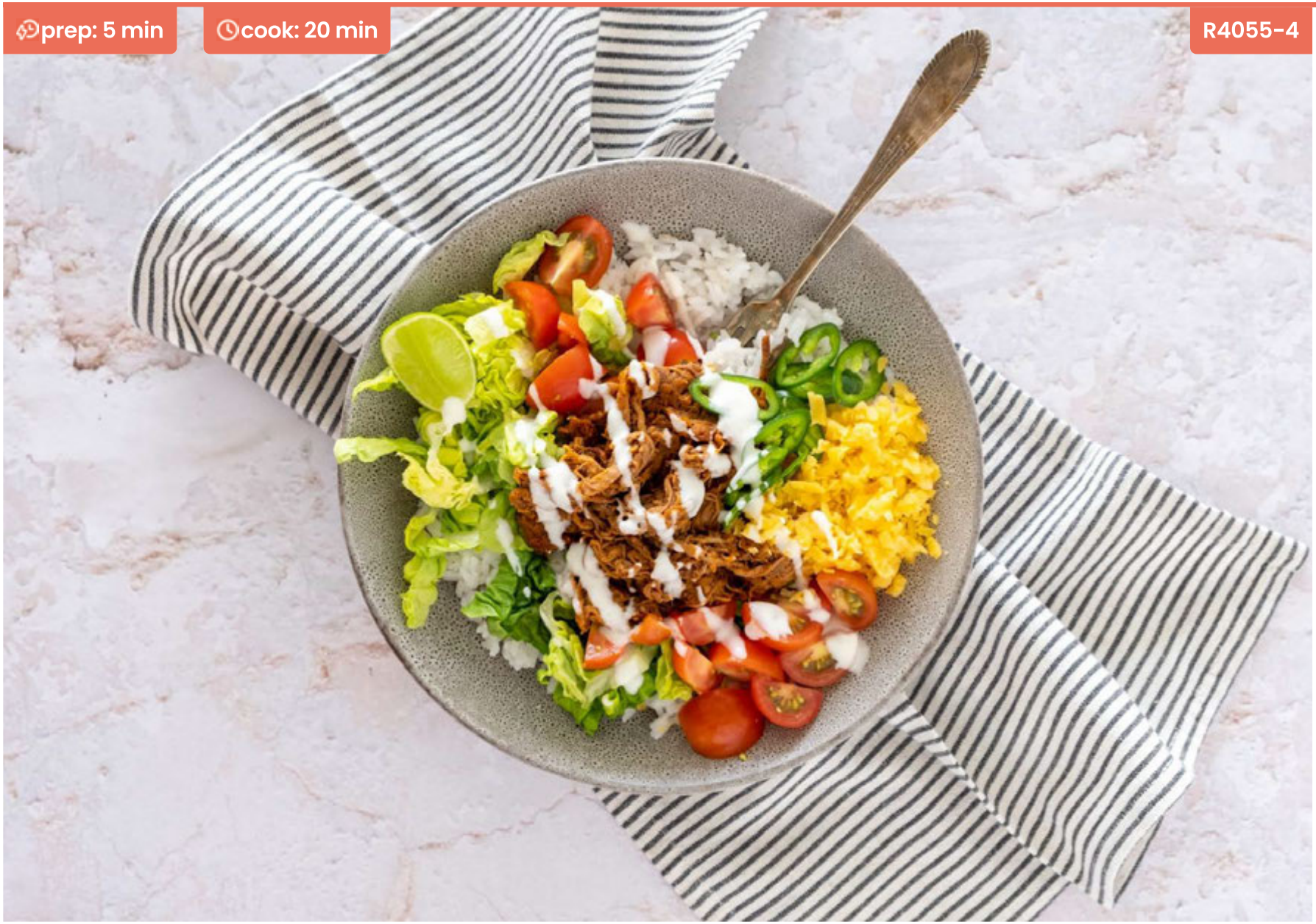
with Lime Crema

741 calories | 49 protein | 85 carbs | 33 fat

In a hurry or just hangry (hungry & angry)? This dinner will be ready by the time you have cooked the rice. The beef has already been slow cooked to tenderness and pulled apart into shreds.

Quick Prep | Speedy

prep: 5 min | cook: 20 min | R4055-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3099 / 741
Fats (g)	32.5
of which saturated (g)	16.6
Carbohydrates (g)	85
of which sugars (g)	6.7
Fibers (g)	6
Proteins (g)	49
Salt (g)	2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Bowl	
Pulled beef	400 Grams
Baby gem lettuce	2 Piece
Cherry tomatoes	300 Grams
Large green chilli	2 Piece
Vegetable oil	2 Tbsp
Taco seasoning	20 Grams
Tomato paste	70 Grams
Water	100 ML
Grated orange cheddar 4*	120 Grams

Rice	
Jasmine rice	300 Grams
Water	600 ML
Salt	1 Tsp

To serve	
Sour cream 4*	120 Grams
Lime	2 Piece

Allergens: *4 Milk

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1. Cook rice

- Rinse the **rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat.
- Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from the heat and keep covered until serving.



2. Prep vegetables

- Meanwhile, slice the **gem lettuce** to thin strips.
- Halve the **cherry tomatoes**.
- Finely slice the **green chilli**.

Tip! Some chillies are spicier than others. To check how spicy yours are, slice one in half, touch your finger to the cut, then touch your finger to your lips. Adjust the amount accordingly!



3. Prep dressing

- Slice the **lime** into wedges.
- Add the **sour cream** to a small bowl.
- Squeeze the **lime** juice into the **sour cream**.
- Mix well.
- This is your **lime sour cream dressing**.

Tip! If you don't want to use the whole lime for the sour cream, reserve some thin wedges for garnish.



4. Fry beef

- Heat a large non-stick pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **pulled beef** and fry 2 min.
- Add the **taco seasoning** (spicy!), **tomato paste** and a small splash of **water**.
- Fry for 1-2 min further.

Tip! For a cheesy pulled beef, add the grated cheddar on top of the meat and let it melt, instead of using it as a component in the bowl.



5. Serve

- Serve the **Taco Spiced Pulled Beef Rice Bowl** with **lettuce**, **cherry tomatoes**, **grated cheddar** and **green chilli** (spicy!).
- Drizzle with the **Lime Sour Cream Crema**.

Tip! Garnish with any remaining lime wedges.

Creamy Cashew Nut Spaghetti

Arrabiata

Simple but heavenly!

hellochef

803 calories | 32 protein | 138 carbs | 17 fat

cook: 30 min

R2544-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3361 / 803
Fats (g)	16.6
of which saturated (g)	3.1
Carbohydrates (g)	138
of which sugars (g)	31.7
Fibers (g)	15
Proteins (g)	32.3
Salt (g)	1.5

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What You'll Need

Oven | Blender

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Spaghettti	
Spaghetti 5*,10*,11*	500 Grams
Cashew nuts 1*,2*	80 Grams
Sun dried tomatoes	120 Grams
Garlic cloves	4 Piece
Chopped tomatoes	800 Grams
White sugar	20 Grams
Chilli flakes	2 Grams
Salt	2 Tsp
Black pepper	1 Tsp
Olive oil	4 Tbsp
Water	400 ML

To serve	
Cherry tomatoes	500 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Black pepper	0.5 Tsp
Fresh basil	15 Grams

Allergens: *5 Eggs, *10 Wheat, *11 Gluten, *1 Peanuts, *2 Tree Nuts

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1. Roast tomatoes

- See pro tip! Preheat the oven to 220°C/200°C fan.
- Add the **cherry tomatoes** to a baking dish.
- Drizzle with **olive oil**.
- Season with **salt** and **pepper**.
- Roast for 20 min.



2. Boil spaghetti

- Meanwhile, bring a pot of salted water to a boil and add the **spaghetti**.
- Cook for 10-12 min or until "al dente".
- Drain once ready, making sure to reserve 400 ml of the cooking **water**.



3. Prep sauce

- Meanwhile, add the **cashew nuts**, **sun dried tomatoes**, peeled and **chopped garlic cloves**, **chopped tomatoes**, **sugar**, **chilli flakes (spicy!)**, **salt**, **pepper** and **olive oil** to a blender or a food processor.
- Blitz until smooth.

Tip! To get the most out of the nuts, soak them in water for a couple of hours, then drain. This will make the sauce even creamier.



4. Simmer sauce

- Transfer the sauce to a pot.
- Add the **measured pasta cooking water**.
- Simmer over a low heat, covered, for 10 min, stirring occasionally.
- Check the seasoning.



5. Serve

- Toss the drained **spaghetti** in the **tomato sauce**.
- Serve the **Creamy Cashew Nut Spaghetti Arrabiata**.
- Top with the baked **cherry tomatoes**.
- Garnish with the **fresh basil** leaves.

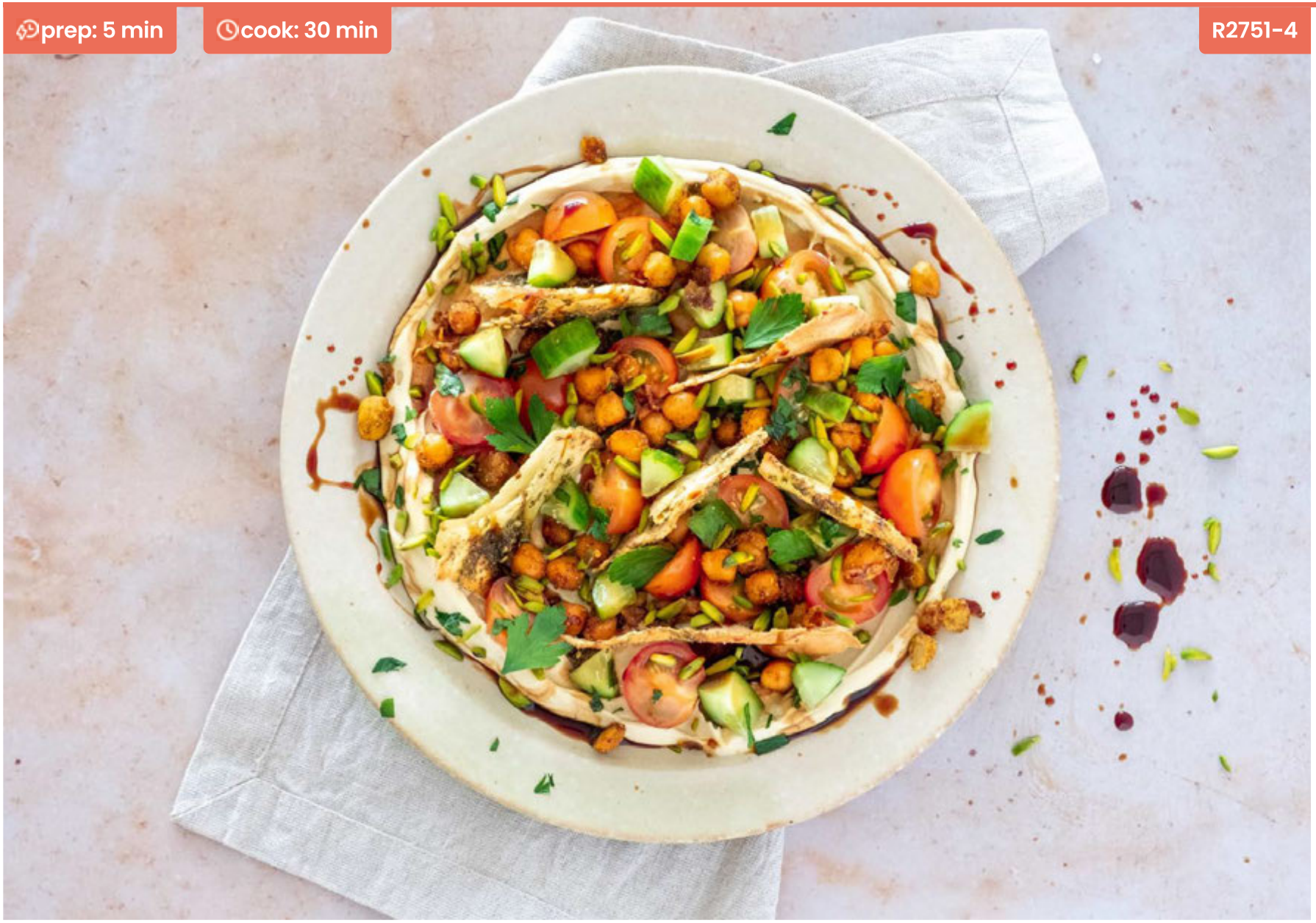
Crispy Chickpea and Hummus Fatteh
with Pistachios

New to fatteh? Think of it as a Levantine tumble made with crispy bread and, well, whatever else you fancy!

764 calories | 23 protein | 101 carbs | 30 fat

Tips for Kids | Quick Prep

prep: 5 min | cook: 30 min | R2751-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2398 / 764
Fats (g)	30.3
of which saturated (g)	2
Carbohydrates (g)	101
of which sugars (g)	11.4
Fibers (g)	18.2
Proteins (g)	22.9
Salt (g)	1.9

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chickpeas	480 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Ras el hanout	10 Grams
Arabic flatbread packet 10*,11*	2 Piece
Zaatar	20 Grams
Cherry tomatoes	500 Grams
Cucumber	2 Piece
Fresh parsley	15 Grams
Hummus 3*	400 Grams
Pomegranate molasses	40 Grams
Olive oil	2 Tbsp
Sliced pistachios 2*	40 Grams

Allergens: *10 Wheat, *11 Gluten, *3 Sesame Seeds, *2 Tree Nuts

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1. Roast chickpeas

- Preheat the oven to 200°C/180°C fan.
- Rinse, drain and dry the **chickpeas**.
- Add the **chickpeas** to one side of a baking tray.
- Drizzle with **oil** and sprinkle with the **salt** and the **Ras el Hanout (spicy!)**.
- Give everything a good mix up.
- Roast for 20 min.

Tip! If cooking for kids, go easy on the spice or keep a portion of the chickpeas plain and roast separately on the baking tray.



2. Roast bread

- Meanwhile, tear the **Arabic flatbreads** into bite-sized pieces.
- Once the **chickpeas** have been baking for 10 min, add the **Arabic flatbreads** to the other side of the baking tray.
- Drizzle with **oil** and sprinkle with **salt** and **zaatar**.
- Give everything a good mix up.
- Roast for 10 min further.

Tip! If cooking for kids, keep a portion of the flatbreads plain and bake separately on the baking tray.



3. Prep

- Meanwhile, halve the **cherry tomatoes**.
- Chop the **cucumber**.
- Wash and pick the **parsley leaves**.



4. Serve

- Divide the **hummus** among plates and spread it out in a 1 cm thick layer.
- Layer with the crispy **Arabic bread**, **tomatoes**, **cucumber** and crispy **chickpeas**.
- Drizzle with the **pomegranate molasses** and a generous lug of **olive oil**.
- Garnish with the **pistachios** and **fresh parsley** leaves.

Tip! If cooking for kids, serve the plain flatbread, tomatoes, cucumber and chickpeas separately with hummus, pomegranate molasses and pistachios on the side.

Indian Veg Thali Plate: Chickpea Masala and Black Pepper Dahl

with Lime Rice, Mint Salad and Chapatis

Thali translates to 'plate' from Hindi and consists of multiple small dishes, creating a balanced and delicious feast!

hello chef

852 calories | 37 protein | 160 carbs | 9 fat

Global Eats

cook: 45 min

R4186-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3562 / 852
Fats (g)	9.1
of which saturated (g)	2.6
Carbohydrates (g)	160
of which sugars (g)	16.7
Fibers (g)	18.7
Proteins (g)	36.5
Salt (g)	3.3

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Dahl	
Red onion	2 Piece
Red lentils	160 Grams
Vegetable oil	2 Tbsp
Ginger garlic paste	30 Grams
Black pepper	2 Tsp
Turmeric powder	8 Grams
Cardamom pods	8 Piece
Water	500 ML
Vegetable stock cube 15*	1 Piece

Lime rice	
Lime	2 Piece
Long grain rice	300 Grams
Vegetable oil	1 Tbsp
Mustard seeds 13*	2 Grams
Curry leaves	6 Piece
Salt	1 Tsp
Water	600 ML

Chickpea masala	
Chickpeas	480 Grams
Tomatoes	2 Piece
Vegetable oil	1 Tbsp
Ginger paste	20 Grams
Tomato paste	70 Grams
Garam masala	10 Grams
Fenugreek leaves	4 Grams
Water	200 ML

Salad	
Fresh mint	10 Grams
Cherry tomatoes	300 Grams
Cucumber	2 Piece

To serve	
Fresh coriander	15 Grams
Chapati 10*,11*	4 Piece
Natural yogurt 4*	340 Grams



1. Prep dahl

Peel and finely chop the **onions**. Rinse and drain the **lentils**.



2. Cook dahl

Heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **onions** and fry for 5-7 min until softened. Next, add the **ginger garlic paste** and fry for a further 1-2 min. Add a generous pinch of **black pepper**, half of the **turmeric** and the **cardamom**. Fry the spices for 30 secs. Once fragrant, add the **lentils**, measured **water** and crumble in 1 **stock cube**. Mix well and bring to a boil. Once boiling, lower the heat and cover. Simmer for 15-20 min, until the **lentils** are soft and the sauce has thickened



3. Cook lime rice

Cut the **lime** into wedges. Rinse and drain the **rice**. Heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **mustard seeds**, **turmeric** and **curry leaves**, fry for 30 secs until fragrant. Next, add the **rice**, **salt** and **measured water**. Bring to a boil. Once boiling, reduce the heat to low and cover. Cook for 10-12 min, until all of the **water** is absorbed and **rice** is tender. Once cooked, squeeze in half of the **lime** juice (saving some for the salad). Mix and cover until serving.



4. Cook chickpea masala

Meanwhile, rinse and drain the **chickpeas**. Finely chop the **tomatoes**. Heat a large non-stick pan over a medium high heat with a drizzle of **oil**. Once hot, add the **ginger paste**, **tomato paste** and **tomato**, fry for 2-4 min. Turn the heat down to medium and add the **garam masala** and **fenugreek**. Cook for 30 sec until fragrant. Add the **chickpeas** and **measured water**. Mix to coat in the sauce. Continue to cook for a further 5-7 min, until the **chickpeas** are tender and the sauce has reduced. Once cooked keep warm until serving.



5. Make salad

Meanwhile, pick and finely chop the **mint** (leaving some **leaves** for garnish). Cut the **cherry tomatoes** into quarters. Cut the **cucumber** into small bite-sized pieces. To a bowl, add the **tomatoes**, **cucumber**, **mint** and the remaining **lime** juice. Mix well and set aside.



6. Serve

Pick and finely chop the **coriander** and add to the **chickpeas**. Warm the **chapatis** in the microwave for 30 secs. Divide the **lime rice**, **chickpea masala**, **dahl** and **salad** into small individual bowls, or onto a plate. Serve with the **yogurt** and **chapatis** on the side

Tip! For crispier chapatis, warm them in a dry pan over a medium-high heat for 30 secs each side.

Spinach and Ricotta Gnudi

in Buttery Tomatoes

We like to think of gnudi as gnocchi's little brother. Gnudi are lighter than gnocchi as they use ricotta instead of potatoes.

hello chef

862 calories | 39 protein | 64 carbs | 52 fat

Family Friendly

cook: 30 min

R2618-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3593 / 862
Fats (g)	51.7
of which saturated (g)	31.9
Carbohydrates (g)	64
of which sugars (g)	17.1
Fibers (g)	7.5
Proteins (g)	39.1
Salt (g)	2.7

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Gnudi	
Baby spinach	125 Grams
Parmesan 4*	120 Grams
Lemon	2 Piece
Organic Eggs 5*	4 Piece
Panko bread crumbs 10*,11*,12*	120 Grams
Ricotta 4*	500 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Plain flour 10*,11*	50 Grams

Tomatoes	
Shallots	2 Piece
Cherry tomatoes	500 Grams
Butter 4*	100 Grams
Olive oil	2 Tbsp
Tomato paste	70 Grams
Red vinegar	30 ML
Brown sugar	10 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Fresh basil	15 Grams

Allergens: *4 Milk, *5 Eggs, *10 Wheat, *11 Gluten, *12 Lupin

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1. Prep

Boil a kettle. Place the **spinach** in a colander and pour the freshly boiled water from the kettle over it. Once the **spinach** is cool enough to handle, give it a good squeeze to remove any excess liquid. Chop the wilted **spinach**. Grate the **Parmesan**. Wash the **lemon** and grate its zest with a fine blade.



2. Make gnudi

Whisk the **eggs** in a large bowl. Add the **Parmesan**, **lemon** zest, **panko bread crumbs**, wilted **spinach**, **ricotta**, **salt** and **pepper** and mix well. Dust the work surface and your hands with **flour**. Shape the mixture into 40 bite-size balls (roll them in the **flour** if they're too sticky!). Place them on a lined baking tray and refrigerate.



3. Prep sauce

Peel and finely slice the **shallots**. Halve the **cherry tomatoes**.



4. Make sauce

Heat a large non-stick pan over a medium-low heat with the **butter** and **olive oil**. Once the **butter** has melted, add the **shallots**, **tomatoes**, **tomato paste**, **red vinegar**, **sugar**, **salt** and **black pepper**. Cover with a lid and simmer for 10-15 min or until the **tomatoes** have fully broken down.



5. Boil gnudi

Once the **tomatoes** have broken down, bring a very large pot of salted water to the boil. Add the **gnudi** and cook for 1-2 min until they float to the surface. Do this in batches. Using a slotted spoon, carefully transfer the **gnudi** to the **tomatoes**.



6. Serve

Tear the **basil** leaves into the pan. Serve immediately.

One Pot Cheesy Chilli Con Carne Pasta

–

Cook this easy comfort dish and unwind after a busy day.

906 calories 67 protein 85 carbs 31 fat

Family Friendly

cook: 30 min

R4500-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3794 / 906
Fats (g)	30.8
of which saturated (g)	17.4
Carbohydrates (g)	85
of which sugars (g)	14.1
Fibers (g)	14.9
Proteins (g)	66.8
Salt (g)	5.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chilli con Carne	
Lean beef mince	700 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Red kidney beans	480 Grams
Vegetable oil	4 Tbsp
Cumin powder	4 Grams
Smoked paprika powder	4 Grams
Fajita seasoning	20 Grams
Brown sugar	10 Grams
Tomato paste	70 Grams
Tomato passata	500 Grams
Dried oregano	4 Grams
Water	100 ML
Beef stock cube 4*,5*,9*,11*,15*	2 Piece

Pasta	
Conchiglie rigate pasta 5*,10*,11*	250 Grams
Water	600 ML
Salt	1 Tsp

To serve	
Fresh coriander	15 Grams
Grated cheddar 4*	120 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *11 Gluten, *15 Celery, *10 Wheat

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1. Prep

Peel and chop the **onion** and **garlic**. Rinse and drain the **kidney beans** in a colander.



3. Start chilli

Meanwhile, heat a pan over a high heat with a drizzle of **vegetable oil**. Once hot, add the **beef mince** and **onion**, and fry for 5 min. Use a spatula to break up the **beef mince** while frying.



4. Add spices

Add the **garlic**, **cumin**, chipotle **(spicy!)**, **smoked paprika**, **brown sugar**, sriracha **(spicy!)** and **tomato paste**. Cook, stirring, for 2 min.

Tip! Sensitive to spice? Go easy on the chipotle and sriracha.



5. Simmer

Add the **tomato passata**, **dried oregano**, **measured water**, **stock cube**, and **kidney beans**. Cover with a lid, reduce the heat to low and simmer for 10 min, stirring occasionally. If the stew thickens too much, add a splash of water.



6. Serve

Funfetti Cake with Rainbow Sprinkles

Who ordered a slice of nostalgia?!

hello chef

472 calories | 7 protein | 69 carbs | 19 fat

Family Friendly

cook: 45 min

R4613-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1966 / 472
Fats (g)	19.1
of which saturated (g)	11.4
Carbohydrates (g)	69
of which sugars (g)	50
Fibers (g)	0.4
Proteins (g)	6.8
Salt (g)	0.5

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What You'll Need

Oven | Whisk

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 8 servings

Cake	
Butter 4*	100 Grams
White sugar	150 Grams
Organic Eggs 5*	3 Piece
Vanilla essence	5 ML
Sour cream 4*	90 Grams
Vegetable oil	3 Tbsp
Plain flour 10*,11*	200 Grams
Baking powder	5 Grams
Baking soda	5 Grams
Salt	0.25 Tsp
Rainbow sprinkles	100 Grams

Icing	
Icing sugar	200 Grams
Water	30 ML

Allergens: *4 Milk, *5 Eggs, *10 Wheat, *11 Gluten

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1. Cream butter and sugar

- Preheat the oven to 200°C/180°C fan.
- Bring the **butter** to room temperature.
- To a large bowl, add the softened **butter** and **sugar**.
- Using a wooden spoon or electric mixer, beat until smooth and creamy.



2. Add wet ingredients

- Add the **eggs**, **vanilla essence**, **sour cream** and **vegetable oil**.
- Using the electric mixer, mix until smooth and combined.

Tip! Adding vegetable oil, or any neutral cooking oil helps ensure the cake ends up super moist.



3. Mix dry ingredients

- Sift in the **flour**, **baking powder** and **soda**.
- Add a pinch of **salt** and mix using a spatula or wooden spoon until smooth.
- Mix in half of the **sprinkles** (saving the rest for topping).



4. Bake

- Pour the cake **batter** into a greased and lined 22x22 cm cake tin.
- Bake for 20-25 min until a skewer inserted comes out clean.
- Once cooked remove the **cake** from the tin and leave to cool completely before making the **icing**.

Tip! If the cake is browning too fast, cover it with foil and bake for the remaining time.



5. Make icing

- In a large bowl, sift the **icing sugar**.
- Add the measured **water** and mix until the **icing** becomes thick enough to coat the back of a spoon.

Tip! If the icing is too thick, add more water a drop at a time until you reach your desired consistency.



6. Serve

- Pour and spread the **icing** over the cooled **cake**.
- Scatter over the remaining **sprinkles**.
- Leave for 10 min to allow the **icing** to set slightly.
- Slice the **Funfetti Cake** into squares and enjoy!

English Style Prawn Chow Mein
with Curry Sauce

The takeaway classic, lighter and healthier!

hellochef

588 calories | 34 protein | 80 carbs | 15 fat

Family Friendly | Calorie Smart

cook: 30 min

R4517-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2457 / 588
Fats (g)	15.1
of which saturated (g)	4.3
Carbohydrates (g)	80
of which sugars (g)	23.9
Fibers (g)	7.7
Proteins (g)	33.6
Salt (g)	6.7

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What You'll Need

- Whisk

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stir fry	
Jumbo prawns 7*	600 Grams
Egg noodles 5*,10*,11*	200 Grams
Carrot	2 Piece
Chinese cabbage	600 Grams
Spring onion	80 Grams
Dark soy sauce 9*,10*,11*	40 ML
Sweet soy sauce 9*,10*,11*,14*	40 ML
Oyster sauce 8*,10*	80 Grams
Ginger garlic paste	20 Grams
Sesame oil 3*,9*	30 ML
Rice vinegar	30 ML
White sugar	10 Grams
Bean sprouts	100 Grams
Vegetable oil	1 Tbsp

Curry sauce	
Water	500 ML
Vegetable stock cube 15*	1 Piece
Butter 4*	20 Grams
Corn starch	20 Grams
Curry powder	8 Grams
Chinese 5 spice	8 Grams
Garlic powder	4 Grams
Turmeric powder	4 Grams

Allergens: *7 Crustaceans, *5 Eggs, *10 Wheat, *11 Gluten, *9 Soya, *14 Sulphur Dioxide, *8 Molluscs, *3 Sesame Seeds, *15 Celery, *4 Milk

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1. Cook noodles

- Boil a kettle.
- In a large bowl or pan, add the **noodles** and cover with boiled water.
- Allow to soak for 10 min. Rinse and drain.
- Set aside until step 5.

Tip! Drizzle the noodles with a small amount of oil to help prevent them sticking.



2. Prep

- Meanwhile, boil the **measured water**.
- Peel and cut the **carrot** into thin matchsticks.
- Finely shred the **cabbage**.
- Finely slice the **spring onions**.
- In a small bowl, combine the **dark soy sauce**, **sweet soy sauce**, **oyster sauce**, **ginger garlic paste**, **sesame oil**, **rice vinegar** and **sugar**.
- Set the **soy sauce mixture** aside.
- In a jug, mix the boiled **measured water** with 1 **stock cube**.



3. Make curry sauce

- Heat a pan over a medium heat and melt the **butter**.
- Add the **corn starch**, **curry powder**, **Chinese 5 spice**, **garlic powder** and **turmeric**.
- Fry for 1 min until fragrant.
- Lower the heat and slowly add the **stock** whisking constantly for 2-3 min until thickened.



4. Fry

- Heat a large frying pan over a medium-high heat with a drizzle of **oil**.
- Add the **carrot**, **cabbage** and half of the **spring onions** (saving the rest for garnish).
- Fry for 2-3 min.
- Add the **prawns**.



5. Finish stir-fry

- Add the **noodles** and **bean sprouts**.
- Fry for 1-2 min.
- Pour over the reserved **soy sauce mixture**. Toss to coat.
- Fry for 1-2 min further.



6. Serve

- Serve the **English-Style Prawn Chow Mein** with the **Curry Sauce** drizzled over.
- Garnish with the remaining **spring onions**.

Creamy Garlic Prawns
with Linguine

Quick, easy and yummy!

hellochef

944 calories | 53 protein | 114 carbs | 33 fat

Quick Prep | Speedy

prep: 5 min | cook: 20 min | R3882-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3932 / 944
Fats (g)	32.8
of which saturated (g)	17.1
Carbohydrates (g)	114
of which sugars (g)	10.5
Fibers (g)	11.7
Proteins (g)	53.3
Salt (g)	1.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Prawns & pasta	
Prawns 7*	700 Grams
Salt	1 Tsp
Linguine 10*,11*	500 Grams
Small zucchini	4 Piece
Fresh parsley	15 Grams
Lemon	2 Piece
Olive oil	1 Tbsp
Garlic paste	20 Grams
Cherry tomatoes	300 Grams
Cooking cream 4*	400 ML
Water	100 ML
Chilli flakes	4 Grams
Onion powder	8 Grams
Grated Parmesan 4*,5*	60 Grams

Allergens: *7 Crustaceans, *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs

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1. Boil pasta

Bring a kettle to the boil. Add the boiled water to a large pot with a generous seasoning of **salt** over a high heat. Once boiling, add the **pasta** and cook for 8-10 min until 'al dente' or cooked to your liking. Drain once cooked.

Tip! Drizzle the cooked pasta with a bit of oil to prevent it from sticking.



2. Prep

Meanwhile, chop the **zucchini** into half moons. Finely chop the **parsley** leaves. Slice the **lemon** in half.



3. Fry prawns

Drain the **prawns** on kitchen paper. Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **prawns** with a pinch of **salt** and fry for 2-3 min until pink and cooked through. Set the **prawns** aside. Reserve the pan.



4. Make sauce

Return the pan to a medium-high heat with another drizzle of **oil**. Once hot, add the **garlic paste**, **zucchini** and **cherry tomatoes**. Fry for 3 min stirring frequently. Add the **cream**, **measured water**, **chilli flakes** (spicy!) and **onion powder**. Reduce the heat to medium. Simmer for 5 min further or until the **sauce** begins to thicken.

Tip! Sensitive to spice? Go easy on the chilli flakes.



5. Serve

After 5 min, remove the pan from the heat and add a generous squeeze of **lemon** juice. Return the **prawns** and cooked **linguine** to the **sauce** with the **grated Parmesan** and **parsley**. Toss and divide the **pasta** among bowls.

Spiced Carrot Loaf Cake

with Cream Cheese Drizzle

A deliciously moist carrot cake with warm notes of cinnamon, ginger, and nutmeg. Topped with a velvety cream cheese drizzle - a true classic!

hello chef

500 calories | 8 protein | 59 carbs | 26 fat

Family Friendly

cook: 60 min

R4777-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2085 / 500
Fats (g)	26.4
of which saturated (g)	13.8
Carbohydrates (g)	59
of which sugars (g)	33.7
Fibers (g)	3.8
Proteins (g)	7.8
Salt (g)	1.1

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Oven
- Box grater
- Whisk

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Dry ingredients	
Plain flour 10*,11*	100 Grams
Baking powder	5 Grams
Baking soda	5 Grams
Cinnamon powder	4 Grams
Ginger powder	2 Grams
Nutmeg	4 Grams
Salt	0.25 Tsp

Wet ingredients	
Carrot	2 Piece
Walnuts 2*	30 Grams
Butter 4*	50 Grams
Vegetable oil	3 Tbsp
Organic Eggs 5*	1 Piece
White sugar	50 Grams
Brown sugar	40 Grams
Vanilla essence	5 ML
Sour cream 4*	60 Grams

Cream cheese frosting	
Cream cheese 4*	80 Grams
Butter 4*	10 Grams
Icing sugar	25 Grams

Allergens: *10 Wheat, *11 Gluten, *2 Tree Nuts, *4 Milk, *5 Eggs

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1. Prep

- Preheat the oven to 180°C.
- Grease and line a 20x10cm loaf pan with parchment paper.
- Peel and grate the **carrots** using a box grater.
- Roughly chop the **walnuts** into smaller pieces.

Tip! You could also use a 20cm square or round cake pan to bake the cake.



2. Mix dry ingredients

- In a large bowl, sift the **flour**, **baking powder**, **baking soda**, **cinnamon**, **ginger**, **nutmeg**, and **salt**.
- Whisk until combined, and set aside.

Tip! Sifting dry ingredients helps break up any lumps, and creates a lighter and airier cake that will bake taller.



3. Mix wet ingredients

- In a microwave, melt the **50g butter**.
- In a separate large bowl, whisk the **eggs**, **white sugar**, and **brown sugar** until well incorporated.
- Add and whisk in the melted **butter**, **vegetable oil**, and **vanilla**.
- Finally, stir in the **sour cream** until combined.

Tip! Don't have a microwave? Melt the butter in a small pot.



4. Combine batter

- Using a spatula, add the **dry ingredients** into the **wet ingredients** and gently combine.
- Add the grated **carrots** and the chopped **walnuts**, and gently stir / fold to incorporate.
- Avoid over-mixing the batter.
- The texture and consistency of the batter will be thick.

Tip! The volume of shredded carrots are dependent on their size. Feel free to use 3/4 of the total amount, or up to 1.5 packed cups in the batter.



5. Bake

- Spread the **cake batter** into the prepared loaf pan and bake in the center of the oven for 35-40 min.
- The cake is done when a toothpick inserted in the center comes out clean without any raw batter.
- Remove the cake from the oven and set aside to cool completely in the pan for 10-15 min.
- Once cooled, remove the cake and set on a plate or board.

Tip! If the cake is browning too quickly, loosely cover the top with aluminum foil or parchment paper halfway through baking.



6. Make cream cheese drizzle

- Meanwhile, in a medium bowl, add the **cream cheese** and **10g of butter** and whisk well until smooth and creamy.
- Sift in the **icing sugar** and whisk until combined.
- Place in the fridge to set.
- Once the cake has cooled, spread the **cream cheese** on top, and garnish with the reserved **walnuts**.

Tip! You can slice and store slices of unglazed cake in the freezer, perfect for lunchboxes and on-the-go snacks!

Roasted Mediterranean Vegetable Linguine

with Pine Nuts

Enjoy an abundance of vegetables and bold flavours with this dish.

hello chef

719 calories | 27 protein | 135 carbs | 11 fat

cook: 40 min

R3045-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3008 / 719
Fats (g)	10.8
of which saturated (g)	0.9
Carbohydrates (g)	135
of which sugars (g)	24
Fibers (g)	17.7
Proteins (g)	26.7
Salt (g)	1.2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Sauce	
Small zucchini	4 Piece
Red pepper	2 Piece
Yellow pepper	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Red onion	2 Piece
Garlic cloves	4 Piece
Sun dried tomatoes	60 Grams
Fresh basil	30 Grams
Chopped tomatoes	800 Grams
Brown sugar	10 Grams
Vegetable stock cube 15*	2 Piece
Water	300 ML
Black pepper	1 Tsp
Linguine 10*,11*	500 Grams
Balsamic vinegar 14*	30 ML

To serve	
Pine nuts 2*	40 Grams

Allergens: *15 Celery, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *2 Tree Nuts

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1. Roast vegetables

- Preheat the oven to 200°C/180°C fan.
- Bring a large pot of salted water to the boil.
- Chop the **zucchini** into half moons.
- Deseed and finely slice the **peppers**.
- Place the **zucchini** and **peppers** onto a large baking tray with a drizzle of **oil** and a pinch of **salt**.
- Roast for 25 min, turning the **vegetables** half way.



2. Prep

- Meanwhile, peel and finely slice the **red onion**.
- Peel and mince the **garlic**.
- Roughly chop the **sun-dried tomatoes**.
- Pick and finely slice the **basil** leaves.



3. Toast pine nuts

- Heat a large pan over a medium heat.
- Once hot, toast the **pine nuts** in the hot, dry pan for 2 min or until starting to brown.
- Transfer the **pine nuts** to a bowl and reserve the pan.

> **Tip!** Keep an eye on the pine nuts as they can burn quickly.



4. Make sauce

- Return the reserved pan to a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion** with a pinch of **salt**.
- Fry for 5 min until softened.
- Add the **garlic**.
- Fry for 1 min further.
- Add the **chopped tomatoes**, **sun-dried tomatoes**, **brown sugar**, **vegetable stock cube** and **measured water**.
- Reduce the heat to medium.
- Simmer for 12-15 min until thickened.
- Remove from the heat, season with **salt** and **pepper** to taste and stir through half of the **basil** (reserve the rest for garnish).



5. Boil pasta

- Meanwhile, once the water is boiling, add the **linguine**.
- Cook for 8-10 min until 'al dente' or cooked to your liking.
- Drain.

> **Tip!** Drizzle the cooked pasta with a bit of oil to prevent them from sticking.



6. Serve

- Add the **roasted vegetables** to the **sauce** with a splash of **balsamic vinegar** and mix well.
- Serve the **Roasted Mediterranean Vegetable Linguine** with **Pine Nuts**.
- Garnish with the **toasted pine nuts** and remaining **basil**.

Crispy Parmesan Chicken

with Vegetables and Caper Mayo

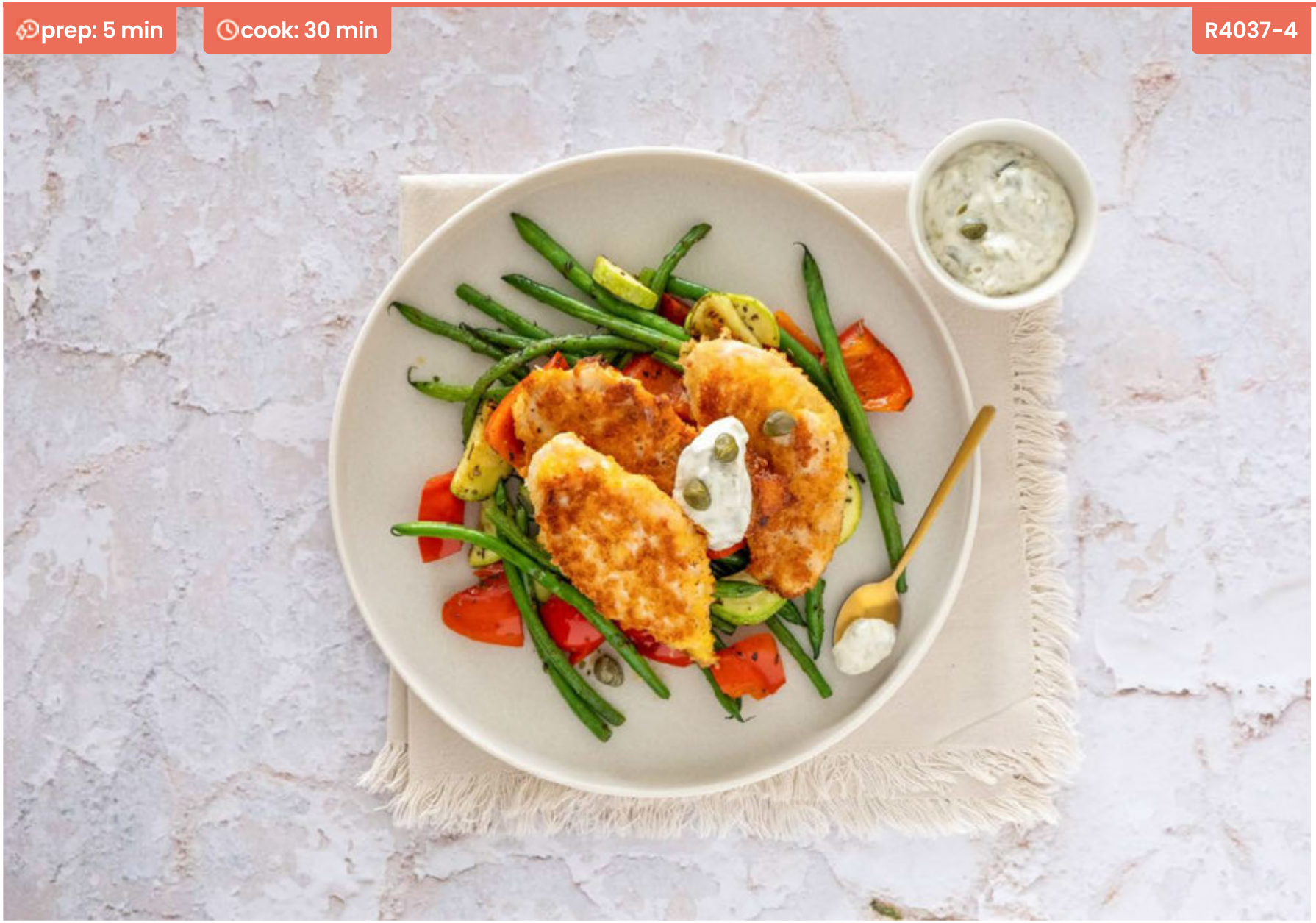
Who doesn't love crispy chicken? The good news is, with a bed of vegetables it becomes a healthy weeknight dinner!

hellochef

591 calories | 62 protein | 19 carbs | 30 fat

Low Carb | Quick Prep | Calorie Smart

prep: 5 min | cook: 30 min | R4037-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2476 / 591
Fats (g)	29.6
of which saturated (g)	7.7
Carbohydrates (g)	19
of which sugars (g)	6.2
Fibers (g)	5.2
Proteins (g)	61.8
Salt (g)	2.3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Parmesan 4*	60 Grams
Organic Eggs 5*	2 Piece
Panko bread crumbs 10*,11*,12*	60 Grams
Vegetable oil	4 Tbsp

Vegetables	
Green beans	375 Grams
Small zucchini	4 Piece
Red pepper	2 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Dried basil	4 Grams

Caper mayo	
Capers	40 Grams
Mayonnaise 5*,9*,13*	100 Grams

Allergens: *4 Milk, *5 Eggs, *10 Wheat, *11 Gluten, *12 Lupin, *9 Soya, *13 Mustard

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1. Coat chicken

Pat the **chicken breasts** dry with paper towel. Slice the **chicken breasts** in half as if you were cutting a burger bun, so you are left with two thinner **chicken** escalopes. Season the **chicken** generously with **salt** and **pepper**. Finely grate the **Parmesan**. Add the **eggs** to a bowl and beat lightly. Combine the grated **Parmesan** and the **panko bread crumbs** on a plate. Dip the **chicken** in the beaten **eggs**, then coat with the mix of grated **Parmesan** and **panko bread crumbs**.



2. Prep vegetables

Trim the **green beans**. Chop the **zucchini** into half moons. Deseed and chop the **red pepper** into bite-sized pieces.



3. Make caper mayo

Finely chop the **capers**. In a small bowl, combine the **capers** with the **mayonnaise**.



4. Fry chicken

Heat a large pan over a medium-high heat with a generous drizzle of **oil**. Once hot, carefully add the coated **chicken breasts** (in batches), and fry for 3-4 min on either side or until golden and crispy, and cooked through.

Tip! Alternatively, add the breaded chicken on a lined oven tray and drizzle with oil. Bake in 200°C/180°C fan for 12-15 min.



5. Stir-fry vegetables

Meanwhile, heat a second large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **green beans** and **red pepper** with a pinch of **salt**, and fry for 3-4 min. Add a small splash of water to soften the **green beans**. Add the **zucchini** and **dried basil**, and fry for 2 min further. Season with second pinch of **salt** to taste.



6. Serve

Divide the **vegetables** among plates. Top with the **crispy chicken** and serve with the **caper mayo** alongside.

Rajma: Spiced Bean Curry

with Basmati Rice and Kachumbar Salad

Easily mistaken for a chilli con carne, this vegetarian dish is a staple across India!

hello chef

845 calories | 35 protein | 155 carbs | 16 fat

cook: 30 min

R3414-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3537 / 845
Fats (g)	16.4
of which saturated (g)	4.9
Carbohydrates (g)	155
of which sugars (g)	23.7
Fibers (g)	24.2
Proteins (g)	35.2
Salt (g)	2.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Rajma

White onion	2 Piece
Vegetable oil	4 Tbsp
Red kidney beans	480 Grams
Ginger garlic paste	20 Grams
Cumin powder	4 Grams
Garam masala	10 Grams
Chilli powder	4 Grams
Tomato paste	50 Grams
Chopped tomatoes	800 Grams
Dried bay leaves	2 Piece
Cinnamon stick	2 Piece
Vegetable stock cube 15*	2 Piece
Water	400 ML
Salted vegan butter	20 Grams

Sides

Basmati rice	300 Grams
Salt	1 Tsp
Water	600 ML
Fresh coriander	15 Grams
Cucumber	2 Piece
Cherry tomatoes	300 Grams
Shallots	2 Piece
Lime	4 Piece
Olive oil	2 Tbsp
Cashew nuts 1*,2*	60 Grams
Chapati 10*,11*	4 Piece

Allergens: *15 Celery, *1 Peanuts, *2 Tree Nuts, *10 Wheat, *11 Gluten

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1. Fry onions

- Peel and finely chop the **onion**.
- Heat a pan over a medium heat with a generous drizzle of **oil**.
- Once hot, add the **onion** with a pinch of **salt**.
- Cook for 10 min until caramelised.



2. Boil rice

- Meanwhile, rinse the **basmati rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pan with a lid and bring to a boil over a high heat.
- Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pan from heat and keep covered until serving.

Tip! Cooking the rice and letting it sit with a lid on helps it to steam dry and become fluffy!



3. Fry

- Meanwhile, drain and rinse the **kidney beans**.
- To the **onions**, add the **ginger garlic paste**, **cumin powder**, **garam masala** and a pinch of **chilli powder (spicy!)** and cook for 1 min further.
- Add the **tomato paste**, **chopped tomatoes**, **bay leaf** and **cinnamon stick**.
- Cook for 2 min further.

Tip! Adjust the chilli powder to your spice preference.



4. Simmer

- Add the **kidney beans**, **stock cube** and **measured water**.
- Simmer over a medium heat for 15 min.



5. Prep salad

- Meanwhile, finely chop the **coriander**.
- Roughly chop the **cucumber** and **tomatoes**.
- Finely slice the **shallots**.
- Juice the **lime** into a bowl.
- Add the **oil** and a pinch of **salt** and mix.
- Add the **shallots**, **tomatoes**, **cucumber**, **coriander** and **cashew nuts**.
- Toss.



6. Serve

- Warm the **chapatis** in a microwave or hot oven.
- Stir the **butter** through the **rajma** and serve over the **basmati rice** with the **salad** and **chapatis** alongside.

Chicken and Mushroom Risotto

Risotto, originally from Northern Italy, is made with arborio rice which is more starchy than most long grain varieties.

hellóchef

798 calories | 61 protein | 97 carbs | 23 fat

Family Friendly | Weekly classic

cook: 45 min

R3351-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3330 / 798
Fats (g)	23.3
of which saturated (g)	7.3
Carbohydrates (g)	97
of which sugars (g)	8
Fibers (g)	6.7
Proteins (g)	61.2
Salt (g)	3.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Risotto	
Chicken breast	600 Grams
Water	1400 ML
Chicken stock cube 4*,5*,9*,15*	2 Piece
Brown onion	2 Piece
Garlic cloves	4 Piece
Chestnut mushrooms	500 Grams
Olive oil	2 Tbsp
Butter 4*	40 Grams
Arborio rice	320 Grams
Fresh parsley	15 Grams
Grated Parmesan 4*	120 Grams
Lemon	1 Piece
Salt	1 Tsp
Black pepper	0.5 Tsp

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Prep

- Boil the **measured water**.
- Add the **stock cube** and boiled water to a jug and set aside.
- This is the **chicken stock**.
- Peel and finely dice the **onion**.
- Peel and mince the **garlic**.
- Roughly chop or tear the **mushrooms**.
- Chop the **chicken** into bite-sized pieces.



2. Start risotto

- Heat a pot or pan over a medium heat with a drizzle of **olive oil**.
- Fry the **mushrooms** for 5-6 min until browned.
- Once softened, add the **onion** and **butter** and cook for 3 min further.
- Add the **garlic** and **Arborio rice** and cook for 1 min further, stirring to coat the grains in the **oil**.



3. Simmer

- Add 1/3 of the **chicken stock** and stir continuously until it has absorbed.
- Continue to add the **stock**, a little at a time for 20 min or until all the **stock** is absorbed and the **rice** is cooked 'al dente' – this is the **risotto**.
- Meanwhile, finely chop the **parsley**.

Tip! The amount of stock you will require, depends on the size of your pan and the heat over which you simmer the risotto. Make sure to adjust the amount accordingly.



4. Cook chicken

- Meanwhile, heat a second pan over a medium-high heat with a drizzle of **oil**.
- Fry the **chicken** pieces for 5-7 min until cooked through.



5. Finish risotto

- Once the **risotto** is cooked, add the **chicken**, **grated parmesan**, half of the chopped **parsley** (reserve the rest for garnish!) and a squeeze of **lemon** juice.
- Season with **salt** and **pepper**.



6. Serve

- Serve the **Chicken and Mushroom Risotto**, garnished with the remaining **fresh parsley**.

Moqueca: Brazilian Coconut Fish Stew

with Garlic Cauliflower Rice

Fillets of sea bream gently poached in a creamy stew with coconut milk, red bell peppers, tomatoes, lime and cilantro. It's simple yet delicious.

hello chef

503 calories | 49 protein | 34 carbs | 22 fat

Low Carb | Calorie Smart | Global Eats

cook: 35 min

R4065-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2104 / 503
Fats (g)	22.1
of which saturated (g)	11.7
Carbohydrates (g)	34
of which sugars (g)	13.6
Fibers (g)	12.5
Proteins (g)	49.3
Salt (g)	1.7

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What You'll Need

Food processor

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fish Stew	
Seabream 6*	660 Grams
Lime	2 Piece
Red onion	2 Piece
Red pepper	2 Piece
Tomatoes	2 Piece
Small red chilli	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Tomato paste	70 Grams
Cumin powder	4 Grams
Paprika powder	4 Grams
Coconut milk	400 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Water	150 ML
Fresh coriander	15 Grams

Cauliflower Garlic Rice	
Garlic cloves	4 Piece
Cauliflower	800 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Allergens: *6 Fish, *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Fillet and marinate fish

Pat the **fish** dry with kitchen paper, and place on a board, skin-side down. Hold the tail end down with a fork, angle the knife blade down, and slice the flesh away from you. Discard the skin. Cut the **fish** into bite-sized pieces and place on a plate. Using a box grater or zester, grate the **lime** zest over the **fish**, taking care to avoid its bitter white pith. Cut the **lime** in half and squeeze half the juice over. Keep the **fish** chilled until step 5.

Tip! Using a long, sharp, and flexible knife makes filleting fish much easier.



2. Prep

Meanwhile, peel and finely chop the **red onion**. Deseed and slice the **red pepper** into strips. Slice the **tomatoes** into wedges. Peel and finely slice the **garlic**. Thinly slice the **red chilli**.

Tip! Sensitive to spice? Deseed the red chilli and use only a small amount.



3. Make cauliflower rice

Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains. Heat a pan over a medium heat with a drizzle of **oil**. Once hot, add the **garlic** and cook for 1 min until fragrant and golden. Add the **cauliflower** with a pinch of **salt** and stir-fry for 5 min.



4. Make stew

Meanwhile, bring a pot over a medium-high heat with a drizzle of **oil**. Once hot, add the **onions**, **red peppers**, **red chilli** (spicy!), and a pinch of **salt**. Fry for 3-5 min until softened. Add the **tomatoes**, **tomato paste**, **cumin**, **paprika**, and cook for 2-3 min further. Add the **coconut milk**, **chicken stock cube**, and **measured water**. Reduce the heat to medium and simmer for 5 min further.



5. Add fish

Meanwhile, pick and finely chop the **coriander** leaves. Add the marinated **fish** to the **stew** and gently simmer for 3-4 min or until it is cooked through. Add in the **coriander** leaves and another squeeze of **lime** juice. Stir, and turn off the heat.



6. Serve

Serve the **coconut fish stew** alongside the **garlic cauliflower rice**. Garnish with any remaining **coriander** and **lime**.

Moroccan Squash and Chickpea Tagine
with Feta

We think the sweet squash and salty feta in this North African-inspired tagine might just be a match made in heaven!

hello chef

771 calories | 26 protein | 96 carbs | 38 fat

Low Carb

cook: 50 min

R2571-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3226 / 771
Fats (g)	37.8
of which saturated (g)	16.5
Carbohydrates (g)	96
of which sugars (g)	21.9
Fibers (g)	19.3
Proteins (g)	26.2
Salt (g)	6.6

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Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Tagine	
Butternut squash	1200 Grams
Brown onion	2 Piece
Garlic cloves	4 Piece
Ghee 4*	60 Grams
Salt	1 Tsp
Cinnamon powder	4 Grams
Turmeric powder	4 Grams
Coriander powder	2 Grams
Tomato paste	70 Grams
Harissa paste	40 Grams
Vegetable stock cube 15*	2 Piece
Water	1000 ML
Honey	30 Grams
Kalamata olives	80 Grams
Chickpeas	480 Grams
Lemon	2 Piece

To serve	
Fresh parsley	15 Grams
Feta cheese 4*	200 Grams
Almond flakes 1*,2*	60 Grams

Allergens: *4 Milk, *15 Celery, *1 Peanuts, *2 Tree Nuts

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1. Prep vegetables

- Peel the **butternut squash**, slice it in half and, using a spoon, remove the seeds.
- Chop the **squash** into bite-sized **cubes**.
- Peel and finely chop the **brown onion**.
- Peel and mince the **garlic**.



2. Sweat onion

- Heat a large non-stick pan over a medium-low heat.
- Fry the **ghee** and **onion** with a pinch of **salt** for 5 min until soft.
- Once the **onion** has softened, add the **garlic**, **cinnamon**, **turmeric** and **coriander** and cook for 1 min further.



3. Simmer tagine

- Add the **tomato paste**, **harissa paste (spicy!)**, **vegetable stock cube** and **measured water** to the pan.
- Increase the heat to medium and bring to a boil.
- Once boiling, add the **squash** and cook for 20-25 min until tender.

Tip! Roast the squash at 200°C for 30 minutes instead of boiling it. Simply add it to the tagine along with the chickpeas.



4. Prep garnishes

- Meanwhile, roughly chop the **parsley**.
- Drain and rinse the **chickpeas**.
- Crumble the **feta**.
- Slice the **lemon** into wedges.
- Toast the **almond flakes** in a hot, dry pan, stirring, for 2 min until golden.



5. Finish tagine

- Once the **squash** is cooked, add the **honey**, **Kalamata olives** and drained **chickpeas** to the **tagine** and cook for 5 min further.
- Squeeze the **lemon** juice into the **tagine** and season to taste.



6. Serve

- Serve the **Moroccan Squash** and **Chickpea Tagine** garnished with **parsley**, **feta** and **almond flakes**.

Paneer Biryani

with Yogurt and Crispy Onions

Learn how to make traditional paneer biryani; it's bound to impress.

1007 calories | 41 protein | 113 carbs | 50 fat

Global Eats

cook: 35 min

R3565-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4211 / 1007
Fats (g)	49.8
of which saturated (g)	29.6
Carbohydrates (g)	113
of which sugars (g)	17
Fibers (g)	10.5
Proteins (g)	41.2
Salt (g)	2.8

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Biryani	
Paneer 4*	500 Grams
Red onion	2 Piece
Cardamom pods	8 Piece
Ghee 4*	60 Grams
Dried bay leaves	2 Piece
Cumin seeds	4 Grams
Carrot	2 Piece
Cauliflower	400 Grams
Tomatoes	2 Piece
Fresh coriander	15 Grams
Ginger garlic paste	30 Grams
Paprika powder	4 Grams
Chilli powder	4 Grams
Coriander powder	4 Grams
Turmeric powder	4 Grams
Garam masala	4 Grams
Vegetable stock cube 15*	1 Piece
Natural yogurt 4*	340 Grams
Water	100 ML
Green peas	200 Grams
Tamarind paste	30 Grams
Crispy onions	40 Grams

Rice	
Basmati rice	300 Grams
Salt	1 Tsp
Water	600 ML

Allergens: *4 Milk, *15 Celery

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1. Boil rice

- Rinse the **basmati rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat.
- Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from the heat and keep covered until step 5.



2. Fry

- Meanwhile, peel and finely chop the **onion**.
- Split the **cardamom pods** open with the back of a knife.
- Heat a large non-stick pan over medium-high heat with the **ghee**.
- Fry the **onions** with a pinch of **salt** for 5-6 min until golden brown.
- Lower the heat to medium.
- Add the **bay leaves**, **cardamom pods** and **cumin seeds**, fry for 1 min then remove from the heat.

Tip! Browning the onions intensifies its natural sweet flavour.



3. Prep

- Meanwhile, peel and chop the **carrots** into small cubes.
- Separate the **cauliflower** into florets and chop them into bite-sized pieces.
- Roughly chop the **tomatoes**.
- Finely chop the **coriander leaves**.
- Chop the **paneer** into bite-sized cubes.



4. Add vegetables

- Return the pan to a medium-high heat.
- Add the **ginger garlic paste**, **paprika**, **chilli (spicy!)**, **coriander powder**, **turmeric** and **garam masala**.
- Fry for 1 min.
- Add the **paneer**, **carrots**, **cauliflower**, **tomatoes**, 1 **vegetable stock cube**, half of the **yogurt** (reserve the remaining half for serving) and the **measured water** to the pan.
- Cook, covered, for 10 min, stirring occasionally or until the **tomatoes** have softened.

Tip! Sensitive to spice? Go easy on the chilli powder.



5. Layer biryani

- Add the **peas** and **tamarind paste** and simmer, uncovered for 5 min further.
- Remove from the heat.
- Spread half of the **rice** over the bottom of a serving dish.
- Top with half of the **paneer** and **vegetables**, followed by half of the chopped **coriander**.
- Top with the remaining **rice**, **paneer**, **vegetables** and **coriander**.

Tip! Layering the biryani ensures an even mix of masalas. Strapped for time? Skip this step. Serve the plain rice and top with the paneer, sauce, coriander and crispy onions..



6. Serve

- Gently mix the **biryani** until the **rice** is evenly coated.
- Serve the **Paneer Biryani** with a dollop of the remaining **yogurt** and a sprinkling of **crispy onions**.

Vegetable and Tomato Soup

with Beans, Pesto and Parmesan

Healthy, filling and tasty!

hellochef

649 calories | 26 protein | 92 carbs | 20 fat

Low Carb

cook: 45 min

R2339-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2707 / 649
Fats (g)	20.4
of which saturated (g)	5
Carbohydrates (g)	92
of which sugars (g)	26.7
Fibers (g)	24.8
Proteins (g)	25.8
Salt (g)	3.8

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Box grater

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Soup	
Carrot	3 Piece
Sweet potatoes	600 Grams
Red onion	2 Piece
Celery	2 Piece
Small zucchini	2 Piece
Garlic cloves	5 Piece
Olive oil	4 Tbsp
Tomato paste	70 Grams
Water	1200 ML
Vegetable stock cube 15*	2 Piece
Chopped tomatoes	800 Grams
Dried thyme	2 Grams
Dried oregano	2 Grams
Dried bay leaves	2 Piece
Salt	2 Tsp
Black pepper	1 Tsp
White beans	480 Grams
Baby spinach	125 Grams

To serve	
Parmesan 4*	60 Grams
Green pesto 2*,4*	100 Grams

Allergens: *15 Celery, *4 Milk, *2 Tree Nuts

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1. Prep vegetables

- Peel and chop the **carrots**, **sweet potato** and **onion**.
- Chop the **celery** and **zucchini**.
- Peel and mince the **garlic**.

Tip! The smaller the vegetables are chopped, the faster the soup will cook!



2. Fry base

- Heat a drizzle of **oil** in a large pot over a medium high heat.
- Add the **onions**, **carrots**, **sweet potatoes**, **celery** and **garlic**.
- Cook for 7-8 min.



3. Simmer

- Add the **tomato paste**, **water**, **vegetable stock cube**, **chopped tomatoes**, **thyme**, **oregano** and **bay leaves**.
- Cover and simmer over a low heat for 20 min.
- Season with **salt** and **pepper** to taste.



4. Add beans

- Meanwhile, grate the **Parmesan**.
- Drain and rinse the **white beans**.



5. Add zucchini

- Add the **zucchini** to the **soup**.
- Cook for 10 min further.
- Add the **spinach** and **beans**.
- Cook for a final 5-7 min or until the **zucchini** is cooked through.



6. Serve

- Taste and season the **soup**.
- Serve the **Vegetable and Tomato Soup** with **Beans**, topped with **Pesto** and **Parmesan**.

Chicken Teriyaki Donburi Bowl

with Cauli Rice and Fried Egg

Donburi is a Japanese dish which traditionally consists of fish or meat with vegetables served over rice. We've used cauli rice to keep carbs low!

hello chef

612 calories | 63 protein | 53 carbs | 18 fat

Low Carb

cook: 30 min

R3178-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2556 / 612
Fats (g)	17.7
of which saturated (g)	4.4
Carbohydrates (g)	53
of which sugars (g)	25.7
Fibers (g)	9.7
Proteins (g)	63.3
Salt (g)	4.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Food processor

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Teriyaki Chicken	
Chicken breast	800 Grams
Ginger	60 Grams
Oyster sauce 8*,10*	40 Grams
Soy sauce 9*,10*,11*	40 ML
Sweet soy sauce 9*,10*,11*,14*	40 ML
Chilli flakes	2 Grams
Honey	30 Grams
Lime	1 Piece

Cauliflower rice	
Cauliflower	800 Grams
Snow peas	200 Grams
Vegetable oil	2 Tbsp
Salt	0.5 Tsp
Sesame oil 3*,9*	30 ML

Toppings	
Spring onion	80 Grams
Carrot	2 Piece
Vegetable oil	2 Tbsp
Organic Eggs 5*	4 Piece
Salt	1 Tsp
Crispy onions	40 Grams

Allergens: *8 Molluscs, *10 Wheat, *9 Soya, *11 Gluten, *14 Sulphur Dioxide, *3 Sesame Seeds, *5 Eggs

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1. Boil chicken

Bring a large pot of water to a boil. Once boiling, add the whole **chicken breasts** and cook for 8 min or until cooked through. Drain and transfer the **chicken** to a plate.

Tip! Poaching chicken is a clean and easy alternative to frying or roasting.



2. Prep

Meanwhile, using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains. Trim and finely slice the **spring onion**. Peel and grate the **carrot**. Slice the **snow peas** in half lengthways.



3. Make sauce

Peel and grate the **ginger**. Add the **ginger**, **oyster sauce**, both **soy sauces**, a pinch of **chilli flakes (spicy!)**, the **honey** and a squeeze of **lime** juice to a bowl and mix. This is your **teriyaki sauce**.



4. Cook cauli rice

Heat a large non-stick pan over a medium heat with a drizzle of **oil**. Once hot, add the the **cauliflower** and **snow peas** with a pinch of **salt** and stir-fry for 5 min. Remove from the heat and stir through the **sesame oil**. Season well with **salt** to taste. Transfer to a bowl, keep warm and reserve the pan (no need to wash it, just give it a wipe).



5. Cook chicken

Once cooked, using two forks, pull the **chicken** until it's fully shredded. Return the reserved pan to a medium heat. Add the **teriyaki sauce** and pulled **chicken**. Cook for 2 min until warmed through.



6. Fry eggs

Heat a second pan over a medium-high heat with a drizzle of **oil**. Once hot, crack the **eggs** into the pan and fry for 2-4 min or until done to your liking. For a set egg yolk, cover the pan with a lid. Divide the **cauliflower rice** among bowls. Top with the pulled **teriyaki chicken** and fresh **carrot**. Finish with the fried **eggs** (make sure to season them with **salt**!) and garnish with the sliced **spring onion** and a sprinkling of **crispy onions**.

Dynamite Chicken Lettuce Cups
with Avocado

This sweet and spicy dynamite sauce will have you coming back for more!

hello chef

714 calories | 53 protein | 38 carbs | 40 fat

Low Carb | Quick Prep | Speedy

prep: 5 min | cook: 25 min | R3197-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2985 / 714
Fats (g)	40.3
of which saturated (g)	6.3
Carbohydrates (g)	38
of which sugars (g)	12.2
Fibers (g)	11
Proteins (g)	52.7
Salt (g)	3.4

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Soy sauce 9*,10*,11*	40 ML
Corn starch	60 Grams
Vegetable oil	4 Tbsp

Vegetables	
Spring onion	80 Grams
Avocado	2 Piece
Iceberg lettuce	2 Piece

Dynamite sauce	
Sriracha sauce	28 Grams
Sweet chilli sauce	80 ML
Mayonnaise 5*,9*,13*	100 Grams
Salt	1 Tsp

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *5 Eggs, *13 Mustard

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1. Prep

- Chop the **chicken** into bite-sized pieces.
- Place it into a bowl with the **soy sauce** and **corn starch**.
- Mix until fully coated (add a splash of water if needed!).
- Set aside.
- Finely chop the **spring onions**.



2. Fry

- Heat a non-stick pan over a medium-high heat with a generous drizzle of **oil**.
- Once hot, add the **chicken**.
- Fry for 7-8 min or until cooked through.



3. Make sauce

- Meanwhile, in a bowl, mix the **sriracha** (spicy!), **sweet chilli** (spicy!) and **mayonnaise** with a pinch of **salt**.
- Set the **dynamite sauce** aside.



4. Coat chicken

- Once cooked, transfer the **chicken** to a bowl.
- Mix with the **dynamite sauce** and half of the chopped **spring onions** (reserve the rest for garnish!).

Tip! Drain the chicken on a paper towel after frying to remove any excess oil.



5. Prep avocado

- Cut the **avocado** in half and remove the stone.
- Scoop the **avocado** out of its skin using a spoon.
- Chop it into chunks or slices.



6. Assemble

- Cut the **iceberg lettuce** in half and separate the leaves.
- Load the **iceberg lettuce** with the **Dynamite chicken**, **avocado** and **spring onions**.
- Serve the **Dynamite Chicken Lettuce Cups with Avocado**.

Chicken Shish Tawook

with Arabic Slaw and Mint Yogurt

Shish Tawook is a very popular skewered chicken dish in the Middle East.

hello chef

597 calories | 63 protein | 74 carbs | 7 fat

Calorie Smart | Global Eats

cook: 35 min

R4432-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1701 / 597
Fats (g)	7
of which saturated (g)	2.2
Carbohydrates (g)	74
of which sugars (g)	18.4
Fibers (g)	11.7
Proteins (g)	62.8
Salt (g)	1

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Bamboo skewers	12 Piece
Lemon	2 Piece
Garlic cloves	4 Piece
Tomato paste	70 Grams
Paprika powder	4 Grams
Arabic mix masala	8 Grams
Natural yogurt 4*	340 Grams
Olive oil	1 Tbsp
Salt	1 Tsp
Green pepper	2 Piece

Slaw	
Olive oil	2 Tbsp
Red cabbage	300 Grams
Red pepper	2 Piece
Spring onion	80 Grams
Fresh parsley	30 Grams
Apple cider vinegar	30 ML
Sumac	4 Grams

To serve	
Arabic flatbread packet 10*,11*	2 Piece
Fresh mint	10 Grams

Allergens: *4 Milk, *10 Wheat, *11 Gluten

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1. Marinate chicken

- Preheat the oven to 220°C/200°C fan or the grill to medium-high heat.
- Soak the **bamboo skewers** in water.
- Chop the **chicken** into bite-sized chunks.
- Cut the **lemon** in half.
- Peel and finely chop the **garlic**.
- In a large bowl, combine the **garlic**, **tomato paste**, **paprika**, **Arabic masala**, **salt**, **pepper**, 2 tbsp of **yogurt** (reserving the rest for step 5), a drizzle of **olive oil** and a squeeze of 1 **lemon**.



2. Prep

- Deseed and chop the **green pepper** into bite-sized pieces.
- Thread the marinated **chicken** and the **peppers** onto the **bamboo skewers**.
- Make sure to alternate between the **peppers** and **chicken**.
- Transfer the **chicken skewers** to a baking or grill tray with a drizzle of **oil**.



3. Cook chicken

- Grill or roast the **chicken skewers** for 10-12 min or until browned and cooked through.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready!



4. Make slaw

- Finely slice the **red cabbage**.
- Deseed and finely chop the **red pepper**.
- Trim and finely slice the **spring onions**.
- Pick and finely chop the **parsley**.
- Add the **veggies** to a large bowl.
- Add the juice of the remaining **lemon**, **vinegar**, **sumac** and a pinch of **salt** and **pepper** to taste.
- Massage the slaw with clean hands.



5. Make yogurt

- Pick and finely chop the **mint** leaves.
- To a small bowl, add the **yogurt** and **mint**.
- **Mix** until smooth and set aside.



6. Serve

- Warm the **Arabic flatbread** in the microwave for 30-60 seconds.
- Serve the **Chicken Shish Tawook** with the **Arabic Slaw** with **Mint Yogurt** and **flatbread** on the side.

Re-Costed: Classic Mushroom Risotto

Risotto, originally from Northern Italy, is made with arborio rice which is more starchy than most long grain varieties.

hellofresh

770 calories | 30 protein | 101 carbs | 34 fat

Weekly classic

cook: 45 min

R4336-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3204 / 770
Fats (g)	33.5
of which saturated (g)	13.4
Carbohydrates (g)	101
of which sugars (g)	8.5
Fibers (g)	7.6
Proteins (g)	30.4
Salt (g)	0.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Risotto	
Water	1400 ML
Mushroom stock cube	2 Piece
Brown onion	2 Piece
Garlic cloves	4 Piece
Chestnut mushrooms	1000 Grams
Vegetable oil	2 Tbsp
Butter 4*	100 Grams
Arborio rice	320 Grams
Fresh parsley	15 Grams
Grated Parmesan 4*,5*	120 Grams
Lemon	1 Piece
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *4 Milk, *5 Eggs

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1. Prep

Boil the **measured water**. Add the **mushroom stock cube** and boiled water to a jug and set aside. This is your **mushroom stock**. Peel and finely chop the **onion**. Peel and mince the **garlic**. Clean the **mushrooms** with a cloth, knife or brush (don't wash them with water) and roughly chop or tear the **mushrooms**.



2. Start risotto

Heat a large pot or pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **mushrooms** and fry for 5-6 min or until browned. Once softened, add the **onion** and **butter** and cook for 3 min further. Add the **garlic** and **Arborio rice** and cook for 1 min further, stirring to coat the grains in the **oil**.



3. Simmer

Reduce the heat to medium and add 1/3 of the **mushroom stock**. Stir continuously until it has absorbed. Continue to add the **stock**, a little at a time for 20 min or until all the **stock** is absorbed and the **rice** is cooked 'al dente' – this is your **risotto**.

Tip! The amount of stock you will require, depends on the size of your pan and the heat over which you simmer the risotto. Make sure to adjust the amount accordingly.



4. Finish risotto

Meanwhile, finely chop the **parsley** leaves. Once the **risotto** is cooked remove from the heat and add the **grated Parmesan**, half of the chopped **parsley** (reserve the rest for garnish) and a squeeze of **lemon** juice to taste. Season with **salt** and **pepper** and mix well.



5. Serve

Divide the **risotto** among bowls and garnish with the remaining **parsley**.

Halloumi Shakshuka

with Honey and Pitta Bread

What a match made in heaven!

hello chef

1013 calories | 56 protein | 113 carbs | 38 fat

Global Eats

cook: 30 min

R4330-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4239 / 1013
Fats (g)	38.1
of which saturated (g)	26.9
Carbohydrates (g)	113
of which sugars (g)	26.4
Fibers (g)	13.6
Proteins (g)	56
Salt (g)	37.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Shakshuka	
Red onion	2 Piece
Red pepper	2 Piece
Halloumi 4*	400 Grams
Olive oil	1 Tbsp
Salt	0.5 Tsp
Cumin seeds	4 Grams
Smoked paprika powder	4 Grams
Ras el hanout	10 Grams
Tomato paste	70 Grams
Peeled plum tomatoes	800 Grams
Water	100 ML
Vegetable stock cube 15*	1 Piece
Garlic powder	4 Grams
Black pepper	0.25 Tsp
Organic Eggs 5*	6 Piece
White sugar	10 Grams

To serve	
Pitta bread 4*,5*,9*,10*,11*	6 Piece
Fresh mint	10 Grams
Honey	30 Grams

Allergens: *4 Milk, *15 Celery, *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten

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1. Prep

- Peel and finely chop the **onion**.
- Deseed and chop the **pepper** into small bite-sized pieces.
- Drain and slice the **halloumi** into 1cm slices.



2. Fry

- Heat a large non-stick frying pan or skillet over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion**, **pepper** with a pinch of **salt**.
- Fry for 3-5 min.
- Add the **cumin seeds**, **smoked paprika** and **ras el hanout** (spicy!).
- Fry for 30 secs until fragrant.

Tip! Sensitive to spice? Go easy on the ras el hanout.



3. Make sauce

- Add the **tomato paste**, **peeled plum tomatoes** (breaking them up), **measured water**, **stock cube**, **garlic powder** and **sugar** with a pinch of **pepper**.
- Mix well.
- Bring to a boil and lower the heat.
- Simmer for 3-4 min until the **sauce** has slightly reduced.



4. Cook eggs

- Make 6 spaces in the **sauce**.
- Crack an **egg** into each space.
- Cover and leave to cook for 6-8 min or until the **eggs** are fully cooked.

Tip! Add 2 minutes more of cooking time if you like your eggs well done.



5. Fry halloumi

- Heat a separate pan over a medium-high heat with another drizzle of **oil**.
- Once hot, add the **halloumi**.
- Fry for 2-3 min each side or until golden.



6. Serve

- Microwave the **pitta bread** for 30 sec.
- Nestle the fried **halloumi** into the **shakshuka**.
- Pick over the **mint leaves** and drizzle over the **honey**.
- Serve the **Halloumi Shakshuka with Honey** with **Pitta Bread**.

Tip! For crispier pitta bread heat them in the oven or under the grill for 1-2 min each side.

BBQ Chicken Wraps

with Cucumber and Apple Slices

Quick and super easy! Perfect leftovers for lunch boxes.

hellofresh

809 calories | 64 protein | 78 carbs | 27 fat

Family Friendly | Quick Prep | Speedy

cook: 30 min

R4761-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3383 / 809
Fats (g)	26.9
of which saturated (g)	11.4
Carbohydrates (g)	78
of which sugars (g)	20.9
Fibers (g)	4
Proteins (g)	64
Salt (g)	3.6

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
BBQ spice 15*	8 Grams
Smoked paprika powder	4 Grams
Coriander powder	4 Grams

Veg	
Yellow pepper	2 Piece
Spring onion	80 Grams
Barbecue sauce 11*,13*	120 Grams

To serve	
Cucumber	2 Piece
Red apple	2 Piece
Sour cream 4*	120 Grams
Grated cheddar 4*	120 Grams
6" tortilla wraps 10*,11*	12 Piece

Allergens: *15 Celery, *11 Gluten, *13 Mustard, *4 Milk, *10 Wheat

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1. Prep

- Cut the **chicken** into bite-sized strips.
- Add the **chicken** to a bowl and season it with the **BBQ spice**, **smoked paprika**, **coriander powder** and a drizzle of oil.
- Deseed and chop the **pepper** into strips.
- Trim and finely slice the **spring onion**.



2. Fry chicken

- Heat a large frying pan over a medium-high heat with a drizzle of oil.
- Fry the **chicken** for 5-6 min until cooked through.
- Remove from the pan and set aside on a plate.



3. Fry pepper

- Return the pan to the heat with another drizzle of oil.
- Fry the **pepper** for 3-4 min.



4. Finish

- Add the **chicken**, **spring onion** and **barbecue sauce**.
- Mix and cook for 1 min further.



5. Prep sides

- Chop the **apple** into slices, discarding the core.
- Trim and chop the **cucumber** into batons.

Tip! To prevent the apple slices browning squeeze over some lemon juice.



6. Serve

- Heat the **tortilla wraps** in the microwave or in a hot, dry pan for 30 secs.
- Serve the **BBQ Chicken Wraps** with **Cucumber** and **Apple** Slices.

Tip! These wraps are perfect for leftover lunches!

Homemade Pesto with Whole-wheat Spaghetti

Balsamic Roasted Tomatoes and Feta

'Pesto' comes from the Genoese word 'pestâ', meaning 'to pound' or 'crush'. Pesto is traditionally made in a pestle and mortar.

hellóchef

591 calories | 27 protein | 87 carbs | 15 fat

Calorie Smart | Speedy

cook: 25 min

R3754-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2488 / 591
Fats (g)	14.9
of which saturated (g)	6.1
Carbohydrates (g)	87
of which sugars (g)	16.3
Fibers (g)	12.8
Proteins (g)	26.5
Salt (g)	3.3

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What You'll Need

- Oven
- Box grater
- Food processor

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pasta	
Cherry tomatoes	500 Grams
Balsamic vinegar 14*	30 ML
Honey	30 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp
Whole-wheat spaghetti 5*,9*,10*,11*	400 Grams

Pesto	
Pine nuts 2*	20 Grams
Garlic cloves	2 Piece
Fresh basil	60 Grams
Lemon	1 Piece
Olive oil	8 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

To serve	
Parmesan 4*	60 Grams
Feta cheese 4*	100 Grams
Rocket	40 Grams

Allergens: *14 Sulphur Dioxide, *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten, *2 Tree Nuts, *4 Milk

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1. Toast pine nuts

- Preheat the oven to 220°C/200°C fan.
- Place a pan over a medium-high heat.
- Toast the **pine nuts** in the hot, dry pan for 2 min or until starting to brown.
- Transfer the **pine nuts** to a bowl.



2. Roast tomatoes

- Add the **cherry tomatoes** onto a lined baking tray.
- Drizzle with the **balsamic vinegar**, **honey** and **oil**.
- Season with **salt** and **black pepper**.
- Toss until well coated.
- Roast for 15 mins or until the skins of the **tomatoes** start to blister.

Tip! When the skins start peeling off the tomatoes, this is called blistering.



3. Boil pasta

- Meanwhile, bring a large pot of salted water to the boil.
- Once boiling, add the **whole-wheat spaghetti**.
- Cook for 8-10 min until 'al dente' or cooked to your liking.
- Reserve a cup of the **pasta water** from the pot.
- Drain.



4. Make pesto

- Meanwhile, finely grate the **parmesan**.
- Peel the **garlic cloves**.
- Pick the **basil leaves** directly into a food processor or blender with the toasted **pine nuts**, half of the **parmesan** (reserve the rest for garnish), the **garlic**, juice 4 Tbsp of **lemon** and **olive oil**.
- Blitz until the **pesto** is smooth, adding water if necessary.
- Season with **salt** and **pepper**.

Tip! If the pesto is too thick, drizzle more olive oil and blitz.



5. Mix pasta

- Return the drained **pasta** to the pot.
- Add the **pesto** and a splash of reserved pasta **water**.
- Toss until well coated.



6. Serve

- Serve the **Homemade Pesto with Whole-wheat Spaghetti** topped with **Balsamic Roasted Tomatoes** and **Feta** crumbled over the top.
- Garnish with the **rocket** and remaining **parmesan**.

Simple Salmon Supper

with Rosemary Potatoes and Green Beans

Familiar flavours such as rosemary and lemon take humble ingredients like green beans and potatoes to the next level.

hello chef

715 calories | 47 protein | 57 carbs | 36 fat

Family Friendly

cook: 40 min

R2659-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2986 / 715
Fats (g)	36.4
of which saturated (g)	12.3
Carbohydrates (g)	57
of which sugars (g)	12.5
Fibers (g)	12.8
Proteins (g)	47.1
Salt (g)	0.5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salmon	
Skin-on salmon fillet 6*	700 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Potatoes	
Fresh rosemary	20 Grams
Potatoes	1200 Grams
Vegetable oil	2 Tbsp
Salt	2 Tsp

To serve	
Fresh parsley	15 Grams
Lemon	2 Piece
Natural yogurt 4*	340 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Green beans	375 Grams
Butter 4*	50 Grams

Allergens: *6 Fish, *4 Milk

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1. Roast potatoes

- Preheat the oven to 200°C/180°C fan.
- Strip the **rosemary** from its stem and finely chop it.
- Chop the **potatoes** (skins on) into small cubes.
- Add them to a large baking tray with the **rosemary**, a drizzle of **vegetable oil** and a generous pinch of **salt**.
- Toss until the **potatoes** are fully coated.
- Roast for 30 min or until golden and crisp.



2. Prep yogurt

- Meanwhile, finely chop the **parsley**.
- Slice the **lemon** into wedges.
- Add the **natural yogurt**, **parsley** and a squeeze of **lemon** to a bowl.
- Season with **salt** and **pepper** and give everything a good mix up.
- Set aside.

Tip! Zest the lemon before chopping it into wedges. Add it to the buttery green beans when serving for a pop of flavour.



3. Fry salmon

- Once the **potatoes** have been roasting for 15 min, portion the **salmon**.
- Heat a non-stick pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **salmon**, skin-side down.
- Cook for 5-6 min or until very crispy.
- Flip the **salmon** and cook for 2-3 min further.

Tip! Cook your salmon for a couple of min less for a medium finish. Keeping it slightly pink inside will ensure it doesn't dry out.



4. Boil green beans

- Meanwhile, trim the **green beans**.
- Cook them in a pot of salted boiling water for 3-4 min or until tender.
- Drain once cooked.
- Return the **green beans** to the pot with the **butter** and toss.



5. Serve

- Serve the **Simple Salmon Supper** with **Rosemary Potatoes** and **Green Beans**.
- Serve the **yogurt** sauce on the side.
- Garnish with any remaining **lemon** wedges.

Mediterranean Spiced Butternut Squash and Chickpea Stew

with Toasted Almond Couscous

Due to its volcanic soil, Sicily is a particularly fertile island. Among its rich bounty you'll find lemons, almonds, pistachios, chillies, aubergines and olives.

hellofresh

774 calories | 27 protein | 149 carbs | 14 fat

cook: 40 min

R4390-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3238 / 774
Fats (g)	13.6
of which saturated (g)	1.5
Carbohydrates (g)	149
of which sugars (g)	31.7
Fibers (g)	24.4
Proteins (g)	26.6
Salt (g)	3.5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Stew	
Butternut squash	1200 Grams
Olive oil	4 Tbsp
Salt	1 Tsp
Brown onion	2 Piece
Garlic cloves	4 Piece
Chickpeas	480 Grams
Coriander cumin powder	8 Grams
Paprika powder	4 Grams
Dried oregano	4 Grams
Cinnamon stick	1 Piece
Chilli flakes	2 Grams
Red vinegar	30 ML
Golden raisins [14*]	60 Grams
Kalamata olives	160 Grams
Vegetable stock cube [15*]	2 Piece
Peeled plum tomatoes	800 Grams
White sugar	10 Grams
Water	400 ML
Tomato paste	70 Grams
Fresh coriander	15 Grams

Couscous	
Water	500 ML
Saffron Splash	30 ML
Couscous [10*,11*]	225 Grams
Almond slivers [2*]	40 Grams
Lemon	2 Piece

Allergens: *14 Sulphur Dioxide, *15 Celery, *10 Wheat, *11 Gluten, *2 Tree Nuts

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1. Roast squash

Preheat the oven to 200°C/180°C fan. Peel the **butternut squash**, slice it in half and, using a spoon, remove the seeds. Chop the **squash** into bite-size pieces. Place the **squash** onto a large baking tray with a drizzle of **olive oil** and season with **salt**. Roast in the oven for 30 min or until golden and crisp.



2. Prep

Meanwhile, peel and finely chop the **onion** and **garlic**. Drain the **chickpeas**.



3. Sauté

Heat a large pan over a medium-low heat with a generous drizzle of **olive oil**. Add the **onion** with a pinch of **salt** and fry for 5-6 min until soft. Once soft, add the **garlic**, a large pinch of **cinnamon**, the **oregano** and **chilli flakes** (spicy!) and fry for 1 min further.



4. Simmer

Add the **red vinegar**, **raisins**, **olives**, half of the **stock cube**, the capers, chopped **tomatoes**, **sugar**, **measured water**, **tomato paste** and **chickpeas**. Simmer for 15-20 min.



5. Prep couscous

Meanwhile, boil the **measured water** and dissolve the remaining **stock cube** and the **saffron** in it. Add the **couscous**, almonds and a drizzle of **olive oil** to a bowl and pour the hot **saffron stock** over it, stir once, then cover with cling film or a plate. Set aside for 5 min. Fluff with a fork and season with **lemon** juice before serving.



6. Serve

Once the **squash** is soft and the stew is ready, add the **squash** to the stew and simmer for 2 min further. Strip the basil leaves directly into the stew. Mix. Serve the stew over the **couscous**.

Honey Fried Halloumi Flatbreads

with Hummus, Avocado and Pomegranate

Easy, beautiful flatbreads packed with Middle Eastern flavors. What's not to like?

hellofresh

1130 calories | 37 protein | 91 carbs | 72 fat

Family Friendly

cook: 20 min

R3250-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3921 / 1130
Fats (g)	72.3
of which saturated (g)	27.8
Carbohydrates (g)	91
of which sugars (g)	23.7
Fibers (g)	21.9
Proteins (g)	37.4
Salt (g)	47.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Middle Eastern Flatbreads

Pomegranate	2 Piece
Avocado	2 Piece
Fresh mint	20 Grams
Halloumi [4*]	400 Grams
Arabic flatbread packet [10*,11*]	2 Piece
Hummus [3*]	400 Grams
Olive oil	2 Tbsp
Honey	30 Grams
Sliced pistachios [2*]	40 Grams
Sumac	4 Grams

Allergens: *4 Milk, *10 Wheat, *11 Gluten, *3 Sesame Seeds, *2 Tree Nuts

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1. Prep

Preheat the oven to 200°C/180°C fan. Halve the **pomegranate**, hold each half over a large bowl, seeds facing down. Hit the skin with a wooden spoon, squeezing to release the seeds. Cut the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon and slice it. Finely chop the **mint** leaves. Slice the **halloumi** into 1cm slices



2. Warm bread

Warm the **Arabic flatbreads** in the oven for 3-5 min. Once hot, spread the **hummus** over the breads.



3. Fry halloumi

Meanwhile, heat a pan over a medium heat with a drizzle of **olive oil** (See pro tip!). Once hot, add the **halloumi** and fry for 3 min on each side until the surface turns golden brown. Drizzle with the **honey** and cook for 1 min further.



4. Serve

Top the **hummus** covered **flatbreads** with the **honey fried halloumi**, **mint**, **pomegranate seeds**, **sliced pistachios**, and **avocado** slices. Sprinkle with the **sumac**. Serve immediately.

Crispy Seabream

with Jasmine Rice and Crackle Topping

Delicious, crispy seabream with a crackle topping made from crunchy peanuts, sesame seeds, garlic and ginger.

hello chef

713 calories | 54 protein | 101 carbs | 17 fat

Tips for Kids

cook: 35 min

R3799-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2980 / 713
Fats (g)	17.4
of which saturated (g)	2.4
Carbohydrates (g)	101
of which sugars (g)	14.5
Fibers (g)	8.2
Proteins (g)	53.9
Salt (g)	6.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Seabream	
Seabream 6*	660 Grams
Cucumber	4 Piece
Carrot	2 Piece
Lime	2 Piece
Brown sugar	10 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp

Jasmine rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML

Crackle	
Salted peanuts 1*	80 Grams
Ginger garlic paste	80 Grams
Sesame seeds 3*	20 Grams
Turmeric powder	4 Grams
Chilli flakes	4 Grams
Olive oil	4 Tbsp
Honey	30 Grams
Tamari 9*	30 ML

Allergens: *6 Fish, *1 Peanuts, *3 Sesame Seeds, *9 Soya

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1. Boil rice

- Rinse the **rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from the heat.
- Keep covered until serving.



2. Prep

- Meanwhile, finely slice the **cucumber** into rounds.
- Peel the **carrot**, then continue peeling it until you are left with a pile of **carrot** ribbons.
- Juice the **lime** into a large bowl along with the **brown sugar**, **cucumber**, **carrot** ribbons and a pinch of **salt**.
- Mix well.
- Set aside.
- Finely chop the **peanuts**.

Tip! If cooking for kids, slice the carrot into coins and set aside a portion of cucumber, carrots and peanuts.



3. Make crackle topping

- Place a small saucepan over a medium heat with the **peanuts**, **ginger garlic paste**, **sesame seeds**, **turmeric powder**, **chilli flakes (spicy!)**, **olive oil**, **honey** and the **tamari**.
- Cook for 4-5 min or until the mix thickens.
- Remove from the heat and set aside.

Tip! If cooking for kids, set aside a portion of sesame seeds as 'sprinkles'. Sensitive to spice? Go easy on the chilli flakes.



4. Fry fish

- Meanwhile, pat the **seabream** fillets dry with kitchen paper.
- Season the skin with **salt**.
- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **seabream**, skin-side down.
- Fry for 4 min or until crispy.
- Once crispy, flip.
- Cook for 1-2 min further.



5. Serve

- Serve the **Crispy Seabream** with **Jasmine Rice** and **Crackle Topping** on top.
- Serve with the **cucumber** and **carrot pickle** alongside.

Tip! If cooking for kids, serve the rice, fish, reserved cucumber, carrots separately. Serve the peanuts and sesame seeds on the side as 'sprinkles'.

Cajun Chicken with Cheesy Peppers
and Cucumber Corn Salsa

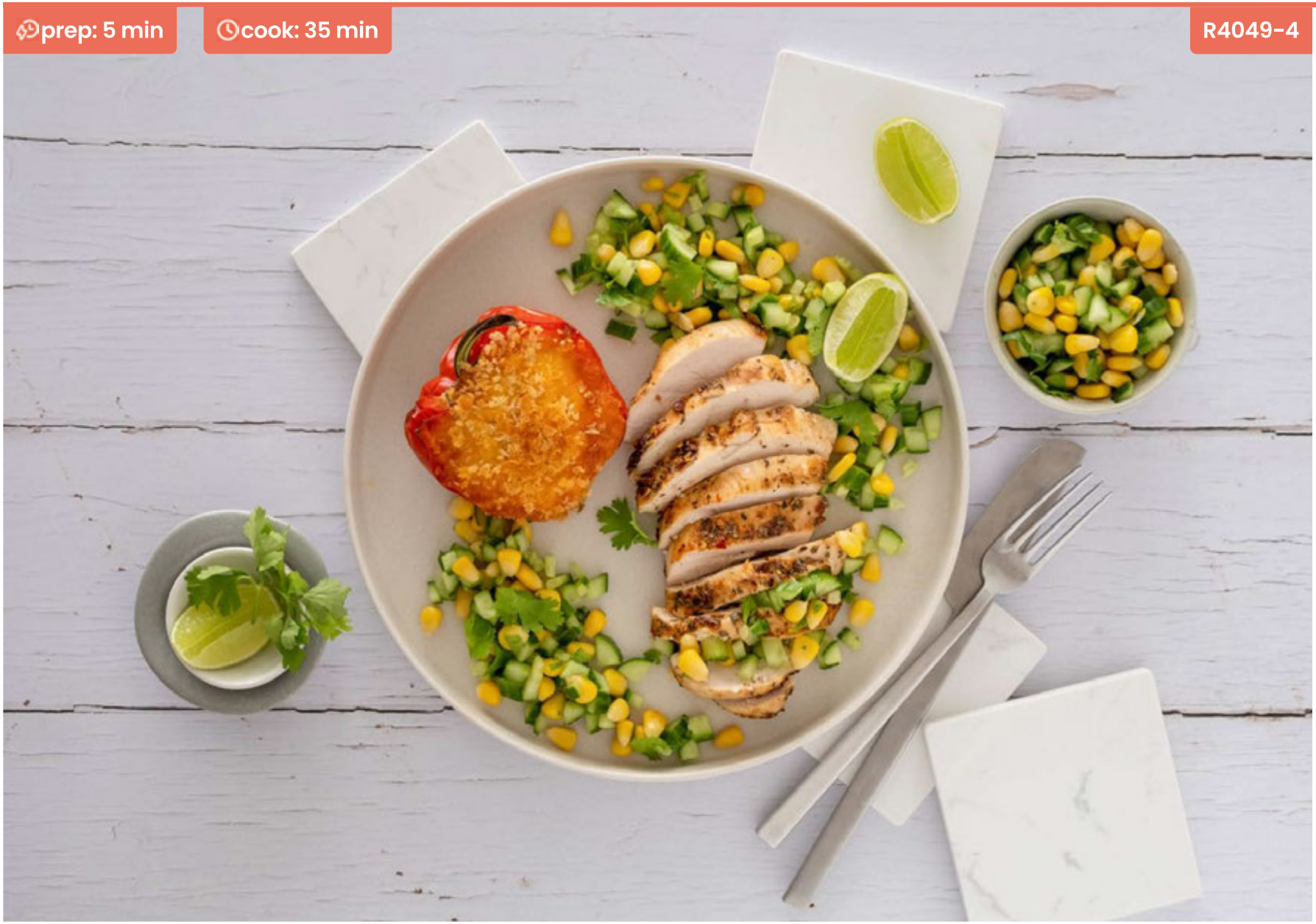
No pans or pots needed! You'll just be using an oven tray to cook the stuffed peppers, and the spicy, smoky Cajun chicken.

hello chef

578 calories | 62 protein | 32 carbs | 26 fat

Low Carb | Quick Prep | Calorie Smart

prep: 5 min | cook: 35 min | R4049-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2419 / 578
Fats (g)	25.9
of which saturated (g)	15.4
Carbohydrates (g)	32
of which sugars (g)	10.4
Fibers (g)	5.8
Proteins (g)	61.6
Salt (g)	2.2

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Smoked paprika powder	4 Grams
Chilli flakes	4 Grams
Garlic onion powder	8 Grams
Dried oregano	4 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Vegetable oil	2 Tbsp

Cheesy peppers	
Red pepper	2 Piece
Olive oil	2 Tbsp
Jalapeno slices	60 Grams
Cream cheese 4*	160 Grams
Grated orange cheddar 4*	120 Grams
Panko bread crumbs 10*,11*,12*	20 Grams
Vegetable oil	2 Tbsp

Cucumbers	
Cucumber	2 Piece
Sweet corn kernels	244 Grams
Fresh coriander	15 Grams
Lime	2 Piece

Allergens: *4 Milk, *10 Wheat, *11 Gluten, *12 Lupin

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1. Bake peppers

- Preheat the oven to 200°C/ 180°C fan.
- Slice the **peppers** in half lengthwise, leaving their stems in place.
- Deseed them.
- Place the **peppers** onto a lined baking tray.
- Drizzle the **peppers** with **oil**.
- Bake for 10 min.



2. Season chicken

- Meanwhile, in a large bowl, combine the **smoked paprika**, **chilli flakes (spicy!)**, **garlic onion powder**, **oregano**, a pinch of **salt** and **pepper** and a generous drizzle of **oil**.
- Mix into a thick paste.
- Add the **chicken** to the bowl and turn to coat.
- Set aside.

Tip! Can't handle the heat? Go easy on the chilli flakes.



3. Prep stuffing

- Finely chop the **jalapeno slices**.
- In a small bowl, combine the chopped **jalapeno** and the **cream cheese**.
- Mix well and set aside.



4. Bake chicken

- Once the **peppers** have baked for 10 min, spoon the **jalapeno cream cheese** stuffing into the **pepper halves**.
- Divide the **grated cheddar** on top and finally sprinkle with the **panko bread crumbs**.
- Drizzle with **oil**.
- Add the marinated **chicken** onto the tray alongside the **peppers**.
- Bake for 15 min further or until the **chicken** is cooked through and the **stuffed pepper** tops are crispy and golden.

Tip! A drizzle of vegetable oil helps the bread crumbs to crisp up nicely.



5. Prep salsa

- Meanwhile, chop the **cucumber** to small cubes.
- Drain the **sweet corn**.
- Pick the **coriander** leaves and roughly chop them.
- In a large bowl, combine the **cucumber**, **sweet corn** and **coriander**.
- Slice the **lime** in half.
- Add the juice of one **lime** half to the bowl and toss.
- Slice the remaining **lime** into wedges.

Tip! For a slightly drier salsa, halve the cucumbers lengthwise. Scoop out and discard the watery core, using a small spoon.



6. Serve

- Once the **chicken** is cooked, let it rest for 5 min before slicing.
- Serve the **Cajun Chicken** with the **Cheesy Peppers** and the **Cucumber Corn Salsa**.
- Garnish with the remaining **lime** wedges.

Tip! The resting of the chicken sets the meat's juices and allows the fibres to relax, leaving the end result more tender and your plate less messy.

Chipotle Cheese Burger

with Sweet Potato Fries and Lime Slaw

This recipe fuses two Central American staples into one deliciously spicy, cheesy patty!

1327 calories | 47 protein | 96 carbs | 86 fat

Family Friendly

cook: 40 min

R2454-4



Nutritional information

	per serving*
Energy (kJ/kcal)	5550 / 1327
Fats (g)	85.9
of which saturated (g)	32.6
Carbohydrates (g)	96
of which sugars (g)	19.4
Fibers (g)	15.8
Proteins (g)	46.7
Salt (g)	4.3

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What You'll Need

Oven | Box grater

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Burger patties	
Beef mince	700 Grams
Garlic powder	4 Grams
Soy sauce 9*,10*,11*	40 ML
Salt	1 Tsp
Panko bread crumbs 10*,11*,12*	40 Grams
Vegetable oil	2 Tbsp

Slaw	
Carrot	2 Piece
Spring onion	80 Grams
White cabbage	450 Grams
Salt	1 Tsp
Lime	2 Piece

Chipotle mayo	
Mayonnaise 5*,9*,13*	100 Grams
Ketchup	16 Grams
Chipotle powder	2 Grams

Sweet potato fries	
Sweet potatoes	800 Grams
Vegetable oil	2 Tbsp
Salt	2 Tsp

To serve	
Grated orange cheddar 4*	120 Grams
Burger bun 3*,4*,10*,11*	4 Piece

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *12 Lupin, *5 Eggs, *13 Mustard, *4 Milk, *3 Sesame Seeds

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1. Bake fries

Preheat the oven to 200°C/180°C fan. Slice the **sweet potatoes** (skins on) into fries. Add them to a large baking tray with a drizzle of **vegetable oil** and a generous pinch of **salt**. Toss the fries in the **oil** until coated. Place the tray in the oven and roast for 30 min or until golden and crisp.



2. Make slaw

Meanwhile, peel and grate the **carrot**. Trim and finely slice the **spring onion**. Finely shred the **white cabbage**. Add the **carrot**, **spring onion** and **cabbage** to a large bowl with a pinch of **salt**. Squeeze the juice of the **lime** into the bowl and give everything a mix up.



3. Chipotle mayo

In a second bowl, combine the **mayonnaise** and **ketchup** with a pinch of **chipotle powder** (spicy!) and a pinch of **salt**. Set both aside.



4. Make patties

Combine the **beef mince**, **garlic powder**, **soy sauce** and **salt** with the **panko bread crumbs**. With clean hands, knead the meat mixture until soft and fully combined (see pro tip). Shape the mixture into patties.

Tip! The longer you knead the mince meat mixture, the more tender your patties will become. They'll also stick together better!



5. Fry patties

Heat a drizzle of **oil** in a pan over a medium heat. Fry the patties for 5 min on each side until browned and cooked through. Once browned, top with the **grated cheddar** cheese, cover with a lid and cook for 2 min further or until the cheese has melted.



6. Assemble burgers

Load your **burger buns** with the limey **slaw**, the cheese **patties** and the **chipotle mayo**. Serve the **sweet potato fries** to the side along with any leftover **mayo** and **slaw**.

One-pan Chicken Cassoulet; White Bean Stew

with Turkey Bacon and Spinach

This hearty French countryside cassoulet typically takes hours to make, but this version comes together quickly, and all in one pan!

hello chef

576 calories | 69 protein | 27 carbs | 19 fat

Low Carb | Calorie Smart

cook: 35 min

R3953-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2409 / 576
Fats (g)	19.1
of which saturated (g)	5.2
Carbohydrates (g)	27
of which sugars (g)	6.5
Fibers (g)	8.4
Proteins (g)	68.8
Salt (g)	4.4

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Cassoulet	
Skin-on, bone-in chicken thighs	900 Grams
Red onion	2 Piece
Smoked turkey bacon	120 Grams
Chestnut mushrooms	500 Grams
White beans	480 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Garlic paste	20 Grams
Dried thyme	4 Grams
Water	400 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Worcestershire sauce 6*,11*	30 ML
Baby spinach	125 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *6 Fish, *11 Gluten

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1. Prep

Peel and finely chop the **onion**. Roughly chop the **turkey bacon**. Clean the **mushrooms** with a cloth, knife or brush (don't wash them with water) and quarter them. Drain and rinse the **beans**.

Tip! Mushrooms are like sponges, avoid cleaning or washing them with water.



2. Fry chicken

Heat a large non-stick pan over medium-high heat with a drizzle of **oil**. Once hot, add the **chicken thighs** skin side down. Fry for 3-4 min or until the skin is golden brown. Transfer the **chicken** onto a plate and reserve the pan.



3. Fry

Return the pan to a medium-high heat. Once hot, add the **bacon** and fry for 1 min. Add the **onions** and **mushrooms** with a pinch of **salt** and fry for 5 min. Add the **garlic paste** and **thyme** and fry for 1 min further.



4. Simmer

Add the **beans**, **measured water**, 1 **chicken stock cube**, **Worcestershire** and the **chicken thighs** to the pan. Simmer, covered, for 12-15 min or until the **chicken** is cooked through.



5. Add spinach

Add the **baby spinach** and simmer for 2 min or until the **spinach** is wilted.



6. Serve

Divide the **chicken cassoulet** among bowls.

Hashweh Style Beef and Eggplant

with Bulgur Wheat and Tahini Dressing

Hashweh translates directly to "stuffing" and is often used as a stuffing for chicken or marrows!

hello chef

795 calories | 55 protein | 84 carbs | 30 fat

Global Eats

cook: 40 min

R4126-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2989 / 795
Fats (g)	30.3
of which saturated (g)	7.5
Carbohydrates (g)	84
of which sugars (g)	16.5
Fibers (g)	24.3
Proteins (g)	54.9
Salt (g)	3.9

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef	
Lean beef mince	700 Grams
Red onion	2 Piece
Garlic cloves	2 Piece
Red pepper	2 Piece
Eggplant	2 Piece
Almond slivers 2*	60 Grams
Olive oil	1 Tbsp
Salt	1 Tsp
Arabic mix masala	8 Grams
Allspice powder	4 Grams
Coriander cumin powder	8 Grams
Tomato paste	70 Grams
Beef stock cube 4*,5*,9*,11*,15*	2 Piece
Black pepper	1 Tsp
Water	500 ML
Fresh mint	10 Grams

Bulgur	
Bulgur wheat 10*,11*	240 Grams
Water	500 ML
Salt	1 Tsp

Tahini Dressing	
Lemon	2 Piece
Fresh parsley	15 Grams
Tahini 3*	60 Grams
Water	60 ML

Allergens: *2 Tree Nuts, *4 Milk, *5 Eggs, *9 Soya, *11 Gluten, *15 Celery, *10 Wheat, *3 Sesame Seeds

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Egg, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur dioxide and Celery.**



1. Prep

Preheat the oven to 220°C/200°C fan. Peel and finely chop the **onion** and **garlic**. Deseed and finely chop the **pepper**. Chop the **eggplant** into small bite-sized pieces. Heat a large pan over a medium heat. Add the **almond slivers** to the dry pan and toast until slightly browned. Once browned, remove from the heat and set aside. Reserve the pan.



2. Bake eggplant

Add the **eggplant** to a lined baking tray with a drizzle of **oil** and a generous pinch of **salt**. Bake in the oven for 20-25 min or until soft and tender.



3. Make bulgur

Meanwhile, rinse the **bulgur** under cold water and drain. Add the **bulgur** to a pot with a lid with the **measured water** and a pinch of **salt**. Bring to the boil over a medium-high heat. Once boiling, cover and lower the heat. Simmer for 15-20 min until the **bulgur** is tender. Once cooked drain any remaining **water**, cover and set aside.



4. Fry beef

Return the reserved pan to a medium-high heat with another drizzle of **oil**. Once hot, add the **onion** and fry for 5 min until softened. Add the **garlic** and **red pepper**, fry for 5 min further. Add the **beef** and fry for 3-5 min, until fully browned. Once browned, stir through the baked **eggplant**, add the **arabic masala**, **allspice**, **coriander cumin**, **tomato paste**, **stock cube**, pinch of **black pepper** and **measured water**. Mix thoroughly. Reduce the heat to medium and simmer for 5 min further.



5. Make tahini dressing

Meanwhile, slice the **lemon** into wedges. Pick and finely chop the **parsley**. In a small bowl, combine the **tahini** and a squeeze of **lemon** juice to taste. Add the **measured water** bit by bit, mixing throughout until the **dressing** has loosened (not too watery). Once the desired consistency has been achieved, add the **parsley** (leaving some for garnish). Mix well and set aside.

Tip! Wash and zest the lemon, add the zest to the dressing to make it extra citrusy!



6. Serve

Pick and finely chop the **mint**. Stir through the **mint** in the **beef** and **eggplant** mixture. Divide the **bulgur** among bowls. Spoon over the **beef** and **eggplant**. Drizzle with the **tahini dressing** and garnish with the toasted **almonds**, and the remaining **parsley**.

Asian Duck Breast in Sticky Sweet Glaze

with Pak Choi and Garlic Jasmine Rice

-

897 calories | 61 protein | 91 carbs | 31 fat

Global Eats

cook: 45 min

R4622-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3812 / 897
Fats (g)	31.1
of which saturated (g)	7.4
Carbohydrates (g)	91
of which sugars (g)	20.7
Fibers (g)	5.4
Proteins (g)	61.3
Salt (g)	5.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Duck	
Duck breast	4 Piece
Spring onion	80 Grams
Small red chilli	1 Piece

Sauce	
Rice vinegar	15 ML
Brown sugar	15 Grams
Ginger	30 Grams
Ginger garlic paste	30 Grams
Plum sauce 9*,10*	40 Grams
Chinese 5 spice	2 Grams
Soy sauce 9*,10*,11*	60 ML
Honey	30 Grams

Side	
Sesame oil 3*,9*	30 ML
Sesame seeds 3*	5 Grams
Baby pak choi	9 Piece
Baby corn & mixed veg	400 Grams

Rice	
Sushi rice	300 Grams
Water	300 ML

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Prep

Preheat oven 180 fan. Score **duck**. Season with salt and pepper. Place on tray. Roast for 15 min.



2. Cook rice

Sauce pan, add **garlic paste** and jasmine **rice**. fry for 1 min. Add **water**. Cook for 15 min. Set aside



3. Prep veggies

Finely cut the **ginger** and **garlic**. Deseed **red chilli** and slice. Chop **spring onions**.



4. Make sauce

In a pan, combine **soy sauce**, **honey**, **chinese 5 spice**, **plum sauce**, **garlic**, **ginger**, **rice vinegar**, **brown sugar**, **red chilli**. Bring to a simmer and cook gently until thickened. cornstarch slurry?



5. Steam veggies

Tear the **pak** choy. Large pan, add the **mixed** vegetables and **pak** choy. **Sesame oil**. Cover and steam cook.



6. Serve

Slice the **duck**. Add on top of **rice**. pour **sauce**. Garnish with **spring onion**. Serve with the vegetables on the side.

Fillet Steak with Hasselback Potatoes,

Broccolini and Truffle Mushroom Sauce

Hasselback comes from the name of the Swedish restaurant where they were first served; Hasselbacken.

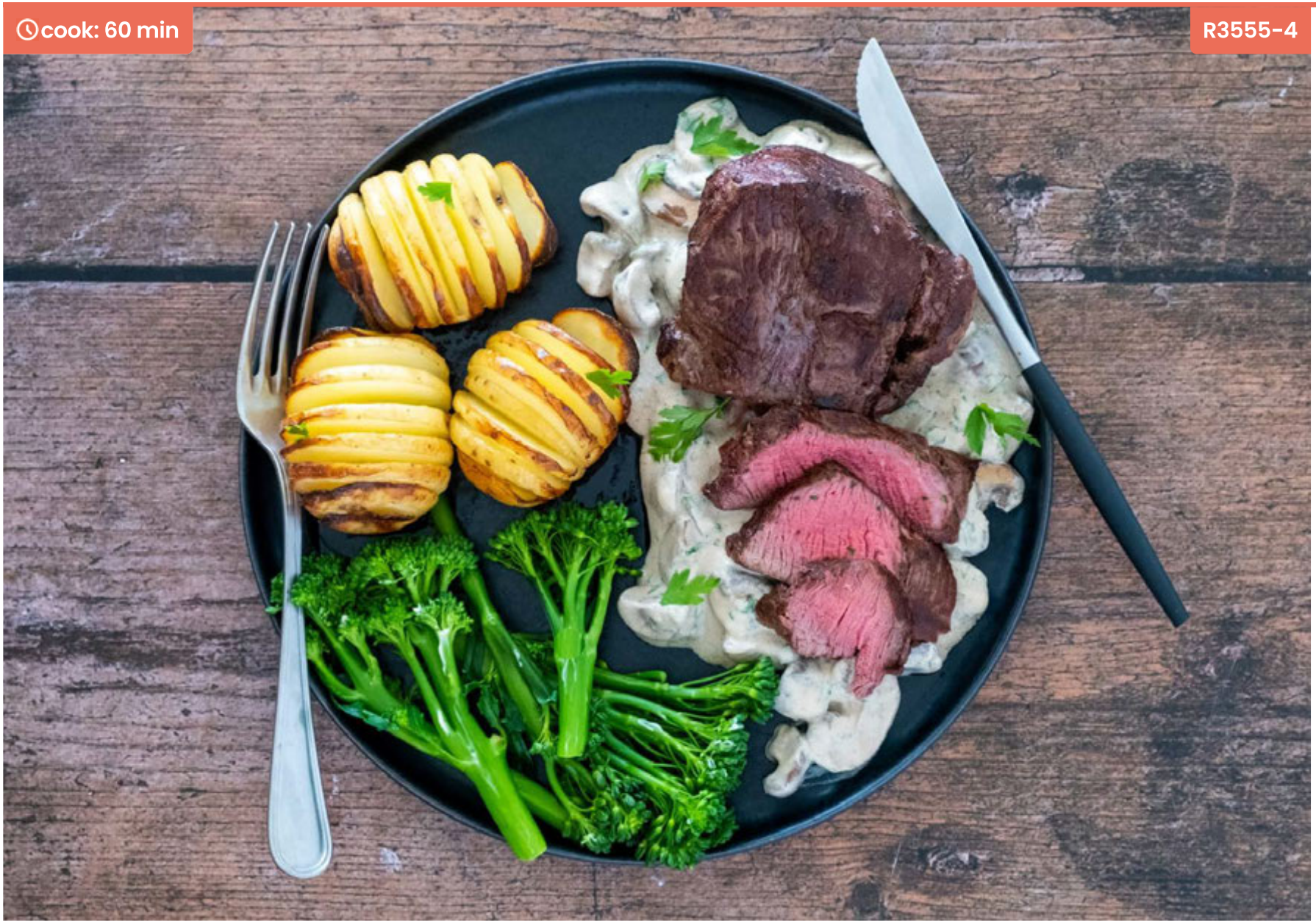
hellochef

920 calories | 66 protein | 63 carbs | 46 fat

Gourmet

cook: 60 min

R3555-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3826 / 920
Fats (g)	45.5
of which saturated (g)	21.5
Carbohydrates (g)	63
of which sugars (g)	6.5
Fibers (g)	8.7
Proteins (g)	66.3
Salt (g)	0.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steak	
Fillet steak	1000 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Hasselback Potatoes	
New potatoes	1000 Grams
Vegetable oil	2 Tbsp
Butter 4*	50 Grams
Flaky sea salt	4 Grams

Mushroom sauce	
Chestnut mushrooms	500 Grams
Fresh parsley	15 Grams
Garlic cloves	1 Piece
Water	200 ML
Mushroom stock cube	1 Piece
Cooking cream 4*	200 ML
Black pepper	1 Tsp
Truffle oil	30 ML

To serve	
Tenderstem broccoli	300 Grams

Allergens: *4 Milk

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1. Prep

Preheat the oven to 200°C/ 180°C fan. Bring a pot of salted water to the boil. Cut narrow slices (about 0.5 cm) into the **potatoes**, making sure not to cut all the way down to the base – these are your **Hasselback potatoes**. Add the **potatoes** to the pot and boil gently for 8 min. Drain. Meanwhile, roughly chop or tear the **mushrooms**. Chop the **parsley** leaves. Peel and mince the **garlic**.

Tip! Rest the potatoes in the hollow of a wooden spoon when cutting, it will prevent you from cutting all the way through the potato!



4. Make sauce

Return the pan to a medium-high heat with a drizzle of **oil**. Add the **mushrooms** and fry for 6-7 min. Add the **garlic** and fry for 1 min further. Add the **measured water**, crumbled 1 **stock cube**, **cooking cream** and **black pepper** to the pan. Simmer for 3-4 min or until the sauce has thickened. Remove from the heat and stir in the **truffle oil** and half of the **parsley** (reserve the rest for garnish). Set aside and keep warm.

Tip! Truffle is a strong flavour - add it gradually, tasting in between until it's perfect for you!



2. Bake potatoes

Once drained, add the **Hasselback potatoes** slit-side up to a lined baking tray and drizzle with **oil**. Bake for 45 min or until the insides are fork tender and the outsides are golden and starting to crisp.

Tip! Cooking time will vary depending on the size of the potatoes and your appliances. Keep an eye on them, and if they are browning too quickly cover them with foil, so they can cook through without burning.



5. Boil broccoli

Meanwhile, cook the **broccoli** in lightly salted boiling water for 5 min or until tender. Drain once cooked.

Tip! Alternatively, add the broccoli to the baking tray with the steaks, drizzle with oil and sprinkle with salt. Cook for 8-10 min until tender but crisp.



3. Fry steak

When the **potatoes** have 20 min left, pat the **steaks** dry with kitchen paper, rub them with **oil** and season with **salt**. Heat a large pan over a high heat. Once very hot, add the **steaks** and fry them for 3 min on each side. Place on a baking tray and finish cooking them in the oven for 8-10 min or until cooked to your liking. Transfer the **steaks** to a plate (reserve the pan!) and leave them to rest for 10 min. Once rested, season generously with **salt** and **pepper**.



6. Serve

Divide the **potatoes** between plates and top with the **butter**. Garnish with the remaining **parsley**. Serve the **steaks** alongside the **mushroom sauce** and **broccoli**. Sprinkle the **flaky sea salt** over the **potatoes** and **broccoli**.

Cheesy Beef Tacos with Tomato Salsa and Cheddar

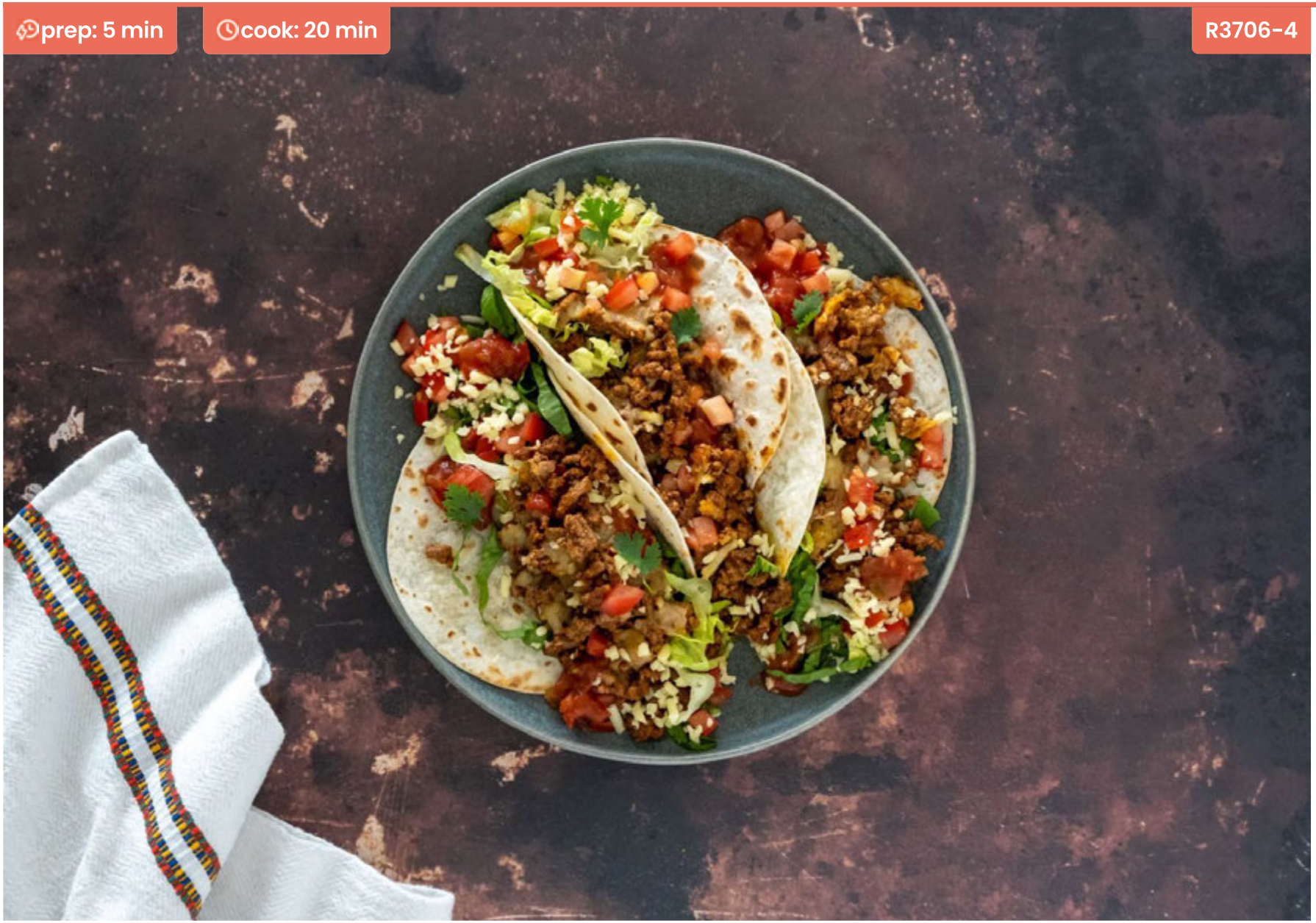
These beef mince tacos come together in less than 20 minutes!

hello chef

860 calories | 60 protein | 57 carbs | 44 fat

Family Friendly | Quick Prep | Speedy

prep: 5 min | cook: 20 min | R3706-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3592 / 860
Fats (g)	44
of which saturated (g)	20
Carbohydrates (g)	57
of which sugars (g)	5.9
Fibers (g)	5.2
Proteins (g)	60.3
Salt (g)	4.4

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef	
Lean beef mince	700 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Tomato paste	70 Grams
Water	200 ML
Taco seasoning	20 Grams
Garlic onion powder	8 Grams
Smoked paprika powder	4 Grams
Cumin powder	4 Grams

Toppings	
Cheddar cheese 4*,10*,11*,13*	200 Grams
Romaine lettuce	300 Grams
Tomatoes	2 Piece
Fresh coriander	15 Grams
Mild tomato salsa	120 Grams

To serve	
6" tortilla wraps 10*,11*	12 Piece

Allergens: *4 Milk, *10 Wheat, *11 Gluten, *13 Mustard

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1. Fry beef

- Heat a large non-stick pan over a medium heat with a drizzle of **oil**.
- Fry the **beef mince** with a pinch of **salt** for 5-7 min until browned.
- Add the **tomato paste**, **measured water**, **salt**, **taco seasoning**, **garlic onion powder**, **smoked paprika** and **cumin powder**.
- Fry for 1 min further.
- Top with the **cheddar**.
- Cover and set aside.



4. Serve

- Load the **tortilla wraps** with the **shredded lettuce**, **cheesy taco beef**, **tomato salsa**, **fresh tomatoes** and the chopped **coriander**.



2. Prep

- Meanwhile, finely chop the **romaine lettuce**, **tomatoes** and **coriander leaves**.



3. Warm tortillas

- Heat the **tortilla wraps** in the microwave for 30-60 secs until warm.

Tip! For crispy tortillas warm the tortillas on a dry hot pan.

Greek Prawn and Feta Orzo

with Thyme

Although orzo looks like a rice grain, it is in fact pasta!

hello chef

664 calories | 49 protein | 86 carbs | 14 fat

Quick Prep | Global Eats | Speedy

prep: 5 min | cook: 25 min | R2987-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2772 / 664
Fats (g)	13.7
of which saturated (g)	3.8
Carbohydrates (g)	86
of which sugars (g)	6.2
Fibers (g)	6.8
Proteins (g)	48.5
Salt (g)	3.2

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What You'll Need

- Box grater

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Orzo	
Prawns 7*	700 Grams
Onion powder	8 Grams
Garlic paste	20 Grams
Small zucchini	4 Piece
Dried thyme	4 Grams
Water	800 ML
Vegetable stock cube 15*	2 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Orzo 9*,10*,11*	400 Grams
Lemon	2 Piece
Grated Parmesan 4*	60 Grams
Black pepper	2 Tsp
Feta cheese 4*	100 Grams

Allergens: *7 Crustaceans, *15 Celery, *9 Soya, *10 Wheat, *11 Gluten, *4 Milk

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1. Prep

Grate the **zucchini**. Boil the **measured water** and dissolve the **vegetable stock cube** in it - this is your **vegetable stock**



2. Fry prawns

Drain the **prawns** on kitchen paper. Heat a large pan over a medium heat with a drizzle of **olive oil**. Once hot, add the **prawns** and **garlic paste** with a generous pinch of **salt** and fry for 2-3 min or until the **prawns** are cooked through. Transfer the **prawns** to a plate and reserve the pan.



3. Fry zucchini

Return the reserved pan to a medium heat with another drizzle of **olive oil**. Once hot, add the **zucchini**, **dried thyme** and **onion powder** and fry for 2 min.



4. Cook orzo

Reduce the heat to medium-low. Add the **orzo** and **vegetable stock** and cook, covered, stirring occasionally, for 12-15 min further or until the **orzo** is tender or cooked to your liking.

Tip! To make this one extra creamy, add the feta cheese in this step instead of reserving it for garnish.



5. Finish

Meanwhile, slice the **lemon** into wedges. Once the **orzo** is cooked, season the **orzo** with a very generous squeeze of **lemon** juice to taste (reserve the rest for garnish) and a grind of **black pepper**. Add the **grated Parmesan** and **prawns** along with any remaining oil or juices from the plate.



6. Serve

Divide the **orzo** among plates and crumble the **feta** over the top. Garnish with the remaining **lemon** wedges.

Cranberry and Oat cookies

with Chocolate Chips

-

778 calories 16 protein 127 carbs 23 fat

cook: 30 min

R3514-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3255 / 778
Fats (g)	22.9
of which saturated (g)	14.4
Carbohydrates (g)	127
of which sugars (g)	48.1
Fibers (g)	3.2
Proteins (g)	16.2
Salt (g)	2.6

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Cookies	
Oats 11*	80 Grams
Baking powder	10 Grams
Salt	2 Tsp
Coconut oil	20 ML
Plain flour 10*,11*	400 Grams
Vanilla extract	5 ML
Honey	60 Grams
Banana	4 Piece
Dried cranberries	120 Grams
Dark chocolate 9*	160 Grams
Organic Eggs 5*	2 Piece

Allergens: *11 Gluten, *10 Wheat, *9 Soya, *5 Eggs

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1. Mash bananas

Preheat the oven to 200°C/180°C fan. In a large bowl, mash the **bananas** with a fork.



2. Add

To the **bananas**, add the **honey**, **eggs** and **vanilla extract** and mix to combine. Add the **oats**, **chocolate**, **dried cranberries** and a pinch of **salt**. Add the **flour**. This is your cookie dough.



3. Shape

Scoop the dough using and add it directly to a lined **baking** sheet. Repeat until you end up with 40 balls. Press them lightly with the back of a spoon to flatten.



4. Bake

Bake for 12-15 min or until the tops are just set and the edges are beginning to brown.



5. Cool and serve

Let cool on the baking tray for 5 minutes before transferring to a rack to cool completely. Serve slightly warm or at room temperature.



6. Store or freeze

Store in an airtight container at room temperature for 2 days, in the refrigerator for 5-7 days or in the freezer for up to two months.

Greek Beef Kofta and Quinoa Bowl

with Tzatziki

Let your mind drift to turquoise waters of Greek islands! This beautiful bowl is only minutes away especially if you prep the main components ahead of dinnertime.

hello chef

597 calories | 49 protein | 49 carbs | 23 fat

Tips for Kids | Calorie Smart

cook: 30 min

R4087-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2498 / 597
Fats (g)	22.6
of which saturated (g)	8.8
Carbohydrates (g)	49
of which sugars (g)	8.3
Fibers (g)	4.4
Proteins (g)	48.7
Salt (g)	2.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Kofta	
Lean beef mince	700 Grams
Fresh parsley	15 Grams
Garlic onion powder	8 Grams
Coriander cumin powder	8 Grams
Smoked paprika powder	4 Grams
Olive oil	2 Tbsp
Soy sauce 9*,10*,11*	40 ML
Black pepper	1 Tsp

Quinoa	
White quinoa	200 Grams
Water	400 ML
Mushroom stock cube	1 Piece

Tzatziki	
Garlic cloves	2 Piece
Cucumber	2 Piece
Natural yogurt 4*	340 Grams
Salt	1 Tsp

For bowls	
Tomatoes	3 Piece
Baby gem lettuce	3 Piece

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *4 Milk

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1. Boil quinoa

Add the **quinoa** to a large bowl, cover with warm water and rinse. Drain in a fine sieve. Add the **measured water**, drained **quinoa** and the **stock cube**. Bring to a boil. Cover with a lid, reduce the heat to low and simmer for 15-20 min or until the liquid is absorbed and the **quinoa** is tender.

Tip! Rinsing quinoa with warm water before cooking increases its flavour by removing the bitter taste.



2. Prep kofta

Meanwhile, pick and finely chop the **parsley**. In a large bowl, combine the **beef mince**, **garlic onion powder**, **coriander cumin powder**, **smoked paprika**, **olive oil**, **soy sauce** and **pepper** with the **parsley**. With clean hands, knead the mixture until fully combined. Shape into 20 **koftas** and set aside.

Tip! Coat your hands in oil or water before shaping the koftas; this way the mixture won't stick to your hands.



3. Make tzatziki

Peel and mince the **garlic**. Grate half of the **cucumbers** (reserving the rest for serving) with fine blade, then carefully squeeze out any excess water. In a small bowl, combine the **garlic**, **grated cucumber** and the **yogurt**. Season with a pinch of **salt** to taste. Mix well and set aside.

Tip! Go easy on the raw garlic, if you find the taste too punchy.



4. Prep bowls

Chop the **tomatoes** into small cubes. Slice the reserved **cucumber** into thin slices. Trim the **baby gem lettuce** and chop into strips.



5. Fry kofta

Heat a large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **koftas** and fry for 5-7 min, turning occasionally, until cooked through and nicely browned.

Tip! If the pan is looking crowded, fry the koftas in batches. This will stop them from stewing, rather than frying.



6. Serve

Combine the chopped **tomatoes** with the cooked **quinoa** and toss. Divide the **quinoa** and **tomato mix** among shallow bowls. Top with the **beef koftas**, **lettuce**, **cucumber** and a dollop of **tzatziki**.

Tip! If cooking for kids, serve the kofta, quinoa, cucumber, tomatoes and lettuce separately. Serve a bit of tzatziki on the side.

Creamy Fish Chowder with Beef Bacon
and Red Pesto Crostinis

A creamy fish stew with hearty vegetables and smoky bacon! Grab a bowl and get tucked in.

hello chef

831 calories | 58 protein | 83 carbs | 30 fat

Global Eats

cook: 40 min

R4232-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3477 / 831
Fats (g)	30.3
of which saturated (g)	14.2
Carbohydrates (g)	83
of which sugars (g)	16.8
Fibers (g)	12.3
Proteins (g)	57.5
Salt (g)	7.2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

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04-825-44-00
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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fish Chowder	
Alaskan pollock loin 6*	700 Grams
Beef bacon	120 Grams
White onion	1 Piece
Celery	2 Piece
Carrot	2 Piece
Potatoes	400 Grams
Garlic cloves	3 Piece
Smoked paprika powder	4 Grams
Dried thyme	4 Grams
Plain flour 10*,11*	30 Grams
Chicken stock cube 4*,5*,9*,15*	2 Piece
Water	550 ML
Fresh dill	30 Grams
Cooking cream 4*	200 ML

Serve	
Ciabatta 10*,11*	2 Piece
Red pesto 2*,4*,5*	75 Grams
Olive oil	2 Tbsp
Lemon	2 Piece

Allergens: *6 Fish, *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *2 Tree Nuts

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1. Bake crostinis

- Preheat the oven to 200°C/180°C fan.
- Line a baking tray with parchment paper.
- Slice the **ciabatta** into 20 **crostinis**.
- Spread the **red pesto** on top with a good drizzle of **olive oil**.
- Bake in the oven for 8-10 min until crispy.
- Set aside.



2. Prep

- Meanwhile, peel and chop the **onions**.
- Peel and chop the **celery**.
- Peel and chop the **carrots**.
- Peel and chop the **potatoes** into small bite-sized pieces.
- Peel and finely chop the **garlic**.
- Chop the **bacon** into small pieces.

> **Tip!** If you find the white onion is too large, use only half the amount.



3. Cook

- Add the **bacon** (without any **oil**) to a large pot over a medium high heat.
- Cook for 5 min until crispy.
- Remove half the **bacon** to a small bowl for garnish, and keep the remaining in the pot.
- Add the **onion**, **celery**, **carrot**, and **potatoes**, and cook for 3-5 min.
- Add the **garlic**, **smoked paprika**, **thyme**, and **flour**, and cook for 1 min further.
- Add the **stock cube** and **measured water**.
- Bring to a boil, then cover and cook for 10-15 min until the **potatoes** are soft and cooked through.



4. Prep

- Meanwhile, cut the **fish** into small bite-sized pieces.
- Finely chop the **dill**.
- Slice the **lemon** into wedges.



5. Add fish

- Once the **potatoes** are fork tender, turn down the heat to low.
- Slowly stir in the **200ml cooking cream**.
- Add the **fish** and **dill** to the **chowder**, give it a mix, and gently poach the fish for 2-3 min until flakey and cooked through.
- Turn off the heat and set the pot aside.

> **Tip!** Avoid curdling the chowder! Once the cooking cream is in the stew, don't overmix and turn off the heat. Set the pot to the side, and let the residual heat cook the fish to perfection.



6. Serve

- Serve the **Creamy Fish Chowder** topped with **Crispy Bacon** and the **Red Pesto Crostinis** on the side.
- Garnish with **lemon wedges**.

Palak Paneer

with Basmati Rice

To keep things vegan, we've swaped paneer for tofu in this Indian classic.

953 calories | 41 protein | 106 carbs | 48 fat

Global Eats

cook: 45 min

R4656-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3988 / 953
Fats (g)	47.7
of which saturated (g)	28.1
Carbohydrates (g)	106
of which sugars (g)	13
Fibers (g)	11.6
Proteins (g)	40.6
Salt (g)	1.5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Blender

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

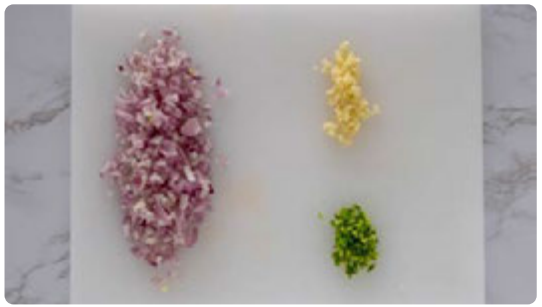
Tofu	
Paneer 4*	500 Grams
Vegetable oil	2 Tbsp

Curry	
Red onion	2 Piece
Garlic cloves	5 Piece
Large green chilli	2 Piece
Vegetable oil	2 Tbsp
Ginger paste	20 Grams
Cumin powder	4 Grams
Chilli powder	2 Grams
Garam masala	10 Grams
Vegetable stock cube 15*	1 Piece
Water	100 ML
Tomato passata	500 Grams
Brown sugar	10 Grams
Coconut milk	400 ML
Spinach	450 Grams
Salt	1 Tsp
Lemon	2 Piece

Rice	
Basmati rice	300 Grams
Salt	1 Tsp
Water	600 ML

Allergens: *4 Milk, *15 Celery

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1. Prep

Peel and finely chop the **red onion**. Peel and mince the **garlic**. Finely chop the **green chilli**. Bring a pot of salted water to a boil.



2. Boil rice

Add the **basmati rice**, a pinch of **salt** and the **measured water** to a pan with a lid and bring to boil over high heat. Once boiling, reduce heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pan from the heat and keep covered until serving. Fluff with a fork before serving.



3. Make sauce

Meanwhile, heat a large non-stick pan over a medium-low heat with a drizzle of **oil**. Add the **onion** and cook for 5-6 min until softened. Once softened, add the **garlic**, **ginger paste**, **green chilli** (spicy!), **cumin**, **chilli powder** (spicy!) and **garam masala powder**. Cook for 1 min. Add the 1 **stock cube**, **measured water**, **tomato passata**, **brown sugar** and **coconut milk**. Simmer for 10 min until thickened.



4. Fry paneer

Meanwhile, drain the **paneer** and pat dry with a paper towel. Heat a separate large non-stick pan over a medium heat with a drizzle of **oil**. Once hot, add the tofu and fry for 5 min until golden and crispy (see pro tip). Season with **salt**. Set aside.

> **Tip!** The key to achieving crispy tofu is a hot pan, a generous amount of oil and patience. Once you've placed the cubes in the hot pan, don't touch them for a while. Turn them only once browned.



5. Blanch

Trim the **spinach** stems. Roughly chop the **spinach**. Once the water is boiling, add the **spinach** and boil for 3 min. Drain and squeeze out any excess water.



6. Serve

Add the **spinach** to the sauce. Blitz the sauce in a blender until smooth. Add the fried tofu **cubes**. Serve with **rice** and **lemon** wedges.

Chicken Breast in Creamy Mushroom Sauce

with Garlic Mashed Potato

Did someone say wholesome low cal supper? Yes please!

hello chef

611 calories | 60 protein | 45 carbs | 20 fat

Tips for Kids

cook: 30 min

R3068-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2547 / 611
Fats (g)	20.3
of which saturated (g)	12.7
Carbohydrates (g)	45
of which sugars (g)	5.1
Fibers (g)	8.5
Proteins (g)	59.7
Salt (g)	3.4

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken & mushroom sauce	
Chicken breast	800 Grams
Water	200 ML
Salt	1 Tsp
Mushroom	500 Grams
Vegetable oil	2 Tbsp
Chicken stock cube 4*,5*,9*,15*	1 Piece
Cooking cream 4*	200 ML
Wholegrain mustard 13*	30 Grams

Garlic mash	
Potatoes	1200 Grams
Salt	1 Tsp
Garlic cloves	4 Piece
Butter 4*	20 Grams
Black pepper	1 Tsp

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *13 Mustard

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1. Mash potato

- Peel and chop the **potatoes** into bite-sized pieces.
- Add to a pot of salted water and bring to the boil for 15- 20 min until soft.
- Once soft, drain the **potatoes**.
- Meanwhile, peel and mince the **garlic**.
- Return the pot to medium heat. Fry the **butter** and **garlic** for 1 min.
- Return the **potatoes** to the pot with the **garlic butter** and mash until smooth, gradually adding 100ml **cream** until it reaches the desired consistency.
- Remove from the heat and season with **salt** and **pepper**.



2. Prep

- Meanwhile, clean the **mushrooms** with a cloth, knife or brush (don't wash them with water).
- Roughly chop or tear the **mushrooms**.



3. Fry chicken

- Heat a pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken** with a pinch of **salt** and cook for 3 min on each side until golden.
- Once golden, transfer the **chicken** onto a plate.
- The **chicken** does not need to be cooked through at this point.
- Reserve the pan.

Tip! If cooking for kids, fry a portion of the chicken separately until cooked through and set aside.



4. Fry mushroom

- Return the pan to a medium-high heat with a drizzle of **oil**.
- Fry the **mushrooms** with a pinch of **salt** for 6-7 min until browned.

Tip! If cooking for kids, reserve some of the mushrooms and keep them plain.



5. Simmer

- Add 1 **chicken stock cube**, **measured water**, the remaining **cooking cream** and the **wholegrain mustard**.
- Stir well and return the **chicken** to the pan.
- Simmer, covered, for 5 min until the **chicken** is cooked through.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready.



6. Serve

- Divide the **garlic mashed potato** among plates and serve with the **chicken** and **mushroom sauce** alongside.
- Serve the **Chicken** with **Creamy Mushroom Sauce** on a bed of **Garlic Mashed Potato**.

Tip! If cooking for kids, slice the chicken into bite-sized pieces. Serve the mash, chicken and plain mushroom separately. Serve the mushroom sauce to the side.

Mediterranean Lemon Garlic Halloumi

with Creamy Tomato Parmesan Orzo

This recipe is based on the Mediterranean diet which is more of an eating pattern than a strict diet. It's based on research stating that people living in Mediterranean countries live longer!

hellochef

935 calories | 47 protein | 94 carbs | 44 fat

Global Eats

cook: 30 min

R3803-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3888 / 935
Fats (g)	44.3
of which saturated (g)	32.2
Carbohydrates (g)	94
of which sugars (g)	10.7
Fibers (g)	8.7
Proteins (g)	46.5
Salt (g)	35.8

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Halloumi	
Garlic cloves	6 Piece
Lemon	2 Piece
Halloumi 4*	400 Grams
Fresh basil	15 Grams
Olive oil	2 Tbsp
Water	100 ML
Salt	1 Tsp
Butter 4*	50 Grams

Orzo	
Water	800 ML
Vegetable stock cube 15*	2 Piece
Red onion	2 Piece
Small zucchini	4 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Tomato paste	70 Grams
Orzo 9*,10*,11*	400 Grams
Grated Parmesan 4*	60 Grams
Black pepper	1 Tsp

Allergens: *4 Milk, *15 Celery, *9 Soya, *10 Wheat, *11 Gluten

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1. Prep orzo

- Boil the **measured water** for the **orzo**.
- Add the **stock cube** and boiled **water** to a jug and set it aside - this is your **stock**.
- Meanwhile, peel and finely chop the **onions**.
- Slice the **zucchini** into half-moons.



2. Simmer

- Heat a large pot over medium-high heat with a drizzle of **oil**. Fry the **onion** with a pinch of **salt** for 5 min until softened.
- Add the **tomato paste**, **zucchini** and **orzo** and fry for 30 sec.
- Pour in the **stock** and bring to a boil.
- Cover with a lid, reduce the heat to medium-low.
- Simmer for 15 min, stirring occasionally until the **orzo** is soft.
- Season with **salt** to taste.

Tip! Occasionally stirring the orzo stops it from sticking to the bottom of the pot.



3. Prep

- Meanwhile, peel and mince the **garlic**.
- Slice the **lemon** into wedges.
- Slice the **halloumi** into 1cm thick slices.
- Roughly chop half of the **basil** leaves and reserve the rest for garnish.



4. Fry halloumi

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **halloumi** and fry for 2-3 min on each side until golden brown.
- Transfer the **halloumi** to a plate and reserve the pan.



5. Make garlic butter

- Return the reserved pan to a medium heat with a second drizzle of **oil** if needed.
- Once hot, fry the **garlic** for 1 min.
- Add the **measured water** and simmer for 3-5 min or until the **sauce** begins to reduce and thicken slightly.
- Once reduced, remove the pan from the heat and add the **butter**, the chopped **basil** and a squeeze of **lemon** juice.
- Mix until the **sauce** thickens slightly.
- Return the **halloumi** to the pan.

Tip! Finishing the sauce with the butter once taken off the heat creates a beautifully thick, glossy texture.



6. Serve

- Once the **orzo** is cooked, stir in the **Parmesan** and **black pepper**.
- Serve the **Lemon Garlic Halloumi** with **Creamy Tomato Parmesan Orzo**.
- Garnish with the remaining **basil** and serve the remaining **lemon wedges** alongside.
- Drizzle over any **garlic butter** over the **halloumi**.

Tofu and Mushroom Ramen

with Eggs

A bowl full of deliciously deep and aromatic umami.

hellochef

288 calories | 19 protein | 40 carbs | 8 fat

Family Friendly

cook: 30 min

R2336-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1201 / 288
Fats (g)	7.9
of which saturated (g)	2.2
Carbohydrates (g)	40
of which sugars (g)	20.7
Fibers (g)	7.2
Proteins (g)	18.9
Salt (g)	2.8

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Soup	
Shiitake mushroom	400 Grams
Mushroom	250 Grams
Red onion	1 Pieces
Garlic cloves	4 Pieces
Ginger	60 Grams
Carrot	2 Pieces
Spring onion	100 Grams
Water	1600 ML
Miso paste 9*	60 Grams
Soy sauce 9*,10*,11*	40 ML
Sweet chilli sauce	80 Grams
Firm tofu 9*	600 Grams
Salt	2 Tsp
Black pepper	1 Tsp

To serve	
Wheat noodles 10*,11*	0 Grams
Organic Eggs 5*	4 Pieces
Large red chilli	2 Pieces

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *5 Eggs

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1. Prep veggies

Clean and slice shiitakes and **mushrooms**. Peel and mince **red onion** and **garlic**. Peel and grate **ginger**. Peel and cut **carrots** to small cubes. Chop **spring onion** and thinly slice the **red chilli**.



2. Cook soup

Place shiitakes, **mushrooms**, **onion**, **garlic**, **ginger**, **carrot** and half of the **spring onion** to a **large** pot. Add **water**, **miso paste**, **soy sauce** and **sweet chilli sauce**. Bring to a boil and simmer, covered, for 15 minutes.



3. Cook eggs and noodles

Bring two other pots of **water** to a boil. Boil **eggs** for 6-7 minutes and submerge into cold **water** to cool, then peel. In another pot, boil **noodles** for 3-4 minutes, then drain and submerge into cool **water** to prevent from sticking.



4. Add tofu

Cut **tofu** to small cubes and add to the soup for the last 2-3 minutes. Season the soup with **salt** and **pepper** to taste. Divide the drained **noodles** to bowls and ladle the hot soup on top. Finish with halved **eggs**, **red chilli** slices and the reserved chopped **spring onion**.

Chilli Chicken

with Cauliflower Fried Rice

This Indian-Chinese inspired dish brings together familiar flavours we know you'll love!

hello chef

542 calories | 59 protein | 69 carbs | 5 fat

Low Carb | Calorie Smart

cook: 30 min

R3159-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2265 / 542
Fats (g)	5.1
of which saturated (g)	1.2
Carbohydrates (g)	69
of which sugars (g)	23.6
Fibers (g)	12
Proteins (g)	58.5
Salt (g)	4.3

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What You'll Need

- Box grater

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Corn starch	120 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp
Large red chilli	2 Piece
Coriander powder	4 Grams
Ginger garlic paste	30 Grams
Soy sauce 9*,10*,11*	40 ML
Sweet chilli sauce	80 ML
Sriracha sauce	28 Grams
Rice vinegar	30 ML

Vegetables	
Yellow pepper	2 Piece
Green beans	375 Grams
Spring onion	80 Grams
Vegetable oil	2 Tbsp

Cauliflower Rice	
Cauliflower	1200 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Allergens: *9 Soya, *10 Wheat, *11 Gluten

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1. Fry chicken

- Chop the **chicken breast** into bite-sized pieces.
- Toss the **chicken**, **corn starch** and a pinch of **salt** in a bowl.
- Heat a non-stick pan over a medium-high heat with a generous drizzle of **oil**.
- Once hot, add the **chicken** pieces and fry for 5 min.
- Once cooked, transfer the **chicken** to a plate (reserve the pan).



2. Prep vegetables

- Meanwhile, de-seed and finely slice the **pepper**.
- Trim and roughly chop the **green beans** and **spring onion**.
- Finely chop the **red chilli**.



3. Make cauli 'rice'

- Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains.
- Heat a second pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **cauliflower** with a pinch of **salt** and stir-fry for 7 min.
- Remove from the heat and keep warm.



4. Make sauce

- Meanwhile, return the pan to a medium heat with a drizzle of **vegetable oil**.
- Once hot, add the **red chilli** (spicy!), **peppers**, **green beans**, **coriander powder** and **ginger garlic paste**.
- Fry for 4 min.
- Add the **soy sauce**, **sweet chilli sauce** (spicy!), **sriracha sauce** (spicy!), **rice vinegar** and **chicken**.
- Fry for 1 final min.



5. Serve

- Add the chopped **spring onions** to the **chicken** and toss.
- Plate the **cauliflower rice** in a bowl and top with the **chilli chicken**.

Tip! This one reheats well! Have the leftovers for lunch the following day.

Vietnamese Lemongrass Chicken
and Glass Noodle Bowl

Light and full of fresh flavours!

hello chef

794 calories | 58 protein | 98 carbs | 23 fat

Speedy | Global Eats

cook: 25 min

R3039-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3321 / 794
Fats (g)	22.6
of which saturated (g)	3.3
Carbohydrates (g)	98
of which sugars (g)	29.4
Fibers (g)	8.5
Proteins (g)	57.6
Salt (g)	7.3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Lemongrass	1 Piece
Garlic cloves	4 Piece
Sweet soy sauce 9*,10*,11*,14*	40 ML
Fish sauce 6*,10*	20 ML
Agave syrup	30 Grams
Brown sugar	10 Grams
Vegetable oil	4 Tbsp

For bowls	
Glass noodles	200 Grams
Carrot	2 Piece
Bean sprouts	100 Grams
Large red chilli	2 Piece
Fresh coriander	15 Grams
Fresh mint	10 Grams
Salted peanuts 1*	80 Grams

Dressing	
Rice vinegar	30 ML
Soy sauce 9*,10*,11*	40 ML
Sesame oil 3*,9*	30 ML
Vegetable oil	4 Tbsp
Honey	30 Grams
Lime	4 Piece
Chilli flakes	2 Grams
Sesame seeds 3*	20 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *6 Fish, *1 Peanuts, *3 Sesame Seeds

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1. Prep glaze

- Remove the dry outer layer of the **lemongrass** stalk.
- Finely slice a 20 cm piece of the **lemongrass**.
- Peel and mince the **garlic**.
- In a small bowl or glass, combine the **lemongrass**, **garlic**, **sweet soy sauce**, **fish sauce**, **agave syrup**, **brown sugar**, **vegetable oil** and a pinch of **salt**.
- Mix well.
- Set the **glaze** aside.



2. Fry and glaze

- Heat a pan over a medium-high heat with a drizzle of **oil**.
- Fry the **chicken breasts** with a pinch of **salt** for 4-5 min on each side.
- Reduce the heat to medium-low and add the glaze.
- Cook for a final 2-3 min or until the **glaze** has reduced.
- Remove the pan from the heat.
- Keep covered with a lid.



3. Mix sesame dressing

- Meanwhile, in a small bowl, combine the **rice vinegar**, **soy sauce**, **sesame oil**, **vegetable oil** and **honey**.
- Juice the **limes**.
- Season the sauce with the **lime** juice and a pinch of **chilli flakes** (spicy!).
- Add the **sesame seeds** and a pinch of **salt**.
- Mix well.
- Set the **sesame dressing** aside.



4. Prep extras

- Meanwhile, peel the **carrots**. Cut them into thin matchsticks.
- Rinse and dry the **bean sprouts**.
- Finely slice the **chilli**.
- Pick the **coriander** and **mint** leaves.



5. Soak noodles

- Meanwhile, boil a kettle.
- Pour the boiling water over the **noodles**.
- Cover for 3 min.
- Drain the **noodles** in a colander and immediately divide them among shallow bowls.



6. Serve

- Slice the **chicken**.
- Serve the **Vietnamese Lemongrass Chicken** on the **Glass Noodle Bowls**
- Drizzle with the **glaze** from the pan.
- Add the **carrots**, **bean sprouts**, **chilli** (spicy!), **coriander**, **mint** and **peanuts**.
- Drizzle with the **sesame dressing** and serve immediately.

Keralan Prawn Curry

with Basmati Rice and Green Beans

Busy weeknights call for hearty and wholesome curries like this.

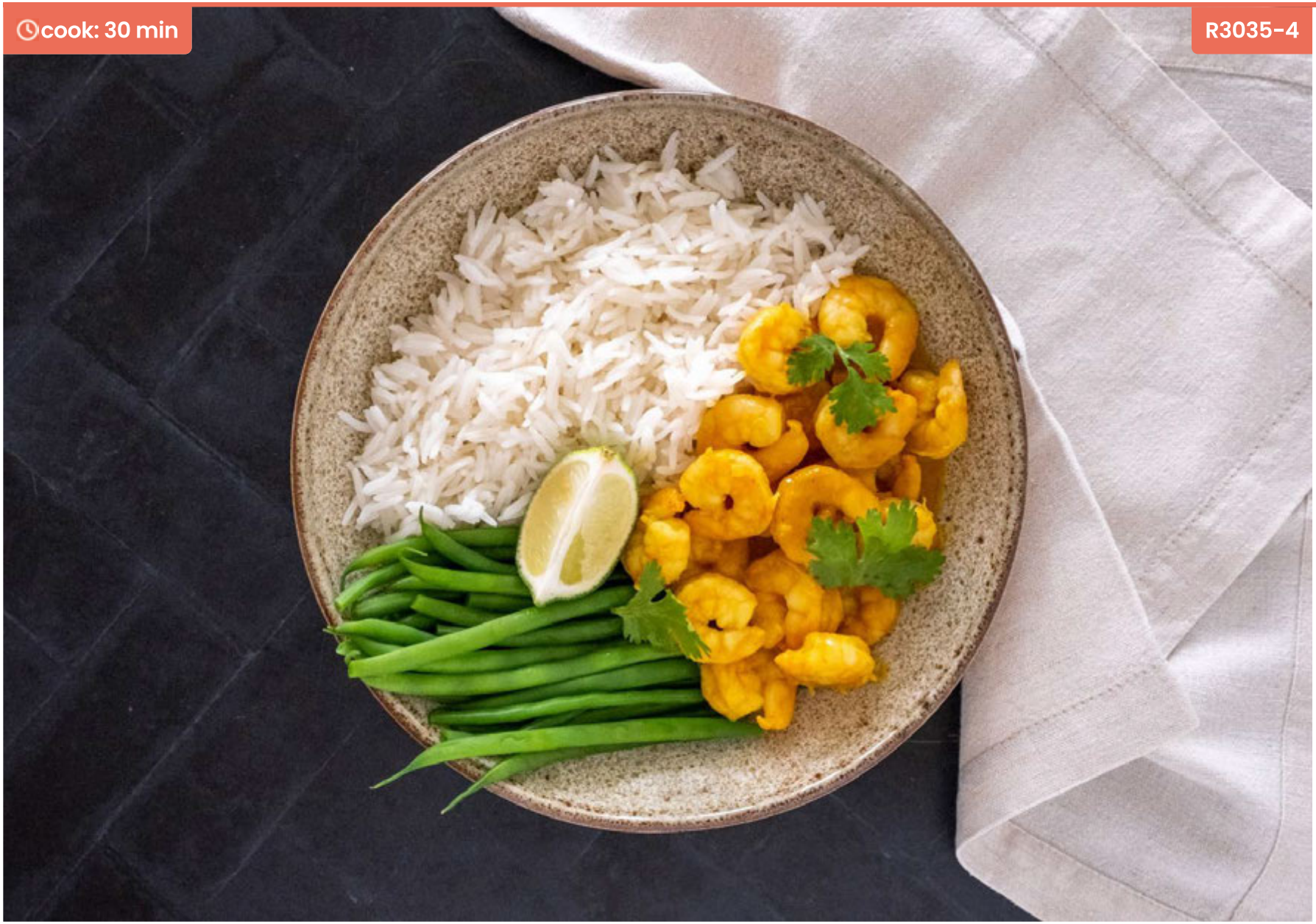
hello chef

673 calories | 37 protein | 98 carbs | 21 fat

Tips for Kids

cook: 30 min

R3035-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2817 / 673
Fats (g)	20.6
of which saturated (g)	10.9
Carbohydrates (g)	98
of which sugars (g)	11.4
Fibers (g)	10.6
Proteins (g)	36.7
Salt (g)	2.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Prawns 7*	700 Grams
Red onion	2 Piece
Tomatoes	2 Piece
Small green chilli	2 Piece
Green beans	500 Grams
Vegetable oil	2 Tbsp
Ginger garlic paste	40 Grams
Turmeric powder	4 Grams
Coriander cumin powder	8 Grams
Coconut milk	400 ML
Vegetable stock cube 15*	1 Piece
Curry leaves	12 Grams
Coconut sugar	20 Grams
Tamarind paste	30 Grams

Rice	
Basmati rice	300 Grams
Salt	1 Tsp
Water	600 ML

To serve	
Lime	2 Piece
Fresh coriander	15 Grams

Allergens: *7 Crustaceans, *15 Celery

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1. Boil rice

- Rinse the **rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pot from the heat.
- Keep covered until serving.



2. Prep

- Meanwhile, peel and finely slice the **red onion**.
- Roughly chop the **tomatoes**.
- Finely chop the **green chilli**.
- Trim the **green beans** and chop them in half.

Tip! Sensitive to spice? Carefully remove the seeds of the green chilli, if you prefer a milder flavour.



3. Fry

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion**.
- Fry for 5 min until softened.
- Add the **ginger garlic paste**, **tomatoes**, **turmeric**, **coriander cumin powder** and **green chilli (spicy!)**.
- Fry for 2 min further.

Tip! If cooking for kids, leave out the green chilli. Sensitive to spice? Go easy on the green chilli.



4. Simmer

- Meanwhile, drain the **prawns** on kitchen paper.
- Add the **coconut milk** and 1 **vegetable stock cube**.
- Reduce the heat to medium.
- Simmer, stirring occasionally, for 5 min.
- Add the **prawns**.
- Simmer for 2 min further.



5. Finish

- Meanwhile, strip the **curry leaves** and discard the stems.
- After 2 min, add the **coconut sugar**, **tamarind**, **green beans** and **curry leaves** to the **sauce**.
- Mix well.
- Simmer for final 5-7 min or until the **green beans** are tender.

Tip! If cooking for kids, set aside a portion of the cooked prawns, sauce and beans separately.



6. Serve

- Meanwhile, slice the **lime** into wedges.
- Pick and finely chop the **coriander leaves**.
- Serve the **Keralan Prawn Curry** with **Basmati Rice** and **Green Beans** alongside.
- Garnish with the **lime wedges** and **coriander leaves**.

Tip! If cooking for kids, roughly chop the coriander leaves. Serve the prawns, rice and green beans separately. Serve the sauce and coriander as 'sprinkles' to the side.

Honey Harissa Chicken with Bulgur Wheat

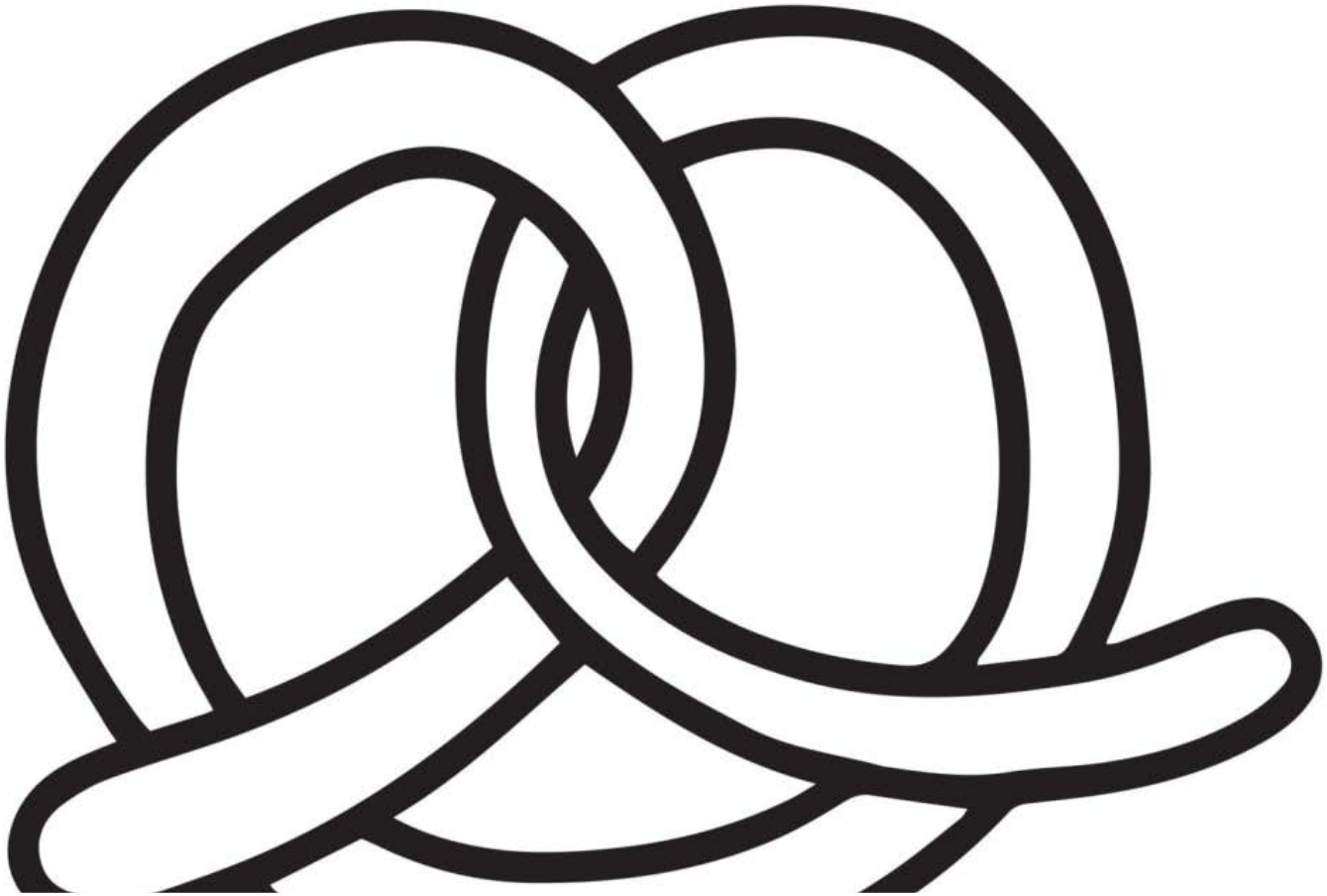
and Tahini dressing

hello chef

808 calories | 36 protein | 96 carbs | 36 fat

cook: 40 min

R4515-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3037 / 808
Fats (g)	36
of which saturated (g)	24.1
Carbohydrates (g)	96
of which sugars (g)	29.3
Fibers (g)	22.1
Proteins (g)	35.9
Salt (g)	7.3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Halloumi 4*	400 Grams
Harissa paste	40 Grams
Honey	60 Grams
Garlic paste	20 Grams
Dried oregano	2 Grams
Red onion	2 Piece
Red pepper	2 Piece
Green beans	375 Grams
Fine bulgur wheat 10*,11*	240 Grams
Chicken stock cube 4*,5*,9*,15*	1 Piece
Tahini 3*	60 Grams
Garlic cloves	2 Piece
Fresh parsley	30 Grams
Lemon	1 Piece
Pomegranate	1 Piece

Allergens: *4 Milk, *10 Wheat, *11 Gluten, *5 Eggs, *9 Soya, *15 Celery, *3 Sesame Seeds

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5.

Meanwhile, in a small bowl, combine the **tahini**, ¼ cup water, **garlic**, and pinch salt until smooth.

Baharat Spiced Chicken and Freekeh Pilaf

with Cucumber Yogurt Salad

Popular throughout the Levant, Freekeh is a toasted nutty grain that is high in protein and fibre, and is a great alternative to white or brown rice.

helló chef

778 calories | 65 protein | 91 carbs | 18 fat

Tips for Kids | Family Friendly

cook: 45 min

R4364-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3257 / 778
Fats (g)	18.3
of which saturated (g)	3.8
Carbohydrates (g)	91
of which sugars (g)	46.9
Fibers (g)	9
Proteins (g)	65.3
Salt (g)	4.4

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Olive oil	2 Tbsp
Arabic mix masala	4 Grams
Turmeric powder	4 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp

Freekeh	
Freekeh 10*,11*	300 Grams
Chicken stock cube 4*,5*,9*,15*	1 Piece
Water	750 ML
Saffron Splash	40 ML
Brown onion	1 Piece
Olive oil	2 Tbsp
Cinnamon stick	2 Piece
Cardamom pods	6 Piece
Ginger garlic paste	30 Grams

Cucumber Yogurt	
Lemon	1 Piece
Cucumber	2 Piece
Natural yogurt 4*	340 Grams
Salt	0.5 Tsp

Garnish	
White almonds 2*	80 Grams
Fresh mint	10 Grams
Cherry tomatoes	300 Grams

Allergens: *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *2 Tree Nuts

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1. Prep

- Bring a kettle to a boil.
- Dissolve 1 **chicken stock cube** in the **water**, add the **saffron splash**, and set aside.
- Rinse and drain the **freekeh**.
- Peel and finely chop the **brown onion**.



2. Marinate chicken

- In a bowl combine the **chicken** with **olive oil**, **arabic mix masala**, **turmeric powder**, **salt**, and **black pepper**.
- Set aside to marinate.

Tip! Although spices are mild, if cooking for kids, leave a portion of chicken plain without the Arabic spices, and slice into strips or cubes.



3. Fry chicken

- In a large non-stick pot over medium high heat, add a small drizzle of **oil** and fry the **almonds** until lightly browned.
- Transfer to a small bowl.
- To the same pot, add the **chicken** and sear for 1 min on each side until browned (the **chicken** doesn't need to be fully cooked at this stage).
- Set the **chicken** aside on a plate.

Tip! If cooking for kids, fully cook the plain chicken strips or cubes first and set aside.



4. Cook freekeh

- To the same pot, add another drizzle of **olive oil**.
- Fry the **onions**, **cinnamon stick** and **cardamom pods** for 2-3 min.
- Add the **ginger garlic paste**, **freekeh**, and cook for 1 min further.
- Add the **stock**. Bring to a boil.
- Then lower heat to medium low. Lay the **chicken** on top of the **freekeh** and cover.
- Cook for 20-25 min until the **freekeh** has absorbed most of the liquid and is cooked through.
- Set aside to rest.

Tip! The texture of freekeh will resemble that of brown rice with a slight chew to it.



5. Make cucumber yogurt

- Meanwhile, slice the **lemon** into wedges.
- Pick and tear the **mint**, reserving some for garnish.
- Finely chop the **cucumber**.
- Chop the **cherry tomatoes** into halves or quarters.
- In a bowl, combine the **yogurt**, **mint**, **cucumber**, a squeeze of **lemon**, and a pinch of **salt**.

Tip! If cooking for kids, reserve some plain yogurt, cucumber, and tomatoes to the side.



6. Serve

- Serve the **Baharat Spiced Chicken and Freekeh Pilaf** with the **Cucumber Yogurt Salad** and **cherry tomatoes** to the side.
- Garnish with the fried **almonds** and reserved **mint**.

Tip! If cooking for kids, serve the chicken, freekeh, yogurt, tomatoes, and cucumber seperately. Serve the fried almonds as sprinkles to the side.

Seabream and Apricot Almond Rice

with Green Beans and a Dill Lemon Butter

A quick and elegant meal bursting with exciting flavours!

hellochef

788 calories | 50 protein | 95 carbs | 27 fat

Family Friendly

cook: 30 min

R4663-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3286 / 788
Fats (g)	27.3
of which saturated (g)	12.6
Carbohydrates (g)	95
of which sugars (g)	19.1
Fibers (g)	7.9
Proteins (g)	49.7
Salt (g)	3.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fish and Butter	
Seabream 6*	660 Grams
Garlic cloves	1 Piece
Lemon	2 Piece
Fresh dill	15 Grams
Butter 4*	75 Grams

Rice	
Dried apricots 14*	100 Grams
Almond flakes 1*,2*	60 Grams
Medium grain rice	300 Grams
Water	600 ML

Green beans	
Green beans	375 Grams
Olive oil	2 Tbsp

Allergens: *6 Fish, *4 Milk, *14 Sulphur Dioxide, *1 Peanuts, *2 Tree Nuts

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1. Prep

- Finely chop the **apricots**.
- Peel and finely chop or grate the **garlic**.
- Zest the **lemon** and cut into wedges.
- Pick and finely chop the **dill**.
- Toast the **almond flakes** in a hot, dry pan for 2 min or until starting to brown.
- Remove from the heat and reserve the pan.



2. Boil rice

- Rinse and drain the **rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat.
- Lower heat, cover and cook for 12-14 min, until **rice** is tender.
- Remove from the heat.
- Mix through the chopped **apricots** and toasted **almond flakes**.
- Cover and keep warm until serving.



3. Boil green beans

- Bring a pot of salted water to a boil.
- Trim the **green beans**.
- Cook the **green beans** in the pot for 3-4 min or until tender.
- Drain.



4. Fry seabream

- Pat the **seabream** fillets dry with kitchen paper and season with **salt** and **pepper**.
- Return the reserved pan to medium-high heat with a drizzle of **oil**.
- Fry the **seabream**, skin-side down for 4 min or until crispy.
- Once crispy, flip and cook for 1-2 min further.
- Wipe the pan and reserve for the **butter**.

Tip! Fry the fish in batches if necessary, to avoid overcrowding the pan.



5. Make butter

- Return the reserved pan to low heat and melt the **butter**.
- Add the **dill**, **garlic**, **lemon zest** and a squeeze of **lemon juice**, to taste.
- Heat gently and infuse for 2-3 min.
- Remove from the heat and set aside.



6. Serve

- Serve the **Seabream** and **Apricot Almond Rice** with **Green beans** and drizzled with **Dill Lemon Butter**.

Spicy Egg Curry

with Basmati Rice, Naan and Cucumber Raita

Did you know that in old Persian 'naan' simply means 'bread'?

hello chef

1213 calories | 47 protein | 136 carbs | 59 fat

Chef's choice | Family Friendly

cook: 30 min

R2597-4



Nutritional information

	per serving*
Energy (kJ/kcal)	5071 / 1213
Fats (g)	58.6
of which saturated (g)	32.4
Carbohydrates (g)	136
of which sugars (g)	22.4
Fibers (g)	6.6
Proteins (g)	46.9
Salt (g)	3.1

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Blender

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

For curry	
Fresh coriander	30 Grams
Brown onion	2 Pieces
Ghee 4*	30 Grams
Ginger garlic paste	40 Grams
Coriander powder	4 Grams
Cumin powder	4 Grams
Garam masala	5 Grams
Turmeric powder	4 Grams
Chipotle powder	2 Grams
Tomato passata	400 Grams
Vegetable stock cube 15*	2 Pieces
Honey	40 Grams
Water	300 ML
Organic Eggs 5*	12 Pieces
Cooking cream 4*	200 ML
Salt	1 Tsp
Black pepper	1 Tsp

Rice	
Basmati rice	300 Grams
Water	700 ML
Salt	1 Tsp

Sides	
Cucumber	2 Pieces
Natural yogurt 4*	340 Grams
Tandoori naan 4*,10*	4 Pieces

Allergens: *4 Milk, *15 Celery, *5 Eggs, *10 Wheat

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1. Prep

Preheat the oven to 200°C/180°C fan. Chop the **coriander**, including the stalks, finely. Peel and finely chop the **onion**. Heat the **ghee** in a pot over a medium heat. Add the **onion** and cook for 6 min until very soft. Add the **ginger garlic paste**, **coriander powder**, **cumin** (see pro tip), **garam masala**, **turmeric**, and **chipotle powder** (spicy!). Cook for 2 min.



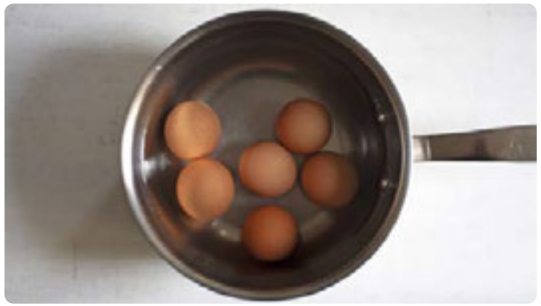
2. Simmer

Add the **tomato passata**, **stock cube**, **honey** and measured **water**. Cover and reduce the heat to low. Simmer for 15 min.



3. Boil rice

Meanwhile, add the **rice**, **salt** and the measured **water** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the **water** is absorbed and the **rice** is cooked. Remove the pan from the heat and keep covered until serving. Fluff with a fork before serving.



4. Boil eggs

Meanwhile, cook the **eggs** in boiling **water** for 5-7 or until cooked to your liking. Drain, run under cold **water** and peel once cooled.



5. Make raita

Grate the **cucumber** and squeeze out any excess liquid. Combine the **cucumber** with the **natural yogurt** (see pro tip). Set aside. Place the **naan** in the oven for 5 min until warmed through.



6. Blitz and serve

Meanwhile, blitz the curry sauce with a hand-held blender until smooth. Once smooth, add the **cooking cream**, chopped **coriander** and the whole, peeled **eggs**. Season with **salt** and **pepper**. Cook for 1-2 min further or until warmed through. Serve the curry over the **rice** with the **cucumber** raita and **naan** to the side.

Honey Harissa Chicken with Bulgur Wheat
and Tahini Dressing

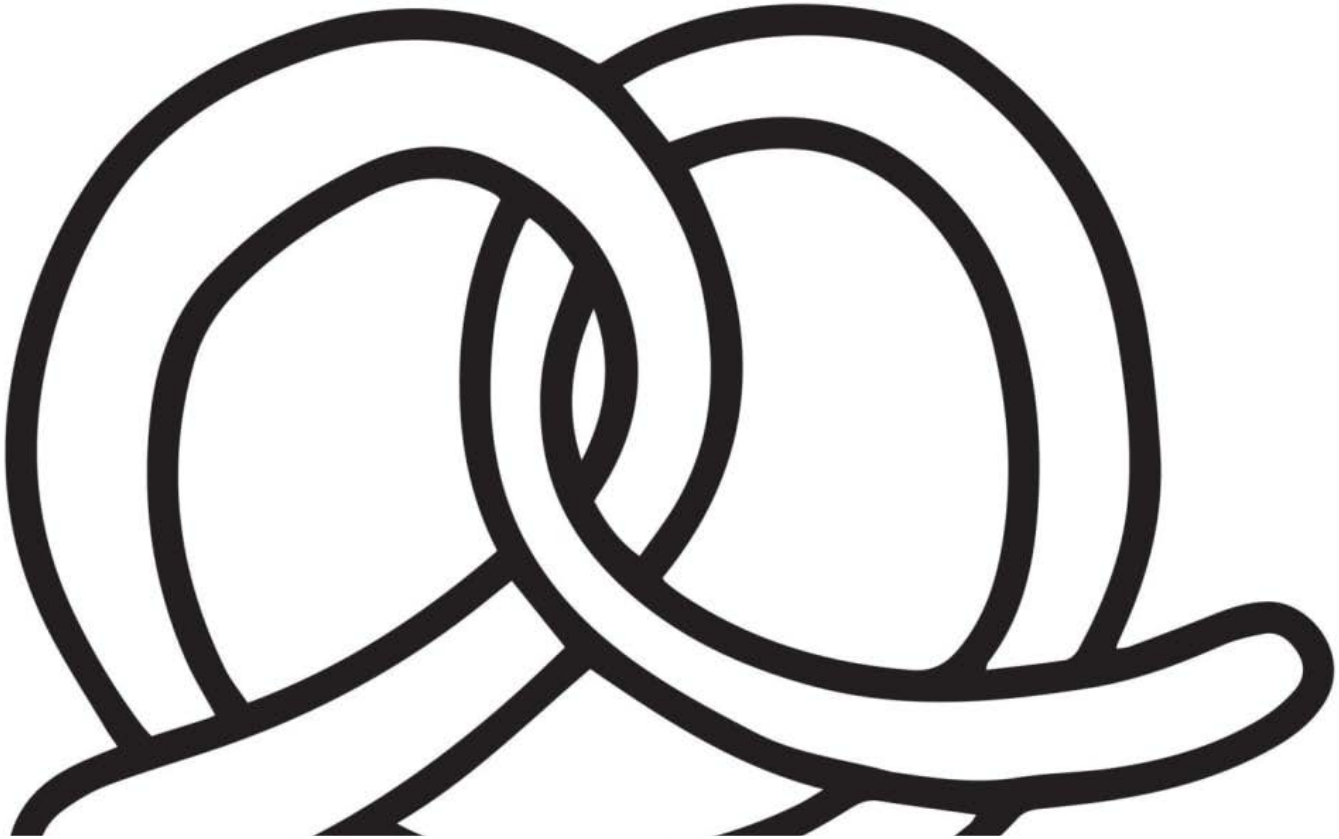
hello chef

736 calories | 63 protein | 95 carbs | 14 fat

Low Carb

cook: 40 min

R4514-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2743 / 736
Fats (g)	14.3
of which saturated (g)	1.7
Carbohydrates (g)	95
of which sugars (g)	28.3
Fibers (g)	22.1
Proteins (g)	63
Salt (g)	3.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken breast	800 Grams
Harissa paste	40 Grams
Honey	60 Grams
Garlic onion powder	4 Grams
Red onion	2 Piece
Red pepper	2 Piece
Green beans	375 Grams
Dried oregano	2 Grams
Fine bulgur wheat 10*,11*	240 Grams
Chicken stock cube 4*,5*,9*,15*	1 Piece
Tahini 3*	60 Grams
Garlic cloves	2 Piece
Fresh parsley	30 Grams
Lemon	1 Piece
Pomegranate	1 Piece

Allergens: *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *3 Sesame Seeds

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5.

Meanwhile, in a small bowl, combine the **tahini**, ¼ cup water, **garlic**, and pinch salt until smooth.

Cheesy Veggie Filled Quesadillas

with Avo Lime Crema

Avo crema is a decadent alternative to guacamole, and perfect for dipping!

hellochef

1198 calories | 51 protein | 124 carbs | 55 fat

Family Friendly

cook: 30 min

R3195-4



Nutritional information

	per serving*
Energy (kJ/kcal)	5006 / 1198
Fats (g)	55
of which saturated (g)	26.6
Carbohydrates (g)	124
of which sugars (g)	16.9
Fibers (g)	21.6
Proteins (g)	50.8
Salt (g)	3.8

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What You'll Need

- Blender

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Quesadillas

Red onion	2 Piece
Garlic cloves	2 Piece
Red pepper	2 Piece
Yellow pepper	2 Piece
Black beans	480 Grams
Sweet corn kernels	244 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Chipotle powder	2 Grams
Fajita seasoning	20 Grams
Grated orange cheddar 4*	120 Grams
Grated mozzarella 4*	300 Grams
8" tortilla wraps 10*,11*	8 Piece
Jalapeno slices	60 Grams

Avo lime crema

Avocado	2 Piece
Lime	2 Piece
Sour cream 4*	120 Grams
Salt	1 Tsp

Allergens: *4 Milk, *10 Wheat, *11 Gluten

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1. Prep

- Peel and finely chop the **onion**.
- Peel and mince the **garlic**.
- De-seed and roughly chop the **peppers**.
- Drain and rinse the **black beans** and **sweet corn**.



2. Fry

- Heat non-stick pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **onion** and **peppers** with a pinch of **salt**.
- Cook for 5-6 min until softened.
- Add the **garlic**, **chipotle** (spicy!), **fajita seasoning**, **black beans** and **sweet corn**.
- Cook for 2 min further.
- Remove from the heat.
- Stir through the **cheeses**.



3. Avo lime crema

- Meanwhile, slice the **avocado** in half and remove the stone.
- Scoop the **avocado** out of its skin using a spoon.
- Add it to a bowl.
- Add the **lime** juice and **sour cream**.
- Mash with a fork until smooth.
- Alternatively, use a food processor or blender to get it really smooth.
- Season with plenty of **salt**.



4. Assemble quesadillas

- Divide 1/4 of the **cheesy bean mixture** over one half of the **tortilla**.
- Top with the **jalapeno slices** (spicy!).
- Fold the **tortilla** over into a half moon shape to make **quesadillas**.
- Repeat.



5. Fry

- Heat a pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **quesadillas**.
- Cook for 3-4 min, pressing down with a spatula.
- Flip.
- Cook for a further 3-4 min or until each side is lightly browned and crisp.
- Repeat this process with the remaining **quesadillas**.



6. Serve

- Slice the **quesadillas** into triangles.
- Serve the **Cheesy Veggie Filled Quesadillas** with **Avo Lime Crema** on the side.

One Pot Lamb and Zucchini Couscous

This one's as quick as is it easy and delicious. Ready in 20 minutes and packed with Greek flavours!

hellóchef

960 calories | 66 protein | 93 carbs | 41 fat

Speedy

cook: 20 min

R2688-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4015 / 960
Fats (g)	41.1
of which saturated (g)	18.6
Carbohydrates (g)	93
of which sugars (g)	16.9
Fibers (g)	12.7
Proteins (g)	65.9
Salt (g)	5.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Couscous	
Lamb mince	700 Grams
Water	600 ML
Chicken stock cube 4*,5*,9*,15*	2 Piece
Small zucchini	4 Piece
Red onion	2 Piece
Garlic cloves	6 Piece
Sun dried tomatoes	120 Grams
Dried oregano	4 Grams
Couscous 10*,11*	300 Grams

For serving	
Feta cheese 4*	100 Grams
Fresh mint	20 Grams
Lemon	2 Piece
Olive oil	4 Tbsp

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *10 Wheat, *11 Gluten

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1. Prep vegetables

- Boil the **measured water**.
- Dissolve the **chicken stock cube** in the boiled **measured water**.
- Chop the **zucchini** into bite-sized pieces.
- Peel and finely chop the **onion**.
- Peel and mince the **garlic**.
- Finely chop the **sun dried tomatoes**.



2. Fry lamb

- Heat a non-stick pan over medium-high heat with a drizzle of **olive oil**.
- Once hot, fry the **onion**, **garlic**, **lamb mince** and **zucchini** with a pinch of **salt**.
- Cook for 5-6 min or until the **lamb** is browned.



3. Add couscous

- Add the **oregano**, **sun dried tomatoes** and **couscous**. Stir the pan.
- Add the **chicken stock** and mix well.
- Turn off the heat and cover with a lid immediately.
- Set aside for 5 min until all the liquid is absorbed and the **couscous** is soft.



4. Prep garnishes

- Meanwhile, crumble the **feta**.
- Pick and finely chop the **mint leaves**.
- Cut the **lemon** into wedges.



5. Serve

- Once the **couscous** has steamed and is tender, drizzle generously with **olive oil**.
- Add the chopped **mint** and a squeeze of **lemon juice**, to taste. Mix well.
- Serve the **One Pot Lamb** and **Zucchini Couscous** garnished with **Crumbled Feta** and any remaining **Lemon Wedges**.

Thanksgiving Chicken and Green Bean Casserole

with Creamy Mushroom Sauce

-

550 calories | 55 protein | 35 carbs | 21 fat

Calorie Smart

cook: 45 min

R4195-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2294 / 550
Fats (g)	20.6
of which saturated (g)	9.8
Carbohydrates (g)	35
of which sugars (g)	16
Fibers (g)	4.9
Proteins (g)	55.1
Salt (g)	0.9

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Mayonnaise 5*,9*,13*	16 Grams
Panko bread crumbs 10*,11*,12*	20 Grams
Fresh thyme	10 Grams
Chicken seasoning	4 Grams

Green Bean Casserole	
Green beans	375 Grams
Mushroom	250 Grams
Garlic cloves	1 Piece
Plain flour 10*,11*	20 Grams
Cooking cream 4*	200 ML
Nutmeg	2 Grams
Mushroom stock cube	1 Piece

Serve	
Cranberry sauce	100 Grams
Crispy onions	40 Grams

Allergens: *5 Eggs, *9 Soya, *13 Mustard, *10 Wheat, *11 Gluten, *12 Lupin, *4 Milk

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1. Prep

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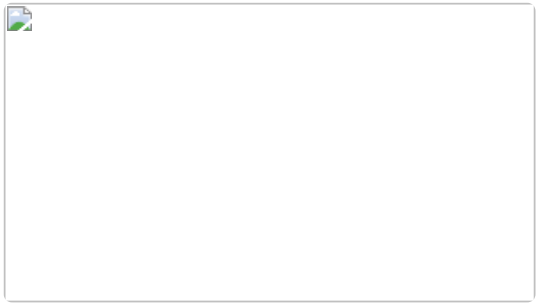
2. Prep

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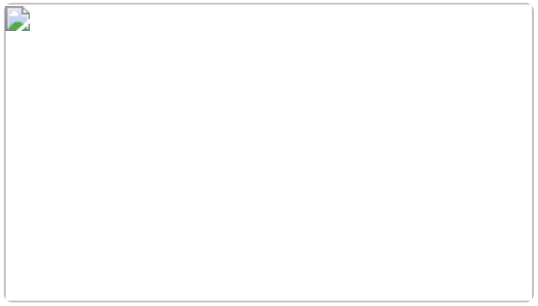
3. Prep

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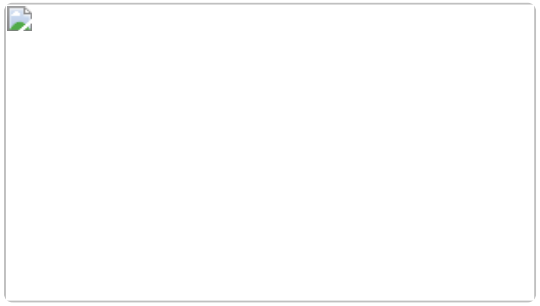
4. Prep

–



5. Prep

–



6. Prep

–

Curried Sweet Potato and Lentil Soup

with Garlic Naan

Hot soup with baked bread on the side - is there anything better?

hellochef

858 calories | 22 protein | 122 carbs | 32 fat

Family Friendly

cook: 40 min

R2744-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3584 / 858
Fats (g)	32.2
of which saturated (g)	18.2
Carbohydrates (g)	122
of which sugars (g)	21.7
Fibers (g)	14
Proteins (g)	22.4
Salt (g)	2.7

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Blender

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Soup	
Sweet potatoes	800 Grams
Red onion	2 Piece
Ginger	60 Grams
Vegetable oil	2 Tbsp
Red curry paste 7*	40 Grams
Garam masala	4 Grams
Turmeric powder	4 Grams
Red lentils	160 Grams
Water	1600 ML
Vegetable stock cube 15*	2 Piece
Honey	30 Grams
Fresh coriander	15 Grams
Sour cream 4*	120 Grams

Naan bread	
Tandoori naan 4*,10*	4 Piece
Garlic cloves	4 Piece
Butter 4*	100 Grams

Allergens: *7 Crustaceans, *15 Celery, *4 Milk, *10 Wheat

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1. Start soup

Preheat the oven to 220°C/200°C fan. Peel and chop the **sweet potatoes** and **onion**. Peel and grate the **ginger**. Heat a large soup pot over a medium-high heat with a drizzle of **vegetable oil**. Add the **sweet potatoes** and **onion** and cook for 5 min. Add the **ginger**, **red curry paste**, **garam masala** and **turmeric**. Cook for 2 min further.



2. Add and simmer

Add the **red lentils**, measured **water**, **vegetable stock cube** and **honey**. Bring to a boil, cover with a lid and reduce the heat to low. Simmer for 25 min.



3. Bake naan

Transfer the **breads** to a lined baking tray. Sprinkle each **naan** with **water** on both sides. Wrap with baking paper/tin foil and bake in the oven for 5 min or until soft and warm.



4. Puree soup

Once the **sweet potatoes** and **lentils** are tender. Puree the **soup** with a hand-held blender until smooth. Check the seasoning. Keep covered until serving.



5. Add garlic butter

Once the **naan** breads are baked, peel and mince the **garlic** directly into a microwaveable bowl. Add the **butter** to the bowl and microwave both for 30 seconds or until sizzling. (Alternatively, heat both in a pan over a medium heat). Brush the baked **naan** breads with the **garlic butter**.



6. Serve

Divide the **soup** among bowls. Serve the **garlic naan** alongside. Tear over the **fresh coriander** leaves and top with the **sour cream**.

Salmon Katsu Curry

with Cauliflower Rice

Katsu is a Japanese Curry. It's the perfect combination of crispy protein and smooth curry sauce.

hello chef

716 calories | 55 protein | 91 carbs | 18 fat

Low Carb

cook: 35 min

R3174-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2993 / 716
Fats (g)	17.8
of which saturated (g)	5
Carbohydrates (g)	91
of which sugars (g)	21.9
Fibers (g)	11.7
Proteins (g)	55.3
Salt (g)	4.3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Oven
- Box grater
- Whisk
- Food processor

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salmon	
Skinless salmon fillet 6*	700 Grams
Organic Eggs 5*	2 Piece
Soy sauce 9*,10*,11*	20 ML
Corn starch	60 Grams
Cornflakes 11*	200 Grams

Sauce	
Spring onion	80 Grams
Carrot	2 Piece
Vegetable oil	2 Tbsp
Ginger garlic paste	20 Grams
Curry powder	10 Grams
Turmeric powder	4 Grams
Corn starch	20 Grams
Water	300 ML
Sweet chilli sauce	80 ML
Tamari 9*	30 ML

Sides	
Cauliflower	800 Grams
Salt	1 Tsp
Baby spinach	90 Grams
Black sesame seeds 3*	10 Grams
Olive oil	2 Tbsp

Allergens: *6 Fish, *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Prep

- Preheat the oven to 200°C/ 180°C fan.
- Trim and finely slice the **spring onion**.
- Peel the **carrot**, then use the peeler to create several **carrot** ribbons.
- Grate the rest of the **carrot**.
- Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains.
- Set aside.



2. Prep breading

- Whisk the **eggs** in a shallow bowl with the **soy sauce**.
- Place the larger batch of **corn starch** in a shallow bowl.
- Crush the **cornflakes** in their bag (until they resemble bread crumbs).
- Place into another shallow bowl.
- Portion the **salmon** into 4 pieces.
- Pat dry.



3. Bread and bake

- Turn each piece of **salmon** in the **corn starch** until coated.
- Then, dip in the beaten **eggs**.
- Finally, coat in the **cornflakes**.
- Place the **salmon** on an oiled baking tray.
- Bake for 15 min until golden and crispy.



4. Make katsu sauce

- Meanwhile, heat a pan over a medium heat with a drizzle of **oil**.
- Add the **spring onion**, grated **carrot** and **garlic ginger paste**.
- Cook for 3 min.
- Add the **curry powder**, **turmeric** and smaller batch of **corn starch**.
- Cook for 1 min further.
- Gradually add the **water**, whisking.
- Add the **sweet chilli sauce** and **tamari**.
- Simmer for 3 min.



5. Make cauli rice

- Meanwhile, heat a second pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **cauliflower** with a pinch of **salt**.
- Stir-fry for 3 min.
- Remove from the heat.



6. Blitz

- Once ready, use a hand-held blender or food processor to blitz the **katsu curry sauce** until smooth.
- Toss the **baby spinach**, **carrot** ribbons and **sesame seeds** in a drizzle of **olive oil**.
- Serve the **Salmon** over the **Katsu Curry** with **Cauliflower Rice** and **salad** on the side.

Tip! To blend your sauce, use the same food processor you used when making cauli rice - no need to wash it first!

Chicken Tagine

with Cucumber and Parsley Couscous

Packed with flavour served with a refreshing and light couscous salad.

666 calories | 59 protein | 91 carbs | 9 fat

Tips for Kids

cook: 40 min

R2775-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2787 / 666
Fats (g)	8.6
of which saturated (g)	1.3
Carbohydrates (g)	91
of which sugars (g)	25.1
Fibers (g)	14.2
Proteins (g)	58.8
Salt (g)	4

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken Tagine	
Chicken breast	600 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Yellow pepper	2 Piece
Carrot	2 Piece
Green olives	100 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Coriander cumin powder	8 Grams
Paprika powder	4 Grams
Ginger powder	4 Grams
Ras el hanout	10 Grams
Cinnamon stick	2 Piece
Water	100 ML
Tomato passata	500 Grams
Brown sugar	10 Grams
Lemon	2 Piece
Golden raisins 14*	60 Grams
Black pepper	1 Tsp

Couscous	
Water	400 ML
Vegetable stock cube 15*	2 Piece
Couscous 10*,11*	200 Grams
Cucumber	2 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

To serve	
Fresh parsley	15 Grams

Allergens: *14 Sulphur Dioxide, *15 Celery, *10 Wheat, *11 Gluten

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1. Prep couscous

Boil the **measured water** and dissolve the 1 **vegetable stock cube** in it. Add the **couscous** to a bowl with the **vegetable stock** and cover with a plate for 10 min. After 10 min, fluff up with a fork and set aside.



2. Prep tagine

Peel and finely chop the **red onion**. Peel and mince the **garlic**. Deseed and finely slice the **yellow pepper**. Peel and slice the **carrot** into thin coins. Chop the **green olives** in half. Chop the **chicken** into bite-sized pieces.



3. Start tagine

Heat a large pan over a medium-high heat with a drizzle of **oil**. Add the **chicken** and **onion** with a pinch of **salt** and fry for 5 min. Add the **garlic**, **coriander cumin**, **paprika**, **ginger powder**, **ras el hanout** (spicy!) and **cinnamon stick**. Fry for 1 min further.

Tip! If cooking for kids, leave out the ras el hanout and set aside a portion of cooked chicken before adding the spices.



4. Simmer

Add the **measured water**, **tomato passata**, **brown sugar**, the remaining **vegetable stock cube**, **peppers** and **carrots**. Reduce the heat to medium. Cover with a lid and simmer, stirring occasionally for 10 min. Meanwhile, slice the **lemon** into wedges. Add the **olives** and **golden raisins**. Simmer for 5 min further and remove from the heat. Season with **salt** and **pepper** and a squeeze of **lemon** juice to taste (reserve the rest for step 5).

Tip! If cooking for kids, set aside a portion of the cooked peppers, carrots, golden raisins and sauce.



5. Make couscous

Meanwhile, finely chop the **parsley** leaves. Finely chop the **cucumber** into cubes. Once the **couscous** is cooked, add the **cucumber** and half of the **parsley** (reserve the rest for garnish) to the bowl with the **couscous**. Add a drizzle of **olive oil**, season with **salt** and **pepper** and a squeeze of **lemon** juice to taste (reserve the rest for garnish).

Tip! If cooking for kids, set aside a portion of plain couscous, sliced cucumber and parsley to use as 'sprinkles'.



6. Serve

Divide the **cucumber** and **parsley** **couscous** and the **chicken tagine** among plates. Garnish with the remaining **parsley** and **lemon wedges**.

Tip! If cooking for kids, serve the plain couscous, chicken, yellow peppers, carrots and cucumber separately. Serve the sauce, golden raisins and parsley as 'sprinkles' to the side.

Buttered Greens with a Lemon Pepper Seasoning

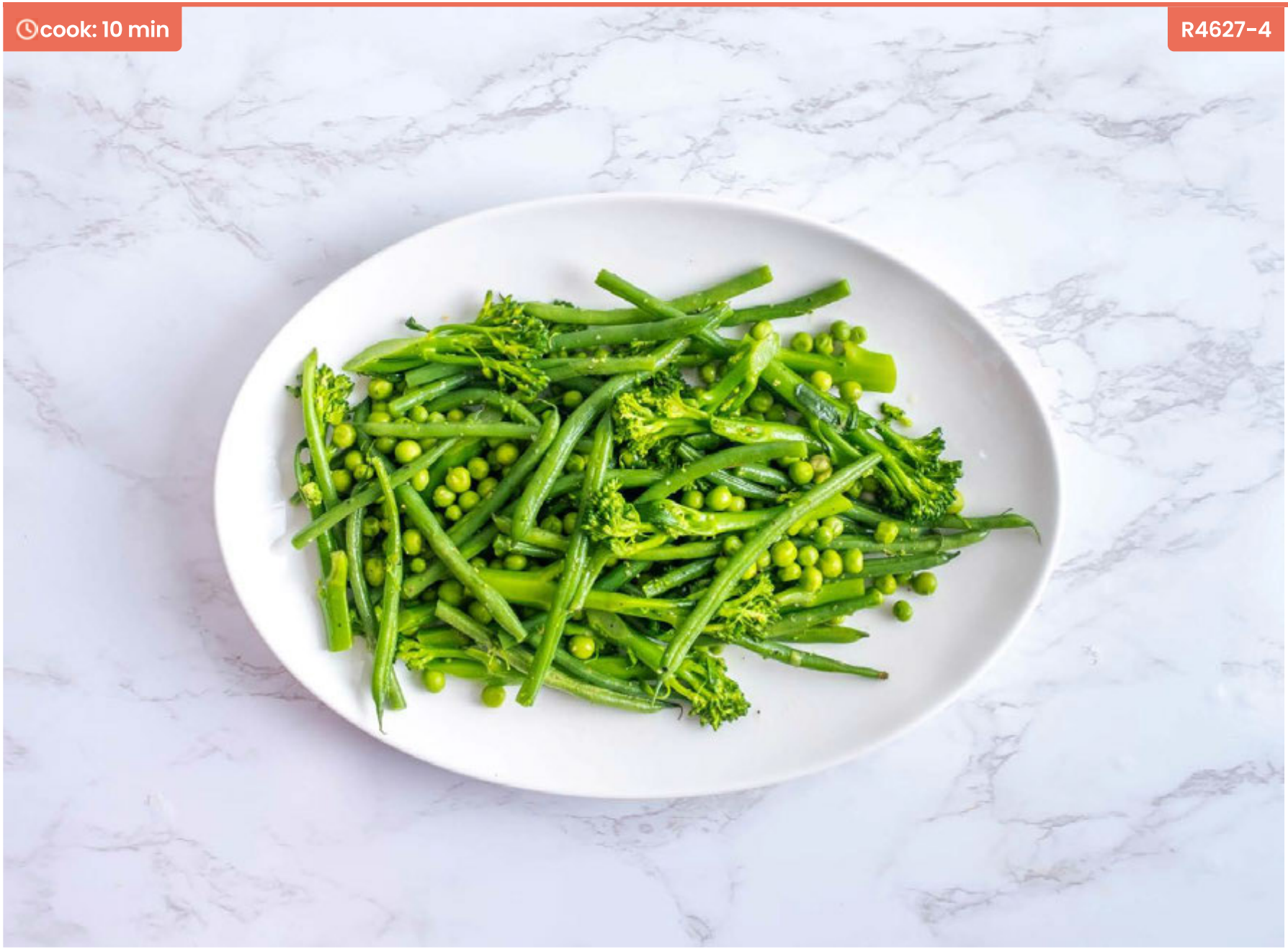
Tenderstem broccoli, green beans and peas smothered in a delicious savoury and citrusy butter!

hellóchef

92 calories | 4 protein | 6 carbs | 6 fat

cook: 10 min

R4627-4



Nutritional information

	per serving*
Energy (kJ/kcal)	380 / 92
Fats (g)	5.9
of which saturated (g)	3.9
Carbohydrates (g)	6
of which sugars (g)	2.9
Fibers (g)	3.2
Proteins (g)	3.5
Salt (g)	0.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 3 servings

Veg	
Green beans	150 Grams
Tenderstem broccoli	150 Grams
Green peas	100 Grams
Butter **4***	20 Grams
Lemon pepper seasoning **13*,15***	4 Grams

Allergens: *4 Milk, *13 Mustard, *15 Celery

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1. Prep

- Bring a large pot of salted water to the boil.
- Trim the **green beans** and **Tenderstem broccoli**.



2. Boil veg

- Boil the **Tenderstem broccoli** and **green beans** for 3-4 min or until tender.
- Add the **peas** and cook for 1 min further.
- Drain once cooked and return the **veg** to the pot.



3. Add butter

- Add the **butter** and **lemon pepper seasoning** to the **cooked veg**.
- Cover until the **butter** has melted.



4. Serve

- Serve the **Buttered Greens** alongside any dish of your choice.

One Skillet Mahi Mahi

and Tomato Basil Orzo

Mahi Mahi is a white flesh fish which when cooked the right way has a delicate but firm texture. It's local and available all year round. Enjoy!

hello chef

713 calories | 59 protein | 94 carbs | 12 fat

Family Friendly

cook: 35 min

R3618-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2977 / 713
Fats (g)	12.2
of which saturated (g)	0.9
Carbohydrates (g)	94
of which sugars (g)	12.2
Fibers (g)	9.3
Proteins (g)	58.9
Salt (g)	0.6

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Orzo	
Mahi Mahi 6*	660 Grams
Red onion	2 Piece
Garlic cloves	2 Piece
Tomatoes	4 Piece
Small zucchini	2 Piece
Fresh basil	15 Grams
Olive oil	2 Tbsp
Smoked paprika powder	4 Grams
Orzo 9*,10*,11*	400 Grams
Water	1000 ML
Vegetable stock cube 15*	2 Piece
Tomato paste	70 Grams
Grated Parmesan 4*	90 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Lemon	1 Piece

Allergens: *6 Fish, *9 Soya, *10 Wheat, *11 Gluten, *15 Celery, *4 Milk

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1. Prep

Peel and finely chop the **onion** and **garlic**. Roughly chop the **tomatoes** and **zucchini**. Strip and finely chop the **basil** leaves.

Tip! Keep your knives sharp! This is a great opportunity to work on your knife skills. Save some whole basil leaves for garnish.



2. Fry onion

Heat a pan over a medium heat with a drizzle of **oil**. Once hot, add the **onion** with a pinch of **salt** and cook for 6 min until soft. Once soft, add the **zucchini**, **garlic** and **smoked paprika powder**. Cook for 1 min further.



3. Cook orzo

Add the **orzo**, **measured water**, **vegetable stock cube**, **tomatoes** and **tomato paste**. Bring to a boil, cover with a lid and reduce the heat to low. Cook for 10 min or until the **orzo** is soft.



4. Add fish

Portion the **mahi mahi** into individual fillets. After 10 min, add the **mahi mahi** to the **orzo**, cover, and cook for 5-7 min further or until the **mahi mahi** is cooked through. Once soft, season the **orzo** with **salt**, **pepper** and a very generous squeeze of **lemon** juice. Remove from the heat and add the **grated Parmesan** and **basil**.



5. Serve

Divide the **mahi mahi** and **orzo** among plates. Top with any remaining **fresh basil**.

Chicken Parmigiana Pasta Bake

Juicy chicken, comforting pasta and a creamy tomato sauce – what's not to like!

hello chef

1055 calories | 78 protein | 114 carbs | 33 fat

Family Friendly

cook: 40 min

R2212-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4401 / 1055
Fats (g)	33.2
of which saturated (g)	16.4
Carbohydrates (g)	114
of which sugars (g)	15.2
Fibers (g)	10.7
Proteins (g)	77.5
Salt (g)	4.5

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What You'll Need

Oven

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Grated Parmesan 4*	60 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Olive oil	2 Tbsp

Tomato sauce	
Farfalle pasta 10*,11*	500 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Tomato paste	70 Grams
Tomato passata	500 Grams
Water	200 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Brown sugar	10 Grams
Cooking cream 4*	200 ML
Black pepper	1 Tsp

To serve	
Grated mozzarella 4*	200 Grams
Fresh basil	15 Grams

Allergens: *4 Milk, *10 Wheat, *11 Gluten, *5 Eggs, *9 Soya, *15 Celery

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1. Bake chicken

- Preheat the oven to 200°C/180°C fan.
- Chop the **chicken** into bite-sized pieces. Add to a large bowl.
- Toss the **chicken** with the **grated Parmesan** and a pinch of **salt** and **pepper**.
- Add the coated **chicken** to a large baking dish with a drizzle with **olive oil**.
- Bake for 10 min.
- After 10 min, remove the dish from the oven. Set aside.
- The **chicken** does not need to be cooked through at this point.
- Leave the oven on.



2. Boil pasta

- Bring a pot of salted water to a boil.
- Once the water is boiling, add the **pasta**.
- Cook for 8-10 min until 'al dente' or cooked to your liking
- Drain the **pasta**.



3. Make sauce

- Meanwhile, peel and finely chop the **onion**.
- Peel and mince the **garlic**.
- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion** with a pinch of **salt**.
- Fry for 5 min.
- Add the **tomato paste** and **garlic**.
- Fry for 1 min further.
- Add the **tomato passata**, **measured water**, 1 **chicken stock cube**, **brown sugar**.
- Simmer for 5 min until thickened.



4. Add cream

- Add the 200 ml **cooking cream** and mix well.
- Season with **salt** and **pepper** to taste.

Tip! If you like, use a food processor or blender to get the sauce extra smooth.



5. Combine

- Add the **pasta** to the **tomato sauce** and mix well.



6. Serve

- Pour the **tomato pasta** over the **chicken** in the baking dish and mix well.
- Sprinkle with the **grated mozzarella**.
- Bake for 10-15 min further until the **cheese** is golden brown.
- Meanwhile, pick the **basil** leaves and use as garnish.
- Serve the **Chicken Parmigiana Pasta Bake**.

Spicy Sri Lankan Chicken

Kottu Roti

Kottu or koththu roti simply means chopped bread in Sri Lanka's local language Sinhala.

hello chef

713 calories | 67 protein | 92 carbs | 13 fat

Family Friendly

cook: 30 min

R2746-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2983 / 713
Fats (g)	12.9
of which saturated (g)	4.9
Carbohydrates (g)	92
of which sugars (g)	21.6
Fibers (g)	17.1
Proteins (g)	67.4
Salt (g)	4.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Garlic cloves	6 Pieces
Ginger	60 Grams
Small green chilli	2 Pieces
Vegetable oil	4 Tbsp
Salt	0.5 Tsp
Sambal oelek	0 Grams
Tomato paste	70 Grams
Soy sauce 9*,10*,11*	40 ML
Turmeric powder	4 Grams
Black pepper	0.5 Tsp

Stir fry	
Wholewheat tortilla wraps 10*,11*	4 Pieces
Carrot	4 Pieces
Red onion	2 Pieces
Leeks	1 Pieces
Vegetable oil	6 Tbsp
Curry leaves	12 Grams
Organic Eggs 5*	2 Pieces

To serve	
Large red chilli	2 Pieces
Fresh coriander	15 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *5 Eggs

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1. Prep chicken

Chop the **chicken breasts** to cubes. Peel and crush the **garlic**. Peel and grate the **ginger**. Finely chop the **green chilli** (remove the seeds and the white pith if you prefer it milder).



2. Fry and season

Heat a pan over medium-high heat with a drizzle of **vegetable oil**. Once hot, add the **chicken** and fry for 2 min. Add the **garlic**, **ginger**, **chilli** and a pinch of **salt**. Fry for 1 min further. Add the **sambal oelek**, **tomato paste**, **soy sauce**, **turmeric powder** and **black pepper**. Stir-fry for a final 2 min. Transfer everything to a bowl and set aside.



3. Prep stir fry

Slice the **tortilla wraps** into thin strips (see pro tip). Peel the **carrot** and cut it into thin sticks. Peel and finely slice the **onion**. Halve the **leeks** and rinse in between the layers, then slice into thin sticks. Finely slice the **red chilli**. Chop the **fresh coriander**.



4. Fry tortilla strips

Return the pan to a high heat with a drizzle of **vegetable oil**. Once hot, add the **tortilla** strips and stir-fry for 3-4 min until golden and crispy (see pro tip). Transfer them to a plate and set aside. If you're cooking for 3 or 4, use two pans.



5. Stir-fry

Return the pan to the heat with a generous drizzle of **oil**. Add the **curry leaves** and stir-for 1 min. Add the **carrots**, **red onion** and **leeks** and fry for 2 min. Crack the **eggs** into the pan and stir-fry until scrambled. Add the **chicken** and its marinade and stir-fry for a final 1-2 min.



6. Add and serve

Add the fried **tortilla** strips to the pan and give everything a good toss. Divide the Kottu Roti among plates and garnish with the **red chilli** slices and the **fresh coriander**.

Shawarma Spiced Halloumi with Cauliflower Rice

and Garlic Yogurt Sauce

All the flavours of a classic shawarma in a veggie platter!

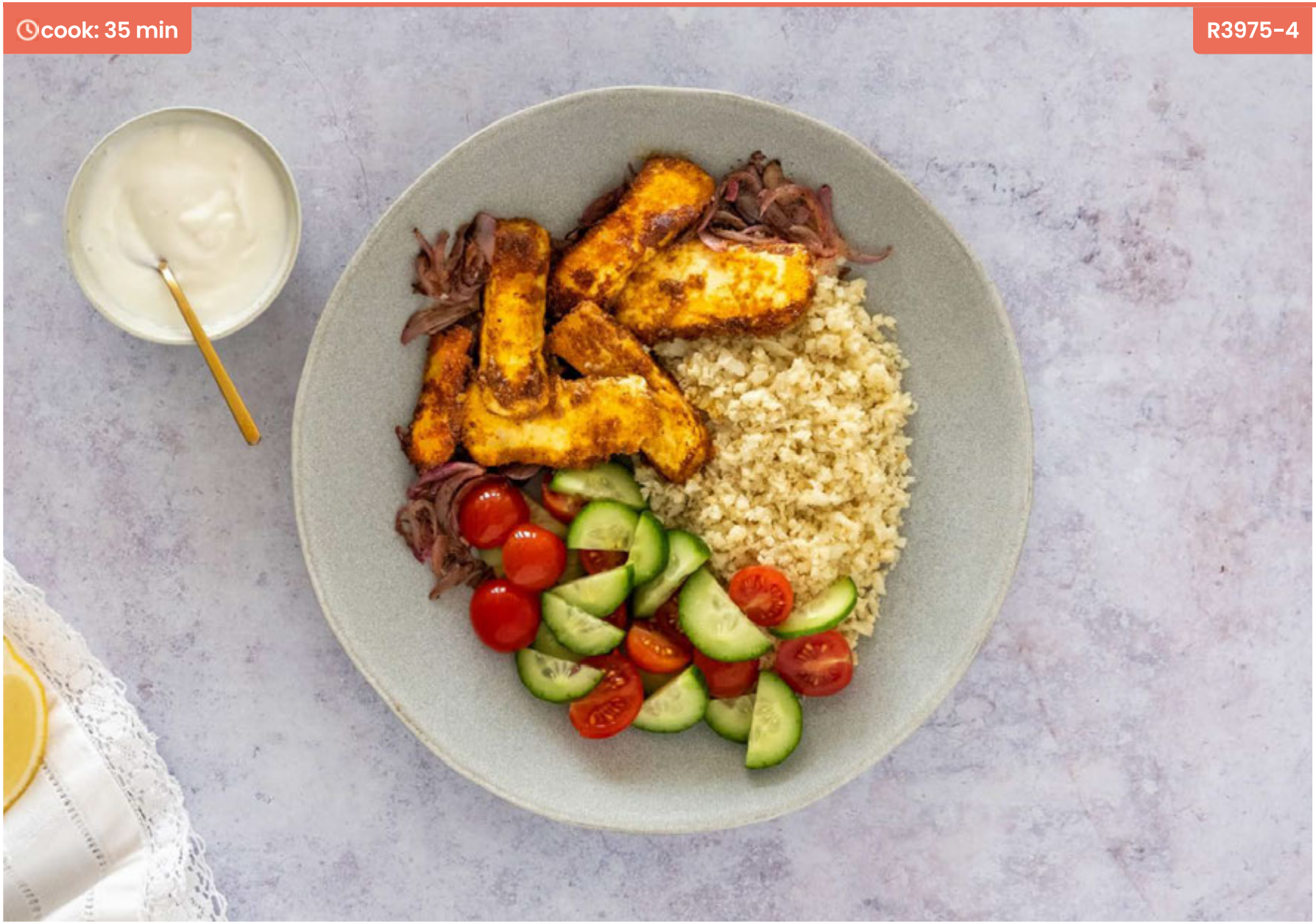
hellofresh

498 calories | 31 protein | 40 carbs | 29 fat

Low Carb | Calorie Smart

cook: 35 min

R3975-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2075 / 498
Fats (g)	28.5
of which saturated (g)	24.9
Carbohydrates (g)	40
of which sugars (g)	19.5
Fibers (g)	10.7
Proteins (g)	30.6
Salt (g)	35.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Food processor

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Halloumi shawarma	
Halloumi 4*	400 Grams
Lemon	2 Piece
Olive oil	1 Tbsp
Allspice powder	4 Grams
Chilli powder	4 Grams
Cinnamon powder	2 Grams
Garlic onion powder	8 Grams
Coriander cumin powder	8 Grams
Smoked paprika powder	4 Grams
Vegetable oil	2 Tbsp

Cauliflower rice	
Cauliflower	800 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Sides	
Red onion	2 Piece
Vegetable oil	4 Tbsp
Salt	1 Tsp
Sumac	4 Grams
Cherry tomatoes	300 Grams
Cucumber	4 Piece
Garlic cloves	2 Piece
Natural yogurt 4*	340 Grams

Allergens: *4 Milk

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1. Prep

- Slice the **halloumi** into bite-sized strips.
- Slice the **lemon** into wedges.
- Add a drizzle of **olive oil** into a large bowl with a pinch of **allspice** and **chilli powder (spicy!)**.
- Add the **cinnamon powder**, **garlic onion powder**, **coriander cumin powder**, **smoked paprika** and a squeeze of **lemon** juice.
- Mix until combined and add the **halloumi**.
- Set aside.

Tip! Sensitive to spice? Go easy on the chilli powder.



2. Fry onion

- Peel and finely slice the **onion**.
- Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onions** with a pinch of **salt** and fry for 5 min stirring frequently.
- Add the **sumac powder** and fry for 1 min further.
- Transfer the **onions** to a plate and reserve the pan.



3. Make cauli rice

- Meanwhile, using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains.
- Heat a second pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **cauliflower** with a pinch of **salt** and stir-fry for 5 min.



4. Fry halloumi

- Meanwhile, return the reserved pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **halloumi** and fry for 3-5 min or until golden.



5. Prep

- Meanwhile, halve the **cherry tomatoes**.
- Slice the **cucumbers** into half moons.
- Peel and mince the **garlic**.
- In a small bowl, mix together the **garlic**, a squeeze of **lemon** and **yogurt** with a pinch of **salt**.



6. Serve

- Serve the **Shawarma Spiced Halloumi** with **Cauliflower Rice** and **Garlic Yogurt Sauce**.
- Serve with the **garlic yogurt** on the side.

Cheesy Meatball Bake

with Crispy Baked Green Beans

Winner, winner, cheesy dinner!

602 calories | 58 protein | 30 carbs | 29 fat

Low Carb

cook: 35 min

R2883-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2520 / 602
Fats (g)	29.3
of which saturated (g)	13.8
Carbohydrates (g)	30
of which sugars (g)	17.2
Fibers (g)	7.9
Proteins (g)	57.5
Salt (g)	2.1

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What You'll Need

Oven | Box grater

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meatballs	
Lean beef mince	700 Grams
Red onion	2 Piece
Salt	2 Tsp
Black pepper	1 Tsp

Tomato sauce	
Garlic cloves	4 Piece
Fresh basil	15 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Tomato paste	70 Grams
Tomato passata	500 Grams
Water	100 ML
Honey	30 Grams
Dried oregano	4 Grams
Grated mozzarella **4***	120 Grams
Parmesan **4***	60 Grams

Green beans	
Green beans	500 Grams
Garlic onion powder	8 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp

Allergens: *4 Milk

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1. Make sauce

- Preheat the oven to 200°C/180°C fan.
- Peel and finely chop the **onion** and **garlic**.
- Pick and finely chop the **basil** leaves.
- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add half of the **onion**. Fry with a pinch of **salt** for 3 min.
- Add the **garlic** and **tomato paste**. Fry for 1 min further.
- Add the **tomato passata**, **measured water**, **honey** and **oregano**. Bring to a simmer.
- Cook for 5 min until slightly thickened.



2. Make meatballs

- Meanwhile, add the **beef mince** to a bowl.
- Add the remaining **onion** with a generous pinch of **salt** and **pepper**.
- With clean hands, knead until fully combined.
- Divide the mixture into 16 pieces and shape each piece into a **meatball**.



3. Bake

- Add the **meatballs** to an oiled oven-proof skillet or baking dish.
- Add half of the **basil** to the **tomato sauce**.
- Top the **meatballs** with the **tomato sauce**, followed by the **mozzarella**.
- Bake for 15 min or until the **meatballs** are cooked through and the **cheese** is golden-brown.



4. Bake beans

- Meanwhile, trim the **green beans**.
- Place the **green beans** onto a lined baking tray with the **garlic onion powder**, **salt** and a drizzle of **oil**.
- Toss to coat.
- Bake for 10 min or until they are crisp and tender.



5. Grate Parmesan

- Meanwhile, grate the **Parmesan**.



6. Serve

- Once ready, remove the **meatball bake** from the oven.
- Allow to cool slightly for 5 min before serving.
- Serve the **Cheesy Meatball Bake** with **Crispy Baked Green Beans**.
- Garnish with the **Parmesan** and remaining **basil**.

Crispy Butterfly Salmon

with Boiled Potatoes, Lemony Mustard Sauce and Green Salad

Simple yet packed with flavours!

hellofresh

658 calories | 44 protein | 55 carbs | 32 fat

Tips for Kids

cook: 35 min

R3712-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2753 / 658
Fats (g)	32
of which saturated (g)	8.5
Carbohydrates (g)	55
of which sugars (g)	11.7
Fibers (g)	12.9
Proteins (g)	44.4
Salt (g)	0.4

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salmon	
Skin-on salmon fillet 6*	700 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Potatoes	
Potatoes	1200 Grams

Sauce	
Sour cream 4*	120 Grams
Dijon mustard 13*	12 Grams
Lemon	1 Piece
Salt	1 Tsp

Salad	
Romaine lettuce	600 Grams
Honey	30 Grams
Olive oil	4 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *6 Fish, *4 Milk, *13 Mustard

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1. Boil potatoes

- Bring a pot of salted water to the boil.
- Peel and chop the **potatoes** into bite-sized pieces.
- Add them to the pot and cook for 15-20 min or until tender.



2. Make sauce

- Meanwhile, in a small bowl mix together the **sour cream**, **mustard** and a good squeeze of **lemon juice**.
- Season with **salt**.
- This is your **lemony mustard sauce**.

Tip! If cooking for kids, keep the sauce simple and reserve a portion of the sour cream before adding the mustard and lemon juice.



3. Prep salad

- Finely chop the **lettuce** leaves and add to a large bowl.
- In a small bowl mix together the **honey**, **olive oil**, a squeeze of **lemon** juice, a pinch of **salt** and **black pepper**.

Tip! If cooking for kids, keep the lettuce plain and serve the dressing to the side.



4. Butterfly salmon

- Portion the **salmon** into individual **fillets**.
- Using a sharp knife, make a deep incision along each **salmon fillet**, lengthways.
- The incision should reach through to the skin of the **salmon**, but not slice through it.
- Finally, turn each **salmon** piece out as though opening a book.
- The intact **salmon** skin should function as the book's spine.



5. Fry salmon

- Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **salmon** and cook for 3-4 min on either side until crispy and cooked through.
- Season with **salt** and **black pepper**.

Tip! Start by frying the smooth surface of the butterfly first.



6. Serve

- Divide the **salmon** among plates.
- Serve with the **green salad**, **potatoes** and **lemony mustard sauce** to the side.

Tip! If cooking for kids, flake the salmon into smaller bite-sized pieces and plate it separately. Serve the potatoes and the plain lettuce to the side along with the plain sour cream.

Sticky Ginger Tofu

with Garlic Rice, Baby Pak Choi and Red Pepper

hello chef

737 calories | 53 protein | 96 carbs | 23 fat

cook: 30 min

R4717-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3085 / 737
Fats (g)	22.9
of which saturated (g)	3.1
Carbohydrates (g)	96
of which sugars (g)	10.5
Fibers (g)	8.4
Proteins (g)	52.5
Salt (g)	1.3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Tofu	
Firm tofu 9*	600 Grams
Plain flour 10*,11*	20 Grams
Corn starch	30 Grams
Baby pak choi	9 Piece

Rice	
Medium grain rice	300 Grams
Garlic paste	20 Grams

Marinade	
Miso paste 9*	40 Grams
Agave syrup	15 Grams
Ginger	60 Grams
Lime	2 Piece

Allergens: *9 Soya, *10 Wheat, *11 Gluten

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1. Make rice

2. Prep

3. Blanch bok choy

4. Fry tofu

5. Make sauce

6. Serve

South African Milk Tart

A creamy vanilla custard with a sweet biscuit base and a dusting of cinnamon - a taste of home for South Africans and a sweet treat for all.

hello chef

348 calories | 7 protein | 32 carbs | 21 fat

Family Friendly | Global Eats

cook: 20 min

R4800-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1451 / 348
Fats (g)	20.9
of which saturated (g)	12.4
Carbohydrates (g)	32
of which sugars (g)	18
Fibers (g)	1.2
Proteins (g)	7.3
Salt (g)	0.6

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What You'll Need

- Whisk
- Food processor

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Biscuit base

Digestive biscuits 10*	75 Grams
Butter 4*	50 Grams

Custard filling

Whole milk 4*	400 ML
Butter 4*	10 Grams
Organic Eggs 5*	1 Piece
Plain flour 10*,11*	10 Grams
Corn starch	15 Grams
White sugar	40 Grams
Vanilla essence	5 ML
Cinnamon powder	2 Grams

Allergens: *10 Wheat, *4 Milk, *5 Eggs, *11 Gluten

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1. Make biscuit base

- Grease a small rectangular (17x13 cm) or small round dish. Using a food processor, blitz the **digestive biscuits** into fine crumbs.
- Place **50g butter** in a microwavable bowl and heat for 10-20 sec until melted.
- In a small bowl, combine the **biscuit crumbs** and **melted butter**.
- Using the back of a spoon, firmly press the **biscuit mix** into the base of the preferred dish.
- Refrigerate while the **filling** is prepared.

Tip! If you do not have a food processor, place biscuits in a ziplock sandwich bag and crush with a rolling pin.



2. Warm milk

- Meanwhile, heat the **milk** and **10g butter** over low heat to just below boiling.
- Once the **butter** is melted and the **milk** is warm, remove from the heat.



3. Prepare egg mixture

- In a large bowl, whisk together the **egg**, **flour**, **corn starch**, **sugar** and **vanilla essence** for 1 min until light and airy.



4. Cook custard

- Slowly add 2-3 Tbsp of the **warmed milk** to the **egg mixture**, whisking continuously.
- Pour the now **warmed egg mixture** back into the pot.
- Return the pot to medium heat, whisking continuously for 5-6 min until the **custard** has thickened.
- Pour onto the **biscuit base** and cover with cling film. Allow to set in the fridge for 3-4 hours or overnight.

Tip! Allow the cling film to touch the custard to avoid the top of the tart drying out.



5. Dust with cinnamon

- Once set, remove the **Milk Tart** from the fridge.
- Remove the cling film and dust generously with **cinnamon**.



6. Serve

- Slice into portions and serve the **South African Milk Tart** chilled.

Fillet Steak with Shoestring Fries and Sauce Bearnaise

Challenge your cooking skills and make homemade béarnaise like a pro!

1097 calories | 73 protein | 58 carbs | 65 fat

Gourmet | Family Friendly

cook: 80 min

R3540-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4563 / 1097
Fats (g)	64.9
of which saturated (g)	34.5
Carbohydrates (g)	58
of which sugars (g)	15
Fibers (g)	10.6
Proteins (g)	72.8
Salt (g)	1.7

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What You'll Need

Oven | Whisk

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steak	
Fillet steak	1000 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp
Fries	
Potatoes	1200 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Bearnaise	
Shallots	2 Piece
Fresh tarragon	15 Grams
Red vinegar	30 ML
Chicken stock 15*	300 ML
Black pepper	1 Tsp
Butter 4*	200 Grams
Organic Eggs 5*	4 Piece
Salt	1 Tsp
Salad	
Cherry tomatoes	300 Grams
Honey	30 Grams
Dijon mustard 13*	12 Grams
Olive oil	4 Tbsp
Black pepper	1 Tsp
Salt	1 Tsp
Lollo salad mix	200 Grams

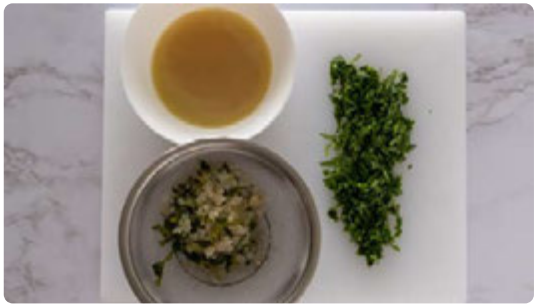
Allergens: *15 Celery, *4 Milk, *5 Eggs, *13 Mustard

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1. Shoestring fries

- Preheat the oven to 200°C/180°C fan.
- Slice the **potatoes** (skins on) into very thin **fries**.
- Add the **fries** to a large baking tray with a generous drizzle of **vegetable oil** and a generous pinch of **salt**.
- Toss the **fries** in the **oil** until fully coated.
- Bake for 30 min or until golden and crisp.



2. Make reduction

- Meanwhile, finely chop the **shallots**.
- Pick the **tarragon** from the stalks (don't discard the stalks).
- Chop the **tarragon** leaves and set aside.
- Heat a saucepan over a medium-high heat with the **vinegar**, **tarragon stalks**, **shallots**, **chicken stock** and **pepper**.
- Simmer for 10 min or until the amount of liquid has halved.
- Strain it into a shallow bowl to cool.
- Set the **reduction** aside.
- Discard the **tarragon** stalks and **shallots**.



3. Fry steak

- Pat the **steaks** dry with kitchen paper. Rub them with **oil** and season with **salt**.
- Heat a large pan over a high heat.
- Once very hot, add the **steaks**. Fry them for 3 min on each side.
- Reserve the pan.
- Place on a baking tray.
- Finish cooking them in the oven for 8-10 min or until cooked to your liking.
- Transfer the **steaks** to a plate.
- Leave them to rest for 10 min.
- Once rested, season generously with **salt** and **pepper**.



4. Start sauce

- Meanwhile, add the **butter** to a microwave proof jug.
- Microwave for 1 min or until melted.
- Set it aside.
- Separate the **egg whites** from the **egg yolks**.
- Discard the whites.
- Add the **egg yolks** to the shallow bowl with the **reduction**.
- Place over a pot with boiling water.
- Whisk until foaming.

Tip! Use room temperature eggs tp stop the sizzling hot butter from cooking the cold eggs when they are combined.



5. Finish Béarnaise sauce

- Gradually, add the melted **butter** a spoon at a time.
- Whisk constantly for 7-10 min or until thickened.
- Once thickened, stir in the **tarragon** and season with **salt**.
- Set the **Béarnaise sauce** aside.

Tip! The whisking requires patience, but it will be worth it in the end!



6. Serve

- Chop the **cherry tomatoes** in half.
- Combine the **honey**, **Dijon**, **olive oil**, **black pepper** and **salt** in a large salad bowl.
- Add the mixed **salad** and **cherry tomatoes** to the bowl and toss.
- Serve the **Fillet Steaks** and **Shoestring Fries** with the **Sauce Béarnaise** alongside.

Posh Fish and Chips

with Peas and Tartar Sauce

In this take on the British classic, you won't create a batter for the cod, but will coat it in Parmesan instead. This results in a thinner, lighter crust.

hellochef

791 calories | 60 protein | 60 carbs | 38 fat

Family Friendly

cook: 40 min

R2541-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3310 / 791
Fats (g)	37.5
of which saturated (g)	13.1
Carbohydrates (g)	60
of which sugars (g)	6.8
Fibers (g)	12.3
Proteins (g)	59.8
Salt (g)	3.4

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fish	
Cod fillet 6*	700 Grams
Parmesan 4*	120 Grams
Plain flour 10*,11*	50 Grams
Salt	1 Tsp
Organic Eggs 5*	2 Pieces
Vegetable oil	6 Tbsp

Chips	
Potatoes	1200 Grams
Vegetable oil	4 Tbsp
Salt	2 Tsp

Tartar	
Lemon	2 Pieces
Spring onion	80 Grams
Mayonnaise 5*,9*,13*	100 Grams
Sour cream 4*	120 Grams
Capers	40 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp

To serve	
Green peas	375 Grams

Allergens: *6 Fish, *4 Milk, *10 Wheat, *11 Gluten, *5 Eggs, *9 Soya, *13 Mustard

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1. Prep chips

Preheat the oven to 220°C/200°C fan. Slice the **potatoes** (skins on) into chips. Add the chips to a large baking tray with a drizzle of **vegetable oil** and a generous pinch of **salt**. Toss the chips in the **oil** until coated. Roast in the oven for 30 min or until golden and crisp.



2. Prep vegetables

Meanwhile, grate the **Parmesan** cheese. Slice the **lemon** into wedges. Trim and finely slice the **spring onion**.



3. Make tartar sauce

Add the **mayonnaise**, **sour cream**, chopped **capers** and **spring onion** to a bowl with a pinch of **salt** and **pepper**. Squeeze half of the **lemon** into the bowl, mix everything up and set aside.



4. 'Bread' fish

Add the all-purpose **flour**, grated **Parmesan** cheese and a pinch of **salt** to a shallow bowl or plate and mix them up. Crack the **eggs** into a separate bowl and whisk. First, dip the **cod fillets** into the whisked **eggs**, then coat them in the **Parmesan flour**.



5. Fry fish

Heat a non-stick pan over a medium heat with a drizzle of **vegetable oil**. Once hot, add the 'breaded' **cod** and cook for 3-4 min on each side until golden and cooked through. If the surface starts to brown too quickly, reduce the heat to low. Try not to move the **fillets** around too much while frying.



6. Cook peas

Meanwhile, add the **green peas** to a pot with a pinch of **salt** and cover with boiling water. Cook the **peas** over a medium heat for 3 min until tender. Drain. Serve the breaded **cod** alongside the chips, tartar sauce and drained **peas**. Garnish with a **lemon** wedge.

Blackened Cajun Salmon

with Sweet Potato Mash and Cucumber Salsa

Did you know that while Louisiana is nowadays home to cajun cooking, the cuisine was initially brought over from Canada?

hellochef

861 calories | 41 protein | 76 carbs | 46 fat

Low Carb | Speedy

cook: 25 min

R2808-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3590 / 861
Fats (g)	45.6
of which saturated (g)	17.9
Carbohydrates (g)	76
of which sugars (g)	19.3
Fibers (g)	12.3
Proteins (g)	40.6
Salt (g)	0.8

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Cajun Salmon	
Skin-on salmon fillet 6*	700 Grams
Cajun spice	16 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp

Salsa	
Cucumber	4 Piece
Shallots	2 Piece
Large red chilli	2 Piece
Lime	2 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Mash	
Sweet potatoes	1200 Grams
Salt	1 Tsp
Butter 4*	100 Grams

Allergens: *6 Fish, *4 Milk

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1. Coat salmon

- Pat the **salmon** dry and portion it.
- Place the **cajun spice** (spicy!) on a plate and season with **salt**.
- Turn the **salmon** in the **cajun spice** until coated (do not coat the **salmon skin**).
- Set aside.



2. Make mash

- Peel and chop the **sweet potatoes** into bite-sized pieces.
- Add the **potatoes** to a pot of salted water and bring to the boil.
- Cook the **sweet potatoes** over a medium heat for 15-20 min until soft.
- Drain the **potatoes** and return to the pot.
- Add the **butter** and mash until smooth.
- Season with **salt** and **pepper**.



3. Prep salsa

- Meanwhile, finely chop the **cucumber**.
- Peel and finely chop the **shallots**.
- Deseed and finely chop the **chilli**.

Tip! Keep your knives sharp! The cucumber salsa is a great opportunity to work on your knife skills.



4. Finish salsa

- Cut the **limes** in half.
- Add the **cucumber**, **shallots**, **chilli** (spicy!), **1 Tbsp lime juice**, **olive oil**, **salt** and **pepper**.
- Toss together and set aside.



5. Fry salmon

- Heat a non-stick pan over medium heat with a drizzle of **vegetable oil**.
- Once hot, fry the **salmon fillets** for 3-4 min on either side until cooked through.



6. Mash potatoes

- Serve the Blacked **Cajun Salmon** over the **Sweet Potato Mash** with the **Salsa** to the side.

Cheesy Pulled Beef Birria Tacos

–

Step up your next taco night with our take on quick birria tacos. Enjoy these tacos by dipping them in the beef stew.

hello chef

846 calories | 49 protein | 80 carbs | 37 fat

Family Friendly

cook: 30 min

R4294-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3540 / 846
Fats (g)	37.3
of which saturated (g)	20.9
Carbohydrates (g)	80
of which sugars (g)	12.6
Fibers (g)	5.9
Proteins (g)	48.9
Salt (g)	6.7

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef	
Pulled beef	400 Grams
Salt	1 Tsp
Red onion	1 Piece
Cumin powder	4 Grams
Dried bay leaves	2 Piece
Mild tomato salsa	200 Grams
Beef stock cube 4*,5*,9*,11*,15*	2 Piece
Fajita seasoning	20 Grams
Brown sugar	10 Grams
Smoked paprika powder	4 Grams
Black pepper	1 Tsp
Grated cheddar 4*	180 Grams

To serve	
Lime	2 Piece
Fresh coriander	15 Grams
6" tortilla wraps 10*,11*	12 Piece
Vegetable oil	2 Tbsp
Spring onion	80 Grams
Chipotle	30 Grams

salad	
Sweet corn kernels	122 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *11 Gluten, *15 Celery, *10 Wheat

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Egg, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur dioxide and Celery.**

1. Prep

Peel and finely chop the **onions**. Drain the **sweet corn**.



2. Fry

Heat a large pot over a medium heat with the butter. Once melted, add the **onions** and pinch of **salt**. Fry for 5 min. Add the garlic paste, **cumin** and **bay leaves**. Fry for 1 min further.



3. Simmer

Add the chopped tomatoes, chicken jus, **stock cube**, taco **seasoning**, **brown sugar**, **smoked paprika**, **sweet corn**, **pulled beef** and a generous crack of **black pepper**. Simmer for 5 min.

Tip! Make the beef stew up to 24 hours in advance!



4. Prep

Meanwhile, slice the **lime** into wedges. Finely chop the **coriander**.



5. Assemble

On a plate or baking tray, top each **tortillas** with a portion of the simmered **pulled beef** (use a slotted spoon making sure the **beef** drains slightly so it's not too wet). Push the **beef** to one side of the **tortillas** and top with the mozzarella and **coriander**. Fold each **tortillas** in half, so it resembles a half moon-shaped sandwich.

Tip! For that extra authentic experience, dip the tortillas in the beef stew until they are lightly covered in sauce. Assemble, fry and enjoy!



6. Fry

Heat a large non-stick pan over a medium-high heat with a drizzle of **vegetable oil**. Once hot, add the **tacos** and fry for 1-2 min on each side or until crisp. Serve the crispy **tacos** and any remaining stew alongside. Squeeze the **lime** over the **stew**. Top with any remaining **coriander**.

Crispy Cauliflower Tacos with Smoky Vegetables and Avocado Crema

These breaded cauliflower tacos are packed with smoky bell peppers, onions and avo crema.

841 calories | 22 protein | 131 carbs | 29 fat

cook: 45 min

R3578-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3520 / 841
Fats (g)	29.3
of which saturated (g)	5.9
Carbohydrates (g)	131
of which sugars (g)	12.1
Fibers (g)	17.2
Proteins (g)	21.9
Salt (g)	3.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven | Blender

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Cauliflower	
Cauliflower	400 Grams
Plain flour 10*,11*	200 Grams
Water	300 ML
Tamari 9*	30 ML
Fajita seasoning	20 Grams
Salt	1 Tsp
Panko bread crumbs 10*,11*,12*	120 Grams
Vegetable oil	2 Tbsp

Vegetables	
Red onion	2 Piece
Red pepper	2 Piece
Vegetable oil	2 Tbsp
Smoked sea salt	4 Grams
Chipotle powder	4 Grams
Smoked paprika powder	4 Grams

Avocado crema	
Avocado	2 Piece
Lime	2 Piece
Olive oil	2 Tbsp
Water	100 ML
Salt	1 Tsp

To serve	
Fresh coriander	15 Grams
6" tortilla wraps 10*,11*	12 Piece

Allergens: *10 Wheat, *11 Gluten, *9 Soya, *12 Lupin

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1. Prep

- Preheat the oven to 200°C/180°C fan.
- Chop the **cauliflower** into small bite-size pieces.
- In a shallow bowl, whisk together the **flour**, **measured water**, **tamari**, **fajita seasoning** and **salt** to make the **batter**.
- Place the **bread crumbs** into a second shallow bowl.

Tip! Taking your time to bread the cauliflower is essential. Make sure to gently press each floret once coated to ensure the bread crumbs stick!



2. Bake

- Place the **cauliflower** pieces in the **batter**, coating all sides.
- Then, place them in the **bread crumbs**, making sure they are well coated.
- Place the breaded **cauliflower** onto a lined baking tray and drizzle with **oil**.
- Bake for 20-30 min or until the **cauliflower** is cooked through and crispy.

Tip! Strapped for time? Fry the cauliflower instead! Heat a large non-stick pan over a medium high heat with a large generous drizzle of oil. Once hot, add the cauliflower and fry for 6-8 min or until crisp and cooked through.



3. Prep

- Meanwhile, peel and slice the **onions**.
- De-seed and slice the **peppers**.

Tip! Chop the vegetables finely if cooking for kids!



4. Fry

- Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onions**, **peppers** and **smoked salt**.
- Fry for 5-8 min.
- Lower the heat to a medium.
- Add the **smoked paprika** and **chipotle powder (spicy!)**.
- Fry for 2 min further, stirring occasionally.

Tip! Sensitive to spice? Go easy on the chipotle powder!



5. Blitz

- Meanwhile, slice the **avocado** in half and remove the stone.
- Scoop the **avocado** out of its skin using a spoon.
- Add it to a blender.
- Add the juice of the 1 **lime**, **olive oil** and **measured water**.
- Blitz until smooth and season with **salt**.
- Keep this **avocado crema** aside.

Tip! Gradually add more water until the crema has reached your desired texture. Don't forget to taste and season with salt according to taste.



6. Serve

- Strip the **coriander** leaves.
- Heat the **tortilla wraps** in the microwave for 30-60 secs until warm.
- Serve the **Crispy Cauliflower Tacos** with **Smoky Vegetables** and **Avocado Crema**.
- Garnish with the **coriander**.

Hearty Paneer Jalfrezi Curry

with Chapati and Kachumber

Enjoy an abundance of paneer and flavour in this classic Indian curry.

749 calories | 41 protein | 72 carbs | 35 fat

cook: 30 min

R3789-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3133 / 749
Fats (g)	35.2
of which saturated (g)	19.1
Carbohydrates (g)	72
of which sugars (g)	19.6
Fibers (g)	11
Proteins (g)	41.4
Salt (g)	1.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Blender

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Paneer 4*	500 Grams
Coriander cumin powder	8 Grams
Turmeric powder	4 Grams
Cardamom powder	4 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Red onion	2 Piece
Garlic cloves	4 Piece
Green pepper	2 Piece
Small green chilli	2 Piece
Garam masala	8 Grams
Tomato paste	70 Grams
Tomato passata	500 Grams
Water	200 ML
Vegetable stock cube 15*	1 Piece
Brown sugar	20 Grams

Salsa	
Cucumber	2 Piece
Tomatoes	2 Piece
Fresh coriander	15 Grams
Salt	1 Tsp

Serve	
Chapati 10*,11*	8 Piece

Allergens: *4 Milk, *15 Celery, *10 Wheat, *11 Gluten

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1. Marinate paneer

- Chop the **paneer** into bite-sized cubes.
- Combine a drizzle of **oil** with the **coriander cumin**, **turmeric**, **cardamom powder** and a pinch of **salt** in a large bowl.
- Add the **paneer** to the bowl.
- Mix well.
- Set aside.



2. Prep

- Peel and finely slice the **onion**.
- Peel and roughly chop the **garlic**.
- Deseed and finely slice the **green pepper**.
- Finely slice the **green chilli**.

Tip! Sensitive to spice? Carefully remove the seeds of the green chilli, if you prefer a milder flavour.



3. Make sauce

- Heat a small saucepan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion** with a pinch of **salt**.
- Fry for 5 min until softened.
- Add the **garlic**, **garam masala**, **tomato paste** and **green chilli (spicy!)**.
- Fry for 1 min further.



4. Simmer

- Add the **tomato passata**, **measured water**, 1 **vegetable stock cube** and the **brown sugar**.
- Bring to a simmer, then cover with a lid.
- Reduce the heat to medium.
- Simmer for 5 min.
- Remove from the heat.
- Use a hand-held blender to blitz the sauce until smooth.

Tip! Don't have a hand held blender? Transfer the sauce to a regular blender and blitz until smooth



5. Make curry

- Meanwhile, heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the the **paneer** and **peppers** with a pinch of **salt**.
- Fry for 2-3 min.
- Reduce the heat to medium.
- Add the **curry sauce**, cover with a lid and simmer.
- Stir occasionally for a final 5 min until thickened.



6. Serve

- Meanwhile, chop the **cucumber** and **tomato** into cubes.
- Pick and finely chop the **coriander** leaves.
- In a small bowl, combine the **cucumber** and **tomato** with the **coriander** and a pinch of **salt**.
- Microwave the **chapatis** for 30 sec or until warm.
- Serve the **Hearty Paneer Jalfrezi Curry** with **Chapati** and **Kachumber** alongside.

Beef and Potato Massaman Curry

with Jasmine Rice

Massaman is a relatively mild Thai curry which marries local flavors with Middle Eastern spices like cardamom, cumin and cinnamon.

hellofresh

1108 calories | 67 protein | 121 carbs | 45 fat

Global Eats | Family Friendly

cook: 30 min

R4466-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4636 / 1108
Fats (g)	45.4
of which saturated (g)	16.7
Carbohydrates (g)	121
of which sugars (g)	15.9
Fibers (g)	14.4
Proteins (g)	67.3
Salt (g)	9.3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Steak strips	700 Grams
Potatoes	400 Grams
Red onion	2 Piece
Carrot	2 Piece
Lemongrass	1 Piece
Ginger garlic paste	20 Grams
Red curry paste 7*	20 Grams
Turmeric powder	4 Grams
Cumin powder	4 Grams
Peanut butter 1*,9*	60 Grams
White sugar	10 Grams
Lime leaves	6 Piece
Tamarind paste	30 Grams
Fish sauce 6*,10*	20 ML
Dried bay leaves	2 Piece
Coconut milk	400 ML
Water	200 ML
Dark soy sauce 9*,10*,11*	40 ML
Salted peanuts 1*	80 Grams

To serve	
Jasmine rice	300 Grams
Water	600 ML
Lime	2 Piece
Fresh coriander	15 Grams

Allergens: *7 Crustaceans, *1 Peanuts, *9 Soya, *6 Fish, *10 Wheat, *11 Gluten

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1. Boil potatoes

Wash the **potatoes** and chop them into small pieces. Cook in salted boiling water for 12 min. Drain.



2. Prep

Meanwhile, peel and chop the shallots. Peel the **carrots** and chop into small batons. Finely slice 10 cm of the **lemongrass**. Keep the rest whole. Chop the chicken into bite-sized pieces.



3. Boil rice

Rinse the **jasmine rice**. Add the **rice**, **measured water** and a pinch of salt to a pan with a lid and bring to a boil. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pan from heat and keep covered until serving.



4. Start curry

Meanwhile, heat a pan over a medium heat with a drizzle of oil. Once hot, add the shallots and cook for 3 min. Add the **ginger garlic paste**, sliced **lemongrass**, **red curry paste (spicy!)**, **turmeric**, cardamom, **cinnamon** and **cumin**. Cook for 2 min further until fragrant.



5. Simmer

Add the chicken, **carrots** and **potatoes**. Cook for 2 min. Add the **peanut butter**, **coconut sugar**, **lime leaves tamarind paste**, **fish sauce**, **bay leaf**, **coconut milk**, **measured water** and the big piece of **lemongrass**. Cover and simmer for 10 min.



6. Serve

Slice the **lime** into wedges and chop the **coriander leaves**. Season the **curry** with a squeeze of **lime** juice and the tamari if needed. Serve the **curry** over the **jasmine rice**. Garnish with the **peanuts**, **coriander** and any remaining **lime** wedges.

Chicken Souvlaki with Tzatziki
and Pitta

Let your mind travel to those beautiful Greek islands!

hello chef

702 calories | 65 protein | 90 carbs | 9 fat

Family Friendly

cook: 35 min

R2025-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2934 / 702
Fats (g)	9.3
of which saturated (g)	2.7
Carbohydrates (g)	90
of which sugars (g)	21.8
Fibers (g)	10.4
Proteins (g)	65.3
Salt (g)	1.7

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Skewers	
Chicken breast	600 Grams
Bamboo skewers	12 Piece
Lemon	2 Piece
Garlic onion powder	8 Grams
Red onion	2 Piece
Olive oil	4 Tbsp
Honey	30 Grams
Dried oregano	4 Grams
Smoked paprika powder	4 Grams
Salt	2 Tsp
Black pepper	1 Tsp
Yellow pepper	2 Piece

To serve	
Tomatoes	4 Piece
Pitta bread 4*,5*,9*,10*,11*	4 Piece

Tzatziki	
Garlic cloves	1 Piece
Cucumber	2 Piece
Natural yogurt 4*	340 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *4 Milk, *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten

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1. Marinate chicken

Preheat the oven to 200°C/180°C fan. Soak the **bamboo skewers** in water. Chop the **chicken breasts** into bite-sized cubes and add them to a bowl. Wash the **lemon** and grate its zest with a fine blade. Add 1 tsp of **lemon** zest, 2 tbsp of **lemon** juice, the **garlic onion powder**, **olive oil**, **honey**, **dried oregano**, **smoked paprika**, **salt** and **pepper** to the bowl. Set aside.

Tip! Marinate the chicken up to 24 hours in advance.



2. Thread skewers

Peel and slice the **onions** into wedges and separate them into petals. De-seed and chop the **peppers** into bite-sized pieces. Thread the marinated **chicken**, **peppers** and **onion** onto the **skewers**.



3. Roast skewers

Add the **chicken skewers** to a baking tray with a drizzle of **oil** and a pinch of **salt**. Roast for 10-12 min or until the **chicken** is cooked through.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready!



4. Make tzatziki

Meanwhile, peel and mince 1 **garlic cloves**. Grate the **cucumber** and squeeze out any excess liquid. Add the **garlic**, **cucumber** and the **yogurt** to a bowl. Season with a pinch of **salt** and **pepper**. Slice the **tomatoes**.

Tip! Don't like raw garlic? Go easy.



5. Heat pitta

Heat the **pitta** pockets in the oven for 3 min or until soft and warmed through.



6. Serve

Slice each **pitta** into two pockets and stuff with the **tomatoes**, **chicken**, **vegetables** and **tzatziki**. Alternatively, top each **pitta** with the roasted ingredients and fold them over.

Cheesy Chicken and Tomato Pasta Bake

Because a comforting cheesy pasta bake is always a great idea!

1063 calories | 74 protein | 123 carbs | 30 fat

Family Friendly

cook: 30 min

R2944-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4455 / 1063
Fats (g)	30.2
of which saturated (g)	17.1
Carbohydrates (g)	123
of which sugars (g)	21.4
Fibers (g)	13
Proteins (g)	73.7
Salt (g)	4.8

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

Box grater

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Bake	
Chicken breast	600 Grams
Penne 5*,10*,11*	500 Grams
Salt	2 Tsp
Red onion	2 Piece
Carrot	2 Piece
Olive oil	2 Tbsp
Garlic paste	20 Grams
Dried oregano	4 Grams
Peeled plum tomatoes	800 Grams
Balsamic vinegar 14*	30 ML
White sugar	10 Grams
Tomato paste	70 Grams
Water	200 ML
Black pepper	1 Tsp
Chicken stock cube 4*,5*,9*,15*	1 Piece
Cream cheese 4*	160 Grams
Grated mozzarella 4*	120 Grams
Grated cheddar 4*	120 Grams

Allergens: *5 Eggs, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *4 Milk, *9 Soya, *15 Celery

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1. Boil pasta

- Preheat the oven to 200°C/180°C fan.
- Add the **penne** pasta to a large pan of salted boiling water.
- Boil for 8-10 min until "al dente".
- Drain.



2. Prep

- Meanwhile, peel and finely chop the **red onion**.
- Peel and grate or chop the **carrot**.
- Chop the **chicken breast** into bite-sized pieces.



3. Make sauce

- Heat a large pan over a medium-low heat with a drizzle of **olive oil**.
- Add the **onion** and **carrot**.
- Cook for 5 min until softened.
- Add the **garlic paste**, **chicken** and **oregano**.
- Cook for 2 min further.
- Add the **peeled plum tomatoes** (breaking them up with a spatula), **balsamic vinegar**, **sugar**, **tomato paste**, **water**, **pepper** and 1 **stock cube**.
- Simmer for 5 min.

Tip! Adding sugar to the sauce enhances the tomatoes' natural sweetness.



4. Add

- Add the drained **pasta** and **cream cheese** to the **sauce**.
- Give everything a good mix up.



5. Layer bake

- Pour half of the **tomato** and **pasta** mixture into a large baking dish.
- Top with the **grated mozzarella cheese**.
- Pour the remaining **tomato** and **pasta** mixture over the **mozzarella** layer.



6. Bake

- Finally, top with the **grated cheddar**.
- Bake in the oven for 15-20 min until golden and bubbling on top.
- Allow to cool slightly before serving.
- Serve the **Cheesy Chicken and Tomato Pasta Bake**.

Tip! Leave the bake to cool for 10 min before tucking in - lower temperatures intensify flavours!

Pad Kee Mao

with Tofu

The spicy Thai noodle classic! Sure to make your tastebuds tingle.

470 calories | 32 protein | 62 carbs | 15 fat

Calorie Smart | Global Eats

cook: 30 min

R4617-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1966 / 470
Fats (g)	14.6
of which saturated (g)	2
Carbohydrates (g)	62
of which sugars (g)	9.5
Fibers (g)	10.5
Proteins (g)	32.2
Salt (g)	1.6

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stir fry	
Rice noodles	300 Grams
Broccoli	400 Grams
Red pepper	2 Piece
Lime	2 Piece
Vegetarian oyster sauce 9*	120 Grams
Chilli garlic sauce	80 Grams
White sugar	10 Grams
Rice vinegar	45 ML
Firm tofu 9*	600 Grams
Vegetable oil	3 Tbsp
Corn starch	40 Grams
Thai basil	15 Grams
Small red chilli	2 Piece

Allergens: *9 Soya

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1. Cook noodles

- Add the **rice noodles** to a large bowl and cover them with boiling water.
- Leave to soak for 7-9 min until tender.
- Drain and rinse with cold water.

Tip! Drizzle the cooked noodles with a small amount of oil, this will help prevent them sticking.



2. Prep

- Trim the **broccoli** florets, discarding the woody ends.
- Deseed and slice the **red pepper** into strips.
- Cut the **lime** into wedges.
- In a **small** bowl, combine the **vegetarian oyster sauce**, **chilli garlic sauce**, **white sugar**, **rice vinegar** and 4 Tbsp of water.



3. Prep tofu

- Drain, pat dry the **tofu** and chop it into bite-sized cubes.
- Place the **tofu** in a bowl and sprinkle the **corn starch** over each side.



4. Fry tofu

- Heat a large pan over a medium-high heat with a generous drizzle of **oil**.
- Once hot, add the **tofu**.
- Fry for 3-5 min, turning regularly until golden and crispy.
- Once cooked, transfer to a plate.
- Wipe and reserve the pan.



5. Stir-fry

- Pick the **Thai basil**.
- Return the pan and lower the heat to medium-high with another drizzle of **oil**.
- Fry the **broccoli** and **pepper** for 3-4 min until slightly softened.
- Add the **noodles** and stir-fry **sauce**.
- Toss to coat in the **sauce**.
- Add back the **tofu** and **Thai basil**.
- Fry it for 2 min.



6. Serve

- Meanwhile, deseed and finely slice the **red chilli**.
- Serve the **Pad Kee Mao with Tofu** .
- Finish with a squeeze of **lime** juice and garnish with the sliced **chilli**.

Greek Lamb Kofta

with Feta Salad, Tzatziki and Rice

Packed with the flavours of Greece!

hello chef

975 calories | 61 protein | 93 carbs | 47 fat

Tips for Kids | Family Friendly | Global Eats

cook: 40 min

R4684-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4077 / 975
Fats (g)	46.8
of which saturated (g)	19.7
Carbohydrates (g)	93
of which sugars (g)	12.4
Fibers (g)	6.8
Proteins (g)	61.3
Salt (g)	3.6

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Kofta	
Lamb mince	700 Grams
Fresh parsley	15 Grams
Smoked paprika powder	4 Grams
Coriander cumin powder	8 Grams
Cinnamon powder	2 Grams
Dried oregano	4 Grams
Sumac	4 Grams
Salt	1 Tsp
Black pepper	0.5 Tsp

Rice	
Medium grain rice	300 Grams
Salt	1 Tsp
Water	600 ML

Salad	
Yellow pepper	2 Piece
Cucumber	3 Piece
Cherry tomatoes	300 Grams
Kalamata olives	80 Grams
Red vinegar	30 ML
Dijon mustard 13*	12 Grams
Olive oil	4 Tbsp
Feta cheese 4*	100 Grams

To serve	
Lemon	2 Piece
Natural yogurt 4*	340 Grams

Allergens: *13 Mustard, *4 Milk

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Egg, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur dioxide and Celery.**



1. Cook rice

- Preheat the oven to 200°C/180°C fan
- Rinse and drain the **rice**.
- To a pot add the **rice**, a pinch of **salt** and the measured **water** and bring to a boil over a high heat.
- Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the **water** is absorbed and the **rice** is cooked.
- Remove the pot from the heat and keep covered until serving.



2. Make kofta

- Pick and finely chop the **parsley**
- To a large bowl, add the **lamb mince**, **smoked paprika**, **coriander cumin**, **cinnamon**, **oregano**, half of the **sumac** and half of the **parsley**
- Add a pinch of **salt** and **pepper** and with clean hands knead until combined
- Shape into 16 equal **koftas**
- Set aside

Tip! If cooking for kids, make some kofta plain, seasoned only with salt and pepper.



3. Prep salad

- Deseed and chop the **pepper** into bite-sized pieces
- Chop half of the **cucumbers** into bite-sized pieces
- Chop the **tomatoes** into bite-sized pieces
- Chop the **olives** in half
- In a small bowl, combine the **red vinegar**, **dijon mustard**, **olive oil** and a pinch of **salt** and **pepper** to taste.



4. Cook kofta

- Place the **kofta** on a lined baking tray.
- Bake for 12-15 min until cooked through.
- Remove from the tray and set aside to rest until serving.

Tip! Alternatively fry the kofta over a medium-high heat for 6-8 min.



5. Mix salad and yogurt

- Grate the remaining **cucumber** and cut the **lemon** into wedges.
- Using clean hands, over a bowl squeeze out as much water from the grated **cucumber** as possible.
- In a bowl, combine the **yogurt** and grated **cucumber** with a squeeze of **lemon juice** and a sprinkle of **salt** and **pepper** to taste.
- In a separate large bowl, combine the prepared **salad ingredients** with a drizzle of the **dressing**, the remaining **parsley** and **sumac**.

Tip! If cooking for kids, leave some of the pepper, tomato and cucumber separate for serving.



6. Serve

- Crumble the **feta** over the **salad**.
- Serve the **Greek Lamb Kofta with Rice and Feta Salad** with the Tzatziki on the side.

Tip! If cooking for kids, serve the plain kofta, with the separated veggies and rice on the side.

Japanese Gyudon Beef
and Sushi Rice Bowl

A very popular dish in Japan, and for good reason!

hello chef

792 calories | 60 protein | 96 carbs | 18 fat

Family Friendly

cook: 30 min

R2374-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3312 / 792
Fats (g)	18.2
of which saturated (g)	6.6
Carbohydrates (g)	96
of which sugars (g)	24.5
Fibers (g)	5.3
Proteins (g)	60.1
Salt (g)	2.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef sauce	
Steak strips	700 Grams
White onion	2 Piece
Water	200 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Vegetable oil	4 Tbsp
Sweet soy sauce 9*,10*,11*,14*	40 ML
Black pepper	1 Tsp

Rice	
Sushi rice	300 Grams
Water	600 ML
Rice vinegar	30 ML
Salt	1 Tsp
White sugar	10 Grams

To serve	
Carrot	2 Piece
Spring onion	80 Grams
Organic Eggs 5*	4 Piece
Vegetable oil	2 Tbsp
Sesame seeds 3*	20 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *3 Sesame Seeds

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1. Cook sushi rice

Remove the beef **strips** from the fridge 20 min prior to cooking. Wash the **sushi rice** and add it to a pot with the measured **water** and bring to a boil. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Remove the pan from the heat and keep covered until step 6.



2. Prep vegetables

Meanwhile, pat the beef **strips** dry with kitchen paper. Peel and slice the **white onion**. Boil the **measured water** and dissolve the **stock cube** in it. Peel the **carrot**, then continue peeling until you're left with a pile of **carrot** ribbons. Slice them into thin sticks. Slice the **spring onion**.



3. Fry beef

Heat a pan over a high heat with a drizzle of **vegetable oil** (see pro tip). Once hot, add the beef **strips** and fry for 2-3 min. Tip: If the pan is looking crowded, you may wish to fry the beef **strips** in batches.



4. Simmer

Add the **white onion** to the beef and cook for 3 min further. Add the **chicken stock**, **sweet soy sauce** and **black pepper**. Reduce the heat to low. Cook for 4-5 min or until you're left with a thick, glossy **sauce**.



5. Fry eggs

Meanwhile, heat a second pan with a drizzle of **vegetable oil** over a medium heat. Once hot, crack the **eggs** into the pan and fry for 2-4 min or until done to your liking. For a set egg yolk, cover the pan with a lid.



6. Serve

In a small bowl, combine the **rice vinegar** with the **salt** and **sugar**. Stir until the **sugar** and **salt** have dissolved. Pour the mix over the cooked **sushi rice** and fold it in gently. Divide the seasoned **rice** and the beef **sauce** among plates. Top each one with a fried **egg**. Arrange the **carrot** sticks and chopped **spring onion** alongside. Garnish with the **sesame seeds**.

Halloumi Curry with Basmati Rice
and Roasted Broccoli

To keep you inspired, we've swapped paneer for its Cypriot cousin; Halloumi!

hello chef

923 calories | 36 protein | 110 carbs | 44 fat

Family Friendly

cook: 45 min

R3413-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3853 / 923
Fats (g)	43.7
of which saturated (g)	33.9
Carbohydrates (g)	110
of which sugars (g)	21.3
Fibers (g)	15.6
Proteins (g)	36.3
Salt (g)	36.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Red onion	2 Piece
Red pepper	2 Piece
Halloumi 4*	400 Grams
Vegetable oil	2 Tbsp
Ginger garlic paste	15 Grams
Garam masala	5 Grams
Turmeric powder	4 Grams
Chilli powder	4 Grams
Coconut milk	400 ML
Vegetable stock cube 15*	1 Piece
Honey	30 Grams
Chopped tomatoes	800 Grams
Fresh coriander	15 Grams

Rice	
Basmati rice	300 Grams
Water	600 ML
Salt	1 Tsp

Sides	
Large red chilli	2 Piece
Broccoli	600 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Allergens: *4 Milk, *15 Celery

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1. Prep

- Preheat the oven to 200°C/180°C fan.
- Rinse the **rice** in a sieve under cold water until the water runs clear.
- Place the **rice** in a pot and cover it in enough water to soak.
- Set aside.
- Peel and finely chop the **onion**.
- Deseed and roughly chop the **pepper**.
- Chop the **halloumi** into 1cm thick slices.
- Finely slice the **chilli**.



2. Boil rice

- Rinse and drain the **basmati rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pan with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pan from heat. Keep covered until serving.



3. Roast broccoli

- Meanwhile, chop the **broccoli** into florets.
- Place the **broccoli** on a baking tray.
- Drizzle with **oil** and season with **salt**.
- Roast for 15-20 min until tender and starting to char.



4. Fry

- Meanwhile, heat a pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **onion** and **peppers** with a pinch of **salt**.
- Fry for 5 min until softened.
- Once softened, add the **halloumi**.
- Fry for 4 min further until the **halloumi** is golden.



5. Simmer

- Add the **ginger garlic paste**, **garam masala**, **turmeric** and a pinch of **chilli powder** (spicy!).
- Fry for 1 min until fragrant.
- Add the **coconut milk**, 1 **vegetable stock cube**, **honey** and **chopped tomatoes**.
- Reduce the heat to low.
- Simmer for 10 min.



6. Serve

- Sprinkle the **chilli** slices (spicy!) over the **broccoli**.
- Serve the **Halloumi Curry** with **Basmati Rice** and [b]Roasted **Broccoli**.
- Garnish with the **fresh coriander** leaves.

Classic Vegetarian Lasagna
with Crispy Lettuce Side Salad

Worth the wait!

hello chef

895 calories | 52 protein | 81 carbs | 34 fat

Family Friendly | Weekly classic

cook: 60 min

R3859-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3742 / 895
Fats (g)	33.8
of which saturated (g)	13.5
Carbohydrates (g)	81
of which sugars (g)	31.1
Fibers (g)	18.5
Proteins (g)	51.5
Salt (g)	4

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What You'll Need

- Oven
- Box grater
- Whisk

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Lentil bolognese	
Canned lentils	530 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Carrot	2 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Dried oregano	4 Grams
Tomato paste	140 Grams
Tomato passata	400 Grams
White sugar	10 Grams
Soy sauce 9*,10*,11*	20 ML
Vegetable stock cube 15*	1 Piece
Water	400 ML
Black pepper	1 Tsp

Bechamel	
Butter 4*	40 Grams
Plain flour 10*,11*	40 Grams
Whole milk 4*	400 ML
Grated Parmesan 4*	120 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Lasagna sheets 5*,9*,10*,11*	12 Piece
Grated cheddar 4*	120 Grams

Salad	
Crispy bionda lettuce	200 Grams
Balsamic vinegar 14*	30 ML
Olive oil	4 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *15 Celery, *4 Milk, *5 Eggs, *14 Sulphur Dioxide

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1. Prep

- Preheat the oven to 200°C/ 180°C fan.
- Peel and finely chop the **red onion**.
- Peel and mince the **garlic**.
- Peel and grate the **carrot**.
- Drain and rinse the **lentils**.



2. Fry

- Heat a large pan over a medium-high heat with a drizzle of **olive oil**.
- Fry the **onion**, **garlic** and **carrot** with a pinch of **salt** for 5 min until soft.

Tip! Adding salt to the onion, garlic and carrot helps to draw out water, allowing them to cook and soften faster.



3. Simmer

- Add the **lentils**, **dried oregano**, **tomato paste**, **tomato passata**, **sugar**, **soy sauce**, 1 **vegetable stock cube** and **measured water**.
- Simmer over medium heat for 7-8 min or until thickened.
- Remove from the heat and season with **pepper** to taste.



4. Make bechamel

- Meanwhile, melt the **butter** in a saucepan over a medium heat.
- Add the **flour** and stir until a sandy paste has formed.
- Gradually add the **milk** and whisk for 3-4 min until thickened.
- Add the **grated Parmesan** and season with **salt** and **pepper** to taste.



5. Bake

- Pour half of the **lentil sauce** over the bottom of an oven-proof dish.
- Top with half of the **lasagna sheets**.
- Repeat.
- Cover with the **béchamel**, top with the **grated cheddar** and bake for 25-30 min or until the **pasta** is cooked.

Tip! You may need to layer the sauce and lasagna sheets differently depending on the size of your dish.



6. Serve

- Meanwhile, wash the **lettuce** mix.
- In a large bowl, whisk together the **balsamic vinegar** and **olive oil**.
- Season with **salt** and **pepper** to taste - this is the **dressing**.
- Serve the **Classic Lentil Lasagna** with the **Crispy Lettuce Side Salad**, drizzled with **dressing** over the top.

Chicken and Bacon Stew

with Mash and Green Beans

A perfect family dinner!

hello chef

655 calories | 56 protein | 55 carbs | 22 fat

Family Friendly

cook: 30 min

R4760-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2743 / 655
Fats (g)	22
of which saturated (g)	11.4
Carbohydrates (g)	55
of which sugars (g)	17.2
Fibers (g)	10
Proteins (g)	55.9
Salt (g)	5

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What You'll Need

- Potato masher

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stew	
Chicken breast	600 Grams
Beef bacon	120 Grams
Corn starch	20 Grams
Onion marmalade	56 Grams
Green peas	200 Grams
Cream cheese 4*	120 Grams
Chicken stock cube 4*,5*,9*,15*	1 Piece
Water	300 ML
Fresh parsley	15 Grams

Mash	
Potatoes	1000 Grams
Whole milk 4*	200 ML

Veg	
Green beans	300 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Make mash

- Bring a large pot of salted **water** to the boil.
- Peel the **potatoes** and cut them into chunks.
- Add to the boiling **water** and cook for 15-20 min until tender.
- Once tender, drain and mash.
- Add **milk** to reach the desired consistency.
- Season with salt and pepper to taste.



2. Prep

- Meanwhile, chop the **chicken** into bite-sized pieces.
- Chop the **bacon** into small bite-sized pieces.
- Trim the **green beans**.
- Pick and finely chop the **parsley**.



3. Fry

- Heat a frying pan over a medium-high heat with a drizzle of oil.
- Fry the **chicken** and **bacon** for 4-5 min, until golden.



4. Make sauce

- Add 4 Tsp **corn starch**, **onion marmalade**, **cream cheese**, 1 **stock cube** and the measured **water**.
- Mix until combined.
- Cook for 2-3 min until thickened.
- Add the **peas** and cook for a further 2-3 min.



5. Cook beans

- Meanwhile, add the **green beans** to a pan of salted **water**.
- Bring to a boil and cook the **beans** for 3-4 min until tender.



6. Serve

- Serve the **Chicken** and **Bacon** Stew with Mash and **Green Beans** garnished with **parsley**.

One Pot Tuscan Prawns in Sundried Tomato Sauce

with Fusilli Pasta

-

780 calories | 48 protein | 93 carbs | 26 fat

Family Friendly

cook: 35 min

R4468-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3254 / 780
Fats (g)	25.7
of which saturated (g)	3.8
Carbohydrates (g)	93
of which sugars (g)	12.4
Fibers (g)	9
Proteins (g)	48.1
Salt (g)	3.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Prawns	
Prawns 7*	700 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Plain flour 10*,11*	30 Grams
Dried thyme	4 Grams
Olive oil	2 Tbsp

Sauce	
Red onion	1 Piece
Garlic cloves	2 Piece
Sun dried tomatoes	60 Grams
Fresh basil	15 Grams
Parmesan 4*	60 Grams
Olive oil	2 Tbsp
Tomato paste	70 Grams
Chicken stock cube 4*,5*,9*,15*	1 Piece
Water	300 ML
Whipping cream 4*	200 ML

Pasta	
Fusilli pasta 10*	375 Grams

Allergens: *7 Crustaceans, *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Prep

Trim the broccoli florets and cut into bite-sized pieces. Peel and finely chop the **onion**. Peel and finely chop the **garlic**. Roughly chop the **sun dried tomatoes**. Pick the **basil** leaves.



2. Prep chicken

Pat the **chicken** breasts dry with paper towel. Slice each **chicken** breast in half as if you were cutting a burger bun, so you are left with two thinner **chicken** escalopes. Season the **chicken** with **salt** and **pepper**. Combine the **flour** and **dried thyme** on a plate, and coat the **chicken** in the **flour**.



3. Fry chicken

Heat a large pan over a medium-high heat with a generous drizzle of **olive oil**. Once hot, carefully add the coated **chicken** breasts (in batches), and fry for 2-3 min on either side or until golden and crispy. Set aside on a plate. Reserve the frying pan.

Tip! Avoid overcooking the chicken at this step as it will continue to cook in the cream sauce in step 5.



4. Boil pasta

Meanwhile, bring a large pot of salted water to a boil. Add the linguine and cook for 12-15 min or until cooked to your liking. During the last 5 min, add the broccoli, and cook until blanched. Drain and set aside.



5. Make sauce

Grate the **parmesan** and set aside. Heat the reserved frying pan to medium heat with another drizzle of **olive oil**. Fry the **onion** and **garlic** for 4-5 min until softened. Add the **tomato paste**, and **sun dried tomato**, and fry for 1 min. Crumble 1 **chicken stock cube**, the **measured water**, and whisk in 200 of the cooking **cream**, and half the **parmesan**. Return the **chicken** to the pan, and gently cook for 3-4 min until the **chicken** is cooked through and the **sauce** is thickened. Tear in some of the **basil** leaves.



6. Serve

Divide the linguine and **chicken** amongst plates, and pour that delicious **cream sauce** over. Serve with the broccoli alongside, and any extra **parmesan**.

Thai Green Curry

with Chicken and Jasmine Rice

Unlike Indian curries which favour spices, Thai curries use herbs and aromatics for flavour!

hellochef

832 calories | 60 protein | 98 carbs | 26 fat

Family Friendly | Weekly classic

cook: 35 min

R3386-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3481 / 832
Fats (g)	26.2
of which saturated (g)	21.6
Carbohydrates (g)	98
of which sugars (g)	10.6
Fibers (g)	10
Proteins (g)	59.8
Salt (g)	3.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Chicken breast	600 Grams
Shallots	2 Piece
Red pepper	2 Piece
Snow peas	200 Grams
Lemongrass	1 Piece
Vegetable oil	2 Tbsp
Ginger garlic paste	20 Grams
Green curry paste	30 Grams
Tamarind paste	30 Grams
Coconut cream	400 Grams
Water	200 ML
Coconut sugar	10 Grams
Lime leaves	6 Piece
Lime	2 Piece
Fish sauce 6*,10*	20 ML
Fresh coriander	15 Grams

Rice	
Jasmine rice	300 Grams
Water	600 ML
Salt	1 Tsp

Allergens: *6 Fish, *10 Wheat

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1. Prep

- Rinse the **rice** in a sieve under cold water until the water runs clear.
- Place the **rice** in a pot and cover it with enough water to soak. Set aside.
- Chop the **chicken**.
- Peel and chop the **shallots**.
- Slice the **pepper**.
- Trim and slice the **snow peas**.
- Trim and finely slice 10 cm of the **lemongrass**. Keep the rest whole.



2. Boil rice

- Drain the **rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat.
- Lower heat, cover and cook for 12-14 min, until **rice** is tender.
- Once cooked, remove the pan from heat and keep covered until serving.



3. Fry

- Meanwhile, heat a pan over a medium heat with a drizzle of **vegetable oil**.
- Fry the **shallots** for 3 min.
- Add the **ginger garlic paste**, sliced **lemongrass** and **green curry paste (spicy!)**.
- Cook for 2 min further.



4. Fry chicken

- Add the **chicken** and **pepper**.
- Cook for 2 min.
- The **chicken** doesn't need to be cooked through at this point.

Tip! Don't overcook the peppers - keep them slightly crunchy instead!



5. Simmer

- Add the **tamarind paste**, **coconut cream**, **measured water**, **coconut sugar**, **lime leaves** and the big piece of **lemongrass**.
- Simmer for 7 min.
- Add the **snow peas** and simmer for 3 min further.



6. Serve

- Slice the **lime** into wedges.
- Season the **curry** with the **fish sauce** and a squeeze of **lime** juice.
- Remove the **lemongrass** piece and the **lime leaves**.
- Serve the **Thai Green Curry with Chicken** over the **Jasmine rice**.
- Garnish with any remaining **lime wedges** and the **fresh coriander**.

Greek Chicken Skewers with Roasted Potatoes

and Lemon Basil Yogurt

In this recipe, you'll make delicious chicken skewers with marinated chicken and vegetables.

hello chef

564 calories | 66 protein | 66 carbs | 6 fat

Family Friendly | Calorie Smart

cook: 45 min

R3662-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2359 / 564
Fats (g)	6.3
of which saturated (g)	2.2
Carbohydrates (g)	66
of which sugars (g)	18.6
Fibers (g)	14.5
Proteins (g)	65.6
Salt (g)	2.3

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What You'll Need

Oven

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Skewers	
Chicken breast	600 Grams
Bamboo skewers	12 Piece
Red pepper	2 Piece
Red onion	2 Piece
Balsamic vinegar 14*	30 ML
Tamari 9*	30 ML
Olive oil	2 Tbsp
Paprika powder	4 Grams
Garlic onion powder	8 Grams
Salt	1 Tsp

Roasted potatoes	
Olive oil	2 Tbsp
Garlic paste	20 Grams
Dried oregano	4 Grams
Tomato paste	100 Grams
Salt	1 Tsp
Potatoes	1200 Grams

Yogurt	
Lemon	2 Piece
Fresh basil	15 Grams
Natural yogurt 4*	340 Grams
Salt	1 Tsp

Allergens: *14 Sulphur Dioxide, *9 Soya, *4 Milk

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1. Roast potatoes

- Preheat the oven to 200°C/180°C fan.
- Soak the **bamboo skewers** in water.
- In a large bowl, combine the **olive oil**, **garlic paste**, **dried oregano**, and **tomato paste** with a pinch of **salt**.
- Chop the **potatoes** (skins on) into bite-sized pieces.
- Add them to the bowl. Toss until the **potatoes** are fully coated.
- Add the **potatoes** to a lined baking tray.
- Roast for 25 min, turning the **potatoes** halfway through.

Tip! Save on washing up by reserving the bowl to marinate the chicken.



4. Roast skewers

- Once the **potatoes** have been roasting for 25 min, remove them from the oven.
- Place the **chicken skewers** on top.
- Drizzle with **olive oil** and season with a pinch of **salt**.
- Roast for a final 10-12 min or until the **chicken** and **potatoes** are cooked through.

Tip! To check if the potatoes are cooked, insert a knife into the largest piece of potato - if the knife cuts through with ease, it's ready.



2. Prep skewers

- Meanwhile, deseed the **red peppers** and chop them into bite-sized pieces.
- Peel and slice the **red onion** into wedges.
- Separate wedges into individual petals.
- Chop the **chicken** into bite-sized pieces.
- In a large bowl whisk together the **balsamic**, **tamari**, **olive oil**, **paprika** and **garlic onion powder** with a pinch of **salt**.
- Add the **chicken** to the **marinade**.
- Toss until fully coated.

Tip! Marinate the chicken up to 24 hours in advance.



5. Prep yogurt

- Meanwhile, slice the **lemon** into wedges.
- Roughly chop the **basil** leaves.
- In a small bowl, combine the **yogurt**, **basil**, **salt** and a squeeze of **lemon** juice to taste (reserve the rest for garnish).

Tip! Wash the lemon thoroughly and grate its zest with a fine blade, taking care to avoid its bitter white pith. Add 1 tsp zest to the yogurt for an even lemonier flavour!



3. Thread skewers

- Thread the **marinated chicken**, **peppers** and **onion** onto the **skewers**.
- Make sure to alternate the **peppers**, **onion** and **chicken**.
- Spread everything out over the provided number of **skewers**.

Tip! Add any extra leftover vegetables on top of the potatoes in step 4.



6. Serve

- Serve the **Greek Chicken Skewers** with **Roasted Potatoes** with **Lemon Basil Yogurt** to the side.
- Garnish the remaining **lemon** wedges.

Shimeji Laksa with Rice Noodles

Pak Choi and Eggs

Laksa which originates from South East Asia is a spicy noodle soup with a curry flavoured broth. We've topped ours with soft boiled eggs, mushrooms and pak choi.

hello chef

522 calories | 23 protein | 38 carbs | 34 fat

Family Friendly

cook: 30 min

R3572-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2186 / 522
Fats (g)	33.9
of which saturated (g)	13.7
Carbohydrates (g)	38
of which sugars (g)	6.7
Fibers (g)	11.4
Proteins (g)	22.7
Salt (g)	6.3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Laksa	
Shallots	2 Piece
Fresh coriander	30 Grams
Baby pak choi	6 Piece
Shimeji mushroom	300 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Ginger garlic paste	40 Grams
Curry powder	8 Grams
Turmeric powder	4 Grams
Coconut milk	400 ML
Vegetable stock cube 15*	2 Piece
Water	1200 ML
Sambal oelek	20 Grams
Lime leaves	6 Piece
Rice noodles	200 Grams
Bean sprouts	100 Grams
Soy sauce 9*,10*,11*	20 ML
Lime	2 Piece

To serve	
Organic Eggs 5*	4 Piece
Salted peanuts 1*	80 Grams
Chilli flakes	2 Grams

Allergens: *15 Celery, *9 Soya, *10 Wheat, *11 Gluten, *5 Eggs, *1 Peanuts

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1. Boil eggs

Cook the **eggs** in boiling water for 5-7 min or until cooked to your liking. Drain, run under cold water and peel once cooled.

Tip! Store your eggs at room temperature! This will prevent them from cracking when added to the boiling water.



2. Prep

Meanwhile, peel and very finely chop the **shallots**. Roughly chop the **coriander leaves** and set them aside, then chop the stalks finely. Trim the **pak choi** and separate the leaves. Trim and separate the **mushrooms**.



3. Fry

Heat a large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **mushrooms** with a pinch of **salt** and fry for 3 min. Add the **shallots** and **coriander** stalks with a pinch of **salt** and fry for 3 min further. Add the **ginger garlic paste**, **curry powder** and **turmeric** and fry for 1 min further until fragrant.



4. Simmer

Add the **coconut milk**, **stock cube**, **measured water**, **sambal oelek** (spicy!) and **lime leaves**. Bring to a simmer. Once simmering, add the **rice noodles** to the bubbling broth along with the **pak choi**. Make sure the **noodles** are fully submerged. Cook for 4 min. Remove the pan from the heat.



5. Finish

Stir in the **bean sprouts**, **soy sauce**, **coriander leaves** and a squeeze of **lime** juice (reserve some **coriander** and a wedge of **lime** for garnish).



6. Serve

Slice the **eggs** in half. Divide the **laksa** between bowls, spooning the broth over the **noodles** and **vegetables**. Top with the **egg** halves. Garnish with the **peanuts**, **chilli flakes** (spicy!) and any remaining **coriander leaves** and **lime** wedges.

Italian Chicken and Rocket Salad

with Balsamic Dressing

Delicious Italian flavours!

hellochef

626 calories | 58 protein | 43 carbs | 27 fat

Low Carb

cook: 20 min

R2606-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2620 / 626
Fats (g)	27.1
of which saturated (g)	9.4
Carbohydrates (g)	43
of which sugars (g)	24.8
Fibers (g)	9.6
Proteins (g)	57.8
Salt (g)	1.8

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Salad	
Chicken breast	600 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Shallots	2 Piece
Sun dried tomatoes	120 Grams
Cherry tomatoes	300 Grams
Mozzarella ball 4*	250 Grams
Fresh mint	20 Grams
Almond flakes 1*,2*	60 Grams
Rocket	160 Grams
Kalamata olives	80 Grams
Chilli flakes	2 Grams

Dressing	
Garlic cloves	2 Piece
Olive oil	4 Tbsp
Wholegrain mustard 13*	30 Grams
Balsamic vinegar 14*	30 ML
Honey	30 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *4 Milk, *1 Peanuts, *2 Tree Nuts, *13 Mustard, *14 Sulphur Dioxide

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1. Fry chicken

Heat a non-stick pan over a medium-high heat with a drizzle of **olive oil**. Once hot, add the **chicken breasts** with a pinch of **salt** and cook for 5-7 min on either side until golden and cooked through. Slice the cooked **chicken** thinly.



2. Prep

Meanwhile, peel and mince the **garlic**. Peel and finely slice the **shallots** (see pro tip). Roughly chop the **sun-dried tomatoes**. Halve the **cherry tomatoes**. Drain and tear the **mozzarella** into bite-size pieces. Pick the **mint** leaves.



3. Make dressing

Add the **garlic** (don't like raw **garlic**? Go easy!), **shallots**, **olive oil**, **mustard**, **balsamic vinegar**, **honey**, **salt** and **black pepper** to a jar or bowl. Whisk or shake until fully combined - this is your **dressing**.

Tip! Make the dressing a few hours ahead, this will lessen the shallots' harsh flavour.



4. Toast almonds

Toast the **almond flakes** in a hot, dry pan for 2 min or until starting to brown. Set aside.



5. Toss

Place the **rocket**, **Kalamata olives**, **cherry tomatoes**, **sun dried tomatoes** and **mint** leaves in a large bowl and drizzle with the **dressing**. Toss.



6. Serve

Arrange the **salad** among plates, top with the sliced **chicken breast**, dot with the torn **mozzarella** and garnish with the **almond** and **chilli flakes** (spicy!).

Fried Seabream and Roasted Vegetables

with Curry Rice

A veggie-packed take on Kedgeree!

hello chef

710 calories | 60 protein | 107 carbs | 12 fat

Family Friendly

cook: 30 min

R2111-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2968 / 710
Fats (g)	11.5
of which saturated (g)	3.8
Carbohydrates (g)	107
of which sugars (g)	15.2
Fibers (g)	14.8
Proteins (g)	60.3
Salt (g)	3.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fish	
Seabream 6*	660 Grams
Olive oil	2 Tbsp
Salt	2 Tsp
Black pepper	1 Tsp
Veggies	
Eggplant	2 Pieces
Small zucchini	4 Pieces
Carrot	2 Pieces
Olive oil	2 Tbsp
Rice	
Red onion	2 Pieces
Garlic cloves	5 Pieces
Olive oil	4 Tbsp
Curry powder	10 Grams
Basmati rice	300 Grams
Water	600 ML
Chicken stock cube 4*,5*,9*,15*	2 Pieces
Salt	0.5 Tsp
Green peas	200 Grams
To serve	
Organic Eggs 5*	4 Pieces
Lime	2 Pieces
Fresh coriander	15 Grams

Allergens: *6 Fish, *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Roast veggies

Preheat the oven to 225°C. Cut **eggplant** to **cubes**. Cut **zucchini** to chunks. Peel and cut **carrots** to coins. In a bowl, coat the veggies with **olive oil**. Pour on an oven tin lined with baking paper. Roast for about 25 minutes until nicely browned.



2. Prepare rice

Meanwhile, peel and mince **onion** and **garlic**. Heat **oil** in a large pan over medium-high heat. Fry **onion** for 5 minutes. Add **garlic**, **curry powder**, and **rice**. Cook, stirring, for 2–3 minutes. Add **water** and **stock cube**. Bring to a boil, stir once, cover, and reduce the heat to low. Simmer for 18 minutes. Remove from heat and let stand, covered, for 5 minutes. Season with **salt** to taste. Finally fold in the **green peas**.



3. Boil eggs

While the **rice** is cooking, boil **eggs** for about 7 minutes. Submerge in cold **water**, then peel and halve.



4. Fry fish

Heat **oil** in a pan over high heat. Fry the fish fillets until cooked through but still juicy (do not overcook). Season with **salt** and **pepper**.



5. Combine

Mix the roasted vegetables in the **rice**, or serve them on top of the **rice**. Divide to plates and top with fried fish and halved **eggs**. Finish with **lime** wedges and chopped **fresh coriander**.

Moqueca: Brazilian Coconut Fish Stew

with Garlic Jasmine Rice

Fillets of sea bream gently poached in a creamy stew with coconut milk, red bell peppers, tomatoes, lime and cilantro. It's simple yet delicious.

hello chef

731 calories | 52 protein | 94 carbs | 22 fat

Global Eats

cook: 30 min

R4062-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3057 / 731
Fats (g)	22.4
of which saturated (g)	11.6
Carbohydrates (g)	94
of which sugars (g)	10.1
Fibers (g)	10
Proteins (g)	52.3
Salt (g)	1.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fish Stew	
Seabream 6*	660 Grams
Lime	2 Piece
Red onion	2 Piece
Red pepper	2 Piece
Tomatoes	2 Piece
Small red chilli	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Tomato paste	70 Grams
Cumin powder	4 Grams
Paprika powder	4 Grams
Coconut milk	400 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Water	150 ML
Fresh coriander	15 Grams

Garlic Rice	
Garlic cloves	4 Piece
Jasmine rice	300 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Water	600 ML

Allergens: *6 Fish, *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Fillet and marinate fish

Pat the **fish** dry with kitchen paper, and place on a board, skin-side down. Hold the tail end down with a fork, angle the knife blade down, and slice the flesh away from you. Discard the skin. Cut the **fish** into bite-sized pieces and place on a plate. Using a box grater or zester, grate the **lime** zest over the **fish**, taking care to avoid its bitter white pith. Cut the **lime** in half and squeeze half the juice over. Keep the **fish** chilled until step 5.

Tip! Using a long, sharp, and flexible knife makes filleting fish much easier.



2. Prep

Meanwhile, peel and finely chop the **red onion**. Deseed and slice the **red pepper** into strips. Slice the **tomatoes** into wedges. Peel and finely slice the **garlic**. Thinly slice the **red chilli**.

Tip! Sensitive to spice? Deseed the red chilli and use only a small amount.



3. Make garlic rice

Rinse and drain the **rice**. Heat a pot with a lid over a medium heat with a drizzle of **oil**. Once hot, add the **garlic** and cook for 1 min until fragrant and golden. Add the **rice**, a pinch of **salt** and the **measured water** and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pot from the heat and keep covered until serving.

Tip! Keep a close watch on the garlic as it could easily burn!



4. Make stew

Meanwhile, bring a pot over a medium-high heat with a drizzle of **oil**. Once hot, add the **onions**, **red peppers**, **red chilli** (spicy!), and a pinch of **salt**. Fry for 3-5 min until softened. Add the **tomatoes**, **tomato paste**, **cumin**, **paprika**, and cook for 2-3 min further. Add the **coconut milk**, **chicken stock cube**, and **measured water**. Reduce the heat to medium and simmer for 5 min further until thickened.



5. Add fish

Meanwhile, pick and finely chop the **coriander** leaves. Add the marinated **fish** to the **stew** and gently simmer for 3-4 min or until it is cooked through. Add in the **coriander** leaves and another squeeze of **lime** juice. Stir, and turn off the heat.



6. Serve

Serve the **coconut fish stew** alongside the **garlic rice**. Garnish with any remaining **coriander** and **lime**.

Sweet Potato, Quinoa and Black Bean Bowl

with Herby Tahini

There is nothing like digging into a hearty bowl with many delicious surprises! In this recipe the herby green tahini dressing brings all the components together.

hello chef

792 calories | 27 protein | 124 carbs | 23 fat

cook: 35 min

R4063-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2866 / 792
Fats (g)	23.1
of which saturated (g)	0.9
Carbohydrates (g)	124
of which sugars (g)	24
Fibers (g)	19.3
Proteins (g)	26.8
Salt (g)	1.1

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What You'll Need

Oven | Blender

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Roast	
Sweet potatoes	800 Grams
Red pepper	2 Piece
Black beans	480 Grams
Olive oil	3 Tbsp
Salt	1 Tsp

Quinoa	
White quinoa	200 Grams
Water	450 ML
Vegetable stock cube [15]*	1 Piece

Dressing	
Garlic cloves	2 Piece
Spring onion	80 Grams
Fresh parsley	30 Grams
Lemon	2 Piece
Tahini [3]*	80 Grams
Water	100 ML
Olive oil	4 Tbsp
Maple syrup	40 ML
Salt	1 Tsp

For bowls	
Baby gem lettuce	4 Piece
Walnuts [2]*	60 Grams

Allergens: *15 Celery, *3 Sesame Seeds, *2 Tree Nuts

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1. Roast

Preheat the oven to 200°C/180°C fan. Peel and chop the **sweet potatoes** into bite-sized pieces. Deseed and chop the **pepper** into large chunks. Add the **sweet potatoes** and **peppers** to a lined baking tray. Drizzle with **oil** and season with a generous pinch of **salt**. Roast for 25 min or until all the ingredients are nicely roasted.

Tip! If you are cooking for 3 or 4, you might wish to use two trays.



2. Boil quinoa

Meanwhile, add the **quinoa** to a bowl, cover with warm water and rinse. Drain in a fine sieve. Add the **measured water** to a pot and bring it to a boil. Add the **quinoa** and 1 **stock cube**. Reduce the heat, cover and simmer for 15 min or the **quinoa** is tender. Drain any excess liquid. Drain and rinse the **black beans**. Once the **quinoa** is cooked, stir through the **black beans**. Keep covered until ready to serve.

Tip! Rinsing quinoa with warm water before cooking increases its flavour by removing the bitter taste.



3. Prep dressing

Meanwhile, peel and roughly chop the **garlic**. Roughly chop the **spring onion** and the **parsley**. Slice the **lemon** into wedges.

Tip! You might wish to store your lemons at room temperature, rather than in the fridge - that way they are much juicier.



4. Blend dressing

Add the **garlic**, **spring onion**, **parsley**, **tahini**, **measured water**, **olive oil**, the juice of 3/4 of the **lemons**, half of the **maple syrup**, and a pinch of **salt** to a blender or a food processor. Blend into a smooth **dressing**. Adjust the taste to your liking, with more **lemon juice**, **maple syrup** and/or **salt**.



5. Prep toppings

Trim and chop the **baby gem lettuce** into strips. Roughly chop the **walnuts**.



6. Serve

Serve the **quinoa** and **black beans** topped with the roasted **sweet potatoes** and **peppers**. Add the **baby gem lettuce** and drizzle generously with the **herby tahini dressing**. Garnish with the chopped **walnuts** and any remaining **lemon wedges**.

Thai Panang Prawn Curry

with Jasmine Rice

Enjoy one of Thailand's most popular curries. This one's a bit milder and slightly sweeter than a traditional Thai red curry.

639 calories | 35 protein | 89 carbs | 20 fat

Speedy | Family Friendly | Quick Prep

prep: 5 min | cook: 25 min | R4470-4

Nutritional information

	per serving*
Energy (kJ/kcal)	2674 / 639
Fats (g)	20
of which saturated (g)	10.9
Carbohydrates (g)	89
of which sugars (g)	11.1
Fibers (g)	6.5
Proteins (g)	34.8
Salt (g)	2.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

For curry	
Prawns 7*	700 Grams
Red pepper	1 Piece
Lemongrass paste	20 Grams
Vegetable oil	4 Tbsp
Ginger garlic paste	20 Grams
Panang curry paste 7*	60 Grams
Fish sauce 6*,10*	20 ML
Coconut milk	400 ML
Water	200 ML
White sugar	20 Grams
Lime leaves	3 Piece
Lime	2 Piece

To serve	
Jasmine rice	300 Grams
Water	600 ML
Thai basil	15 Grams
Salt	1 Tsp

Allergens: *7 Crustaceans, *6 Fish, *10 Wheat

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1. Prep vegetables

Chop the chicken. Peel and chop the shallots. Deseed and finely slice the **pepper**. Finely slice 10 cm of the **lemongrass**. Keep the rest whole.



2. Boil rice

Rinse the **jasmine rice**. Add the **rice**, **measured water** and a pinch of **salt** to a pan with a lid and bring to a boil. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pan from heat and keep covered until serving.



3. Start curry

Heat a pan over a medium heat with a drizzle of **vegetable oil**. Once hot, add the shallots with a pinch of **salt** and cook for 3 min. Add the **ginger garlic paste**, sliced **lemongrass** and **Panang curry paste**. Cook for 2 min further.



4. Add

Add the chicken, **peppers** and chilli flakes **(spicy!)**. Cook for 2 min. The chicken doesn't need to be cooked through at this point.



5. Simmer

Add the peanut butter, tamarind **paste**, **coconut milk**, **measured water**, **coconut sugar**, **lime leaves** and the big piece of **lemongrass**. Simmer (don't boil) over a low heat for 10 min.



6. Serve

Slice the **lime** into wedges. Add the **fish sauce** and a squeeze of **lime** juice to the **curry**. Remove the **lemongrass** piece and the **lime leaves**. Serve the **curry** over the **jasmine rice**. Garnish with any remaining **lime** wedges and the **Thai basil leaves**.

Smoky Halloumi and Tomato Stew
with Almonds

What we love most about this stew? It only requires one pan!

hellochef

716 calories | 35 protein | 50 carbs | 42 fat

Low Carb

cook: 40 min

R2928-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2984 / 716
Fats (g)	42.4
of which saturated (g)	24.4
Carbohydrates (g)	50
of which sugars (g)	21.6
Fibers (g)	15.6
Proteins (g)	34.8
Salt (g)	37.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stew	
Red onion	2 Piece
Garlic cloves	4 Piece
Celery	2 Piece
Red pepper	2 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Smoked paprika powder	4 Grams
Red vinegar	30 ML
Honey	30 Grams
Vegetable stock cube 15*	1 Piece
Water	600 ML
Tomato passata	400 Grams
Whole almonds 1*,2*	80 Grams
Halloumi 4*	400 Grams
Butter beans	480 Grams
Red pesto 2*,4*,5*	100 Grams
Fresh parsley	15 Grams

Allergens: *15 Celery, *1 Peanuts, *2 Tree Nuts, *4 Milk, *5 Eggs

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1. Prep

- Peel and finely chop the **onion** and **garlic**.
- Finely chop the **celery**.
- Deseed and roughly chop the **peppers**.



2. Fry

- Heat a large pan with a very generous drizzle of **olive oil** over a medium heat.
- Add the **onion**, **peppers** and **celery** with a generous pinch of **salt**.
- Cook for 6 min until softened.
- Once soft, add the **smoked paprika** and **garlic**.
- Cook for 1 min further.



3. Simmer

- Add the **vinegar**, **honey**, 1 **vegetable stock cube**, **measured water** and **tomato passata**.
- Simmer for 20 min.



4. Prep

- Meanwhile, roughly chop the **almonds**.
- Cube the **halloumi**.
- Drain and rinse the **butter beans**.



5. Finish stew

- After 20 min, add the **pesto**, **halloumi** and **butter beans** to the stew.
- Simmer for 5 min further.
- Season to taste with **salt** and **pepper**.



6. Serve

- Serve the **Smoky Halloumi and Tomato Stew**.
- Garnish with the chopped **Almonds** and **fresh parsley** leaves.

Tip! Serve immediately, while the halloumi is hot. This way it will be nice and oozy!

Iraqi Spiced Steak Strip and Carrot Rice

with Cucumber Tomato Salad and Yogurt

Known as Timman Jizar across Baghdadi home kitchens, this hearty one-pot rice pilaf exudes warming spices such as cardamom, cinnamon, and dried tangy lime.

hello chef

725 calories | 56 protein | 91 carbs | 14 fat

Global Eats

cook: 45 min

R4144-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3033 / 725
Fats (g)	14.3
of which saturated (g)	6
Carbohydrates (g)	91
of which sugars (g)	15.1
Fibers (g)	7.8
Proteins (g)	55.9
Salt (g)	3.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Carrot Rice	
Steak strips	700 Grams
Lime	2 Piece
Red onion	2 Piece
Carrot	2 Piece
Dried lemon	2 Piece
Salt	0.5 Tsp
Black pepper	1 Tsp
Vegetable oil	2 Tbsp
Turmeric powder	4 Grams
Curry powder	4 Grams
Cinnamon powder	4 Grams
Arabic mix masala	4 Grams
Cardamom powder	4 Grams
Long grain rice	300 Grams
Chicken stock cube 4*,5*,9*,15*	1 Piece
Saffron Splash	30 ML
Water	600 ML

Salad	
Fresh mint	10 Grams
Cucumber	2 Piece
Tomatoes	2 Piece
Salt	0.5 Tsp

To serve	
Almond slivers 2*	40 Grams
Natural yogurt 4*	340 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *2 Tree Nuts

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1. Prep and marinate

- Slice the **lime** in half.
- Pat the **steak strips** dry with a paper towel. Chop them into smaller bite-sized pieces.
- Add them to the bowl with a pinch of **salt**, **pepper**, and a squeeze of **lime** juice (reserve the rest for the salad). Marinate for 15 min.
- Peel and finely chop the **onions**. Peel and chop the **carrots** into small bite-sized pieces.
- Lightly bruise and split the **cardamom** pods with the back of a knife.

Tip! Marinating the steak in lime will help tenderize the meat by breaking down the protein fibers before frying.



4. Add rice

- Wash and drain the **rice**.
- Add the **rice** and fry for 1 min stirring to coat the grains in the **oil** and **spices**.
- Crumble in the 1 **chicken stock cube**.
- Add the **measured water**, **saffron splash**, and stir well.
- Bring to a boil, then reduce the heat to medium-low and cover.
- Cook for 12-15 min or until the water is absorbed and the **rice** is fully cooked through, and the **steak** has softened.
- Remove the pot from the heat. Keep covered until serving.



2. Prep dried lemon

- Rinse the **dried lemon**.
- With one hand, hold tightly and using a fork, gently pierce holes through the hard shell several times all the way around.

Tip! Piercing the dried lemons will help them soften and infuse their flavour better while braising in stews or steaming in rice.



5. Make salad

- Meanwhile, pick and finely chop the **mint** leaves.
- Chop the **cucumber** into small bite-sized pieces.
- Chop the **tomatoes** into small bite-sized pieces.
- In a bowl, combine the **cucumber**, **tomatoes**, **mint**, and a squeeze of the remaining **lime**, with a pinch of **salt**.



3. Fry steak

- Heat a large non-stick pot over high heat.
- Once really hot, add a drizzle of **oil**, the **steak strips**.
- Fry for 4-5 min until browned.
- Once the juices evaporate, add the **onions**.
- Fry for 2-3 min further.
- Add the **carrots**, **turmeric**, **curry powder**, **cinnamon**, **Arabic masala**, **cardamom powder**, and whole **dried lemon**.
- Fry for 2-3 min further until fragrant.



6. Serve

- In a small frying pan, dry toast the **almonds**.
- Serve the **Iraqi Spiced Steak Strip and Carrot Rice** with **Cucumber Tomato Salad** and **Yogurt** alongside.
- Top with **almond slivers**.

Baked Greek Pollock

and Sun Dried Tomato Bulgur Wheat and Sumac Yogurt

Light, Bright and packed with goodness!

hellochef

612 calories | 54 protein | 80 carbs | 11 fat

Family Friendly | Tips for Kids | Calorie Smart

cook: 40 min

R4260-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2562 / 612
Fats (g)	11.3
of which saturated (g)	2.8
Carbohydrates (g)	80
of which sugars (g)	17.2
Fibers (g)	20.4
Proteins (g)	54.1
Salt (g)	2.7

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

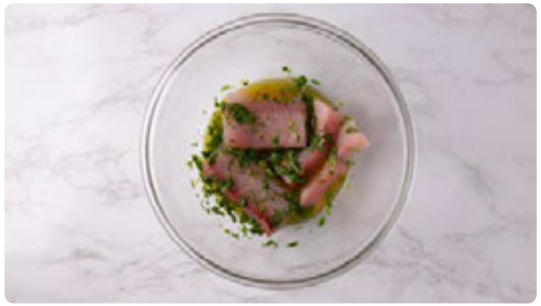
Bake	
Alaskan pollock loin 6*	700 Grams
Lemon	2 Piece
Fresh parsley	15 Grams
Lemon pepper seasoning 13*,15*	4 Grams
Olive oil	2 Tbsp
Yellow pepper	2 Piece
Cherry tomatoes	300 Grams
Tenderstem broccoli	300 Grams
Kalamata olives	60 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Dried oregano	4 Grams

Bulgur wheat	
Water	500 ML
Vegetable stock cube 15*	1 Piece
Bulgur wheat 10*,11*	240 Grams
Sun dried tomatoes	60 Grams
Fresh basil	30 Grams

Sumac yogurt	
Garlic cloves	2 Piece
Natural yogurt 4*	340 Grams
Sumac	4 Grams

Allergens: *6 Fish, *13 Mustard, *15 Celery, *10 Wheat, *11 Gluten, *4 Milk

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1. Marinate fish

Zest the **lemon** and cut it into wedges (save the juice for squeezing over at the end). Pick and finely chop the **parsley**. Cut the **Alaskan pollock** into smaller portions. To a large bowl, add the **lemon zest**, **parsley**, **lemon pepper seasoning** and a drizzle of **olive oil**. Mix well and add the **pollock**, coat the **fish** in the **marinade** and set aside.

Tip! If cooking for kids, leave some of the fish plain.



2. Cook bulgur wheat

Heat a pot with a lid over a medium high heat and boil the **measured water** with the **stock cube** 1. Add the **bulgur wheat**, bring the heat to low and cover. Simmer for 15-20 min, until all of the **water** is absorbed and the **bulgur wheat** is tender. Once cooked, take off the heat and keep covered until serving.

Tip! If cooking for kids, reserve some plain bulgur wheat before adding ingredients in step 6.



3. Prep

Meanwhile, preheat the oven to 200°C/180°C fan. Deseed and chop the **pepper** into small bite-sized pieces. Chop the **cherry tomatoes** in half. Chop the **tenderstem broccoli** in half. Chop the **olives** in half.

Tip! If cooking for kids, leave some of the tomatoes and peppers raw for serving.



4. Bake

To a lined baking tray, add the **pepper** and **tomatoes**. Drizzle with **olive oil** and sprinkle with the **salt**, **pepper** and **oregano**. Bake for 15 min. After 15 min, add the **pollock**, **broccoli** and **olives**. Return the tray to the oven and bake for a further 10-12 min.



5. Make sumac yogurt

Meanwhile, peel and finely chop the **garlic**. In a bowl, combine the **yogurt**, **garlic** and **sumac**. Mix well and set aside.

Tip! If cooking for kids, leave some of the yogurt plain.



6. Serve

Roughly chop the **sun dried tomatoes**. Pick and chop the **basil** leaves. Add the **tomatoes** and **basil** to the **bulgur wheat** and mix well. Divide the **pollock** and **vegetables** amongst plates, squeeze over the **lemon** juice to taste. Spoon on some of the **bulgur wheat** and serve with the **sumac yogurt** on the side.

Tip! If cooking for kids, serve the plain mahi mahi and bulgur wheat with the raw tomatoes, peppers and yogurt on the side.

Chicken Pad Thai

with Snow Peas and Roasted Peanuts

Pad Thai is a popular street food made with tamarind, which has a unique sweet and tangy flavour.

hellofresh

671 calories | 66 protein | 46 carbs | 26 fat

Global Eats

cook: 30 min

R3385-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2805 / 671
Fats (g)	25.7
of which saturated (g)	5.1
Carbohydrates (g)	46
of which sugars (g)	16.1
Fibers (g)	7.8
Proteins (g)	65.9
Salt (g)	8.4

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pad thai sauce

Chilli flakes	4 Grams
Soy sauce 9*,10*,11*	40 ML
Sweet soy sauce 9*,10*,11*,14*	30 ML
Tamarind paste	30 Grams
Sesame oil 3*,9*	30 ML
Fish sauce 6*,10*	20 ML
Brown sugar	10 Grams
Lime	2 Piece

Stir-fry

Chicken breast	600 Grams
Snow peas	200 Grams
Garlic cloves	4 Piece
Bean sprouts	100 Grams
Carrot	2 Piece
Salted peanuts 1*	80 Grams
Organic Eggs 5*	4 Piece
Rice noodles	200 Grams
Vegetable oil	2 Tbsp
Fresh coriander	15 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *3 Sesame Seeds, *6 Fish, *1 Peanuts, *5 Eggs

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1. Prep

- Slice the **chicken breast** into thin strips.
- Trim and slice the **snow peas**.
- Peel and mince the **garlic**.
- Rinse the **bean sprouts**.
- Peel and grate the **carrot**.
- Chop the **peanuts**.
- Boil water in a kettle.



2. Prep sauce

- In a bowl, combine a pinch of **chilli flakes (spicy!)**, the **soy sauce**, **sweet soy sauce**, **tamarind paste**, **sesame oil**, **fish sauce**, **brown sugar** and the juice of half of the **limes**.
- Slice the remaining **limes** into wedges.
- Add the **eggs** to a second bowl. Beat them lightly.
- Add the **rice noodles** to a third, larger bowl. Cover them with boiling water.
- Leave to soak for 5 min.

Tip! Cooking for little ones? Go easy on the lime!



3. Start stir-fry

- Meanwhile, heat a large pan or wok over a high heat with a drizzle of **vegetable oil**.
- Add the **chicken**.
- Stir-fry for 2 min.
- Add the **carrot**, **snow peas** and **garlic**.
- Stir-fry for 2 min further.

Tip! Cooking for 4? Use 2 pans!



4. Stir-fry

- Add the **eggs**.
- Stir-fry for 1-2 min, scrambling with a spatula as you go.



5. Add

- Drain the **noodles**. Add them to the stir-fry along with the **bean sprouts**.
- Stir-fry for a final 2 min.
- Remove the pan from the heat.
- Add the **sauce**.
- Toss until coated.



6. Serve

- Serve the **Chicken Pad Thai** with **Snow Peas** and **Roasted Peanuts**.
- Sprinkle with the **peanuts** and remaining **chilli flakes (spicy!)**.
- Garnish with the remaining **lime** wedges and **coriander** leaves.

Vegan Greek Lentil Moussaka with Eggplant and Potatoes

with Béchamel Sauce

Savor the taste of Greece with this classic Moussaka. Layers of eggplant, potatoes, spiced meat, and creamy béchamel sauce create a truly comforting dish.

hellofresh

849 calories | 30 protein | 65 carbs | 46 fat

cook: 60 min

R4841-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3558 / 849
Fats (g)	46
of which saturated (g)	26.5
Carbohydrates (g)	65
of which sugars (g)	17.5
Fibers (g)	24.3
Proteins (g)	30.4
Salt (g)	2.7

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What You'll Need

Oven | Whisk

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Lentil sauce	
Canned lentils	265 Grams
Potatoes	900 Grams
Long Eggplant	375 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp
Red onion	2 Piece
Garlic cloves	4 Piece
Fresh parsley	30 Grams
Tomato paste	140 Grams
Vegetable stock cube 15*	1 Piece
Dried oregano	4 Grams
Cinnamon powder	4 Grams
Allspice powder	4 Grams
Water	400 ML

Bechamel	
Nutritional yeast	16 Grams
Salted vegan butter	30 Grams
Plain flour 10*,11*	30 Grams
Plant based cream	200 ML
Nutmeg	2 Grams
Salt	0.5 Tsp
Black pepper	0.25 Tsp
Vegan mozzarella	100 Grams

Allergens: *15 Celery, *10 Wheat, *11 Gluten

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1. Roast vegetables

Preheat the oven to 220°C/200°C fan. Slice the **potatoes** and **eggplant** into approx 0.25cm thick long vertical slabs. Place the **potatoes** at the bottom of a baking tray. Add the **eggplant** on top. Drizzle with **olive oil** and season with **salt** and **pepper**. Roast for 25 min until the **potatoes** are fork tender and halfway cooked through.

> **Tip!** Roasting the vegetables cuts back on calories compared to frying, and it's just as delicious!



2. Prep

Meanwhile, peel and finely chop the **onion** and **garlic**. Pick and finely chop the **parsley**.



3. Cook lentils

Heat a large pan over a medium heat with a drizzle of **olive oil**. Add the **onion** and fry for 3-5 min until softened. Add the **garlic** and **lentils** and fry for 5 min until browned. Add the **tomato paste** and fry for 1-2 min further. Add the **stock cube**, **oregano**, **cinnamon**, **allspice**, **measured water**, and **black pepper**. Mix, cover and simmer for 5 min until thickened. Turn off the heat and stir in the **parsley**.



4. Make bechamel

Heat a saucepan over medium heat. Add the **butter** and **flour** and cook, stirring continuously, for 1 min or until a sandy **paste** has formed. Gradually whisk in the **cream** and cook for 3-5 min until the sauce thickens. Remove the pan from the heat and allow the sauce to cool for 2 mins. Once cooled, whisk in the **nutritional yeast**, **nutmeg**, a pinch of **salt** and **pepper**.



5. Bake

To a medium ovenproof dish, add half of the lamb sauce. Cover with a layer of **potatoes**, then the **eggplants**. Add the rest of the lamb, and top with the **bechamel sauce**. Bake for 20-25 min until golden brown on top. Set aside to cool for 5-10 min before slicing.



6. Serve

Divide the **Greek Lamb Moussaka** amongst plates. Enjoy!

Mediterranean Veggie Frittata

with Feta and Dill

Perfect for a weekend breakfast or brunch, this vegetarian frittata is packed with hidden veggies and is full of flavour.

279 calories | 16 protein | 14 carbs | 18 fat

cook: 45 min

R4528-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1164 / 279
Fats (g)	18.1
of which saturated (g)	4.1
Carbohydrates (g)	14
of which sugars (g)	3.3
Fibers (g)	2.5
Proteins (g)	15.8
Salt (g)	1.5

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What You'll Need

- Oven
- Box grater

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 6 servings

Frittata	
Potatoes	300 Grams
Vegetable oil	2 Tbsp
Small zucchini	1 Piece
Red onion	1 Piece
Fresh dill	15 Grams
Cherry tomatoes	150 Grams
Organic Eggs 5*	8 Piece
Whipping cream 4*	150 ML
Paprika powder	4 Grams
Vegetable seasoning 2*,10*,11*,13*	5 Grams
Plain flour 10*,11*	20 Grams
Feta cheese 4*	75 Grams

Allergens: *5 Eggs, *4 Milk, *2 Tree Nuts, *10 Wheat, *11 Gluten, *13 Mustard

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1. Cook potatoes

- Preheat the oven to 200°C/180°C fan.
- Grease a large oven-safe non-stick pan, or a 23cm baking pan.
- Peel and slice the **potatoes** into thin rounds.
- Add the **potatoes** to the pan with a drizzle of **oil**, and roast for 12-15 min until lightly golden, and halfway cooked through.
- Remove the pan from the oven and set aside.

Tip! You can also either air-fry the potatoes until softened, or boil in water for less added oil in your diet.



2. Prep

- Meanwhile, grate the **zucchini** and **onion** into a bowl.
- Using your hands, and over a sink, squeeze out as much water as possible from the **zucchini** and **onion** mixture.



3. Prep

- Slice the **cherry tomatoes** in half.
- Chop the **fresh dill**.



4. Combine

- In another bowl, whisk the **eggs**, **dill**, **whipping cream**, **paprika**, **seasoning**, and **flour**.
- Add the grated **zucchini** and **onion**, and mix to combine.



5. Bake

- Carefully pour the **egg mixture** over the **potatoes**.
- Scatter the **cherry tomatoes**, and add dollops of **feta cheese** all over.
- Return the pan back to the oven and bake for 30-35 min until the **frittata** is set.
- Cool in the pan for 5 min.

Tip! The frittata is done when the center is no longer jiggly or wet. Check with a knife.



6. Serve

- Slice the **Mediterranean Veggie Frittata** into wedges and enjoy.

Turkish-inspired Eggs

with Lemon Yogurt and Sumac Butter

Tantalizing blend of spices paired with a tangy yogurt and fresh herbs. Breakfast just got a delicious upgrade!

hello chef

1256 calories | 45 protein | 112 carbs | 72 fat

cook: 25 min

R4415-4



Nutritional information

	per serving*
Energy (kJ/kcal)	5234 / 1256
Fats (g)	71.7
of which saturated (g)	30.4
Carbohydrates (g)	112
of which sugars (g)	11.1
Fibers (g)	19.5
Proteins (g)	44.7
Salt (g)	3

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What You'll Need

- Whisk

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 2 servings

Eggs	
Organic Eggs **5***	4 Piece
Garlic cloves	1 Piece
White vinegar	90 ML
Butter **4***	75 Grams
Smoked paprika powder	2 Grams
Sumac	4 Grams
Chilli flakes	2 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp

Yogurt	
Lemon	1 Piece
Greek yogurt **4***	150 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp

To serve	
Cucumber	1 Piece
Cherry tomatoes	150 Grams
Fresh parsley	15 Grams
Pitta bread **4*,5*,9*,10*,11***	3 Piece
Avocado	1 Piece
Zaatar	5 Grams

Allergens: *5 Eggs, *4 Milk, *9 Soya, *10 Wheat, *11 Gluten

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1. Prep

- Bring a small pot of lightly salted water to the boil.
- Slice the **cucumber** into 1cm thick slices.
- Halve the **cherry tomatoes**.
- Pick and finely chop the **parsley** leaves.
- Peel and mince the **garlic**.

Tip! Preheat your oven to 200°C/180°C fan if you don't want to use the microwave for the pitta bread.



2. Make lemon yogurt

- Slice the **lemon** into wedges.
- In a large bowl, whisk together the **yogurt** with a squeeze of **lemon** juice to taste (reserve any remaining wedges to use in step 5).
- Season with **salt** and **pepper** to taste, and set aside.

Tip! Feeling fancy? Zest the lemon before slicing and add the zest to the yogurt for extra freshness.



3. Make sumac butter

- Place a separate small pot over a medium heat.
- Add the **garlic**, **butter**, **smoked paprika** and **sumac** with a pinch of **chilli flakes (spicy!)**.
- Once the **butter** has melted, let it simmer on medium-low for 4-5 min and then remove from the heat.

Tip! Sensitive to spice? Go easy on the chilli flakes.



4. Poach eggs

- Meanwhile, once the water is boiling, reduce to a medium heat.
- Add the **vinegar** and swirl.
- Gently crack the **eggs** one at a time directly into the water (or crack into a small bowl or cup first).
- Poach the **eggs** for 3 min for a soft centre (4-5 min for medium and 5-6 min for hard) or until your liking.
- Drain on paper towel.

Tip! Vinegar in the water helps the eggs retain their poached shape. Occasionally swirl the water to avoid sticking. Careful not to overcrowd the pot.



5. Finish

- Meanwhile, microwave the **pitta bread** for 30 sec or until warmed through.
- Cut the **avocado** in half and remove its stone.
- Scoop the **avocado** out of its skin using a spoon and chop it into chunks.
- In a small bowl, add the **parsley** (reserve some for garnish), the **avocado** with a squeeze of the **lemon** juice.

Tip! For a crispier bread, bake in the preheated oven for 3-5 min.



6. Serve

- Divide the **lemon yogurt** among bowls, top with the **poached eggs**, **avocado** and generously drizzle over with the **sumac butter**.
- Garnish with the remaining **parsley** and finish off with a sprinkle of **zaatar**.
- Serve the **pitta bread**, **cucumbers** and **cherry tomatoes** alongside.

Tip! Don't be shy with the butter - this where all the balance and flavour of the dish comes from. The bread then comes in and soaks up all the deliciousness.

Pizza Parmigiana

with Olives and Fresh Basil

Inspired by the Italian eggplant bake, this pizza is topped with tender roasted eggplant, rich tomato sauce and plenty of cheese.

hellochef

1012 calories | 35 protein | 157 carbs | 28 fat

Family Friendly

cook: 45 min

R3652-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4232 / 1012
Fats (g)	27.9
of which saturated (g)	7.5
Carbohydrates (g)	157
of which sugars (g)	16.3
Fibers (g)	8.6
Proteins (g)	35.3
Salt (g)	2.2

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What You'll Need

Oven | Rolling pin

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Base	
Semolina 10*,11*	60 Grams
Plain flour 10*,11*	20 Grams
Pizza dough ball 10*,11*	4 Piece

Sauce	
Tomato passata	400 Grams
Olive oil	2 Tbsp
Garlic paste	20 Grams
Dried oregano	4 Grams
Agave syrup	20 Grams
Salt	1 Tsp

Toppings	
Eggplant	2 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Grated mozzarella 4*	200 Grams
Kalamata olives	60 Grams
Fresh basil	15 Grams

Allergens: *10 Wheat, *11 Gluten, *4 Milk

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1. Roast eggplants

- Preheat the oven to 220°C/200°C fan.
- Preheat your baking trays.
- Slice the **eggplants** in half lengthways, then finely slice them.
- Place the **eggplants** on a baking tray.
- Drizzle generously with **olive oil** and season with **salt**.
- Bake for 15 min until softened.

Tip! Remove the pizza dough from the fridge at least 10 min before cooking. Allowing the dough to come to room temp makes it easier to roll out.



4. Bake

- Top the **pizza base** with the **mozzarella**, roasted **eggplants** and **olives**.
- Brush the crust with **olive oil**.
- Bake for 20 min or until the crust begins to crisp and brown.
- Once baked, garnish the **pizza** with the **fresh basil** leaves.
- Serve the **Pizza Parmigiana with Olives and Fresh Basil**.



2. Make sauce

- Meanwhile, in a bowl, combine the **tomato passata**, **olive oil**, **garlic paste**, **oregano**, **agave** and **salt**.
- Set aside.



3. Roll pizza

- Sprinkle half of the **semolina** onto a clean surface.
- Sprinkle the **flour** onto a rolling pin and roll out the **dough balls**.
- Allow them to rest for 3 min.
- After 3 min, continue to roll out the **dough** until roughly the size of a dinner plate.
- Sprinkle the remaining **semolina** onto the pre-heated baking trays.
- Carefully transfer the rolled out **dough** onto the trays.
- Spoon over the **tomato sauce**.

Carla: Italian Wedding Gnocchi

with Beef Meatballs

Italian Wedding soup is very popular in the United States. However, it has its origin in the Italian dish minestra maritata. Enjoy making an inspired version with gnocchi instead!

hellochef

1300 calories | 49 protein | 107 carbs | 74 fat

Family Friendly

cook: 45 min

R4077-4



Nutritional information

	per serving*
Energy (kJ/kcal)	5457 / 1300
Fats (g)	73.9
of which saturated (g)	32.3
Carbohydrates (g)	107
of which sugars (g)	10.8
Fibers (g)	10.1
Proteins (g)	49.2
Salt (g)	3.3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meatballs	
Beef mince	700 Grams
Olive oil	2 Tbsp
Fresh parsley	15 Grams
Garlic cloves	3 Piece
Brown onion	2 Piece
Panko bread crumbs 10*,11*,12*	60 Grams
Organic Eggs 5*	2 Piece
Salt	1 Tsp
Black pepper	1 Tsp

Vegetables	
Carrot	2 Piece
Celery	2 Piece
Baby spinach	90 Grams

Gnocchi	
Gnocchi 4*,5*,9*,10*	1000 Grams
Water	320 ML
Butter 4*	50 Grams
Parmesan 4*	60 Grams

Allergens: *10 Wheat, *11 Gluten, *12 Lupin, *5 Eggs, *4 Milk, *9 Soya

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Egg, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur dioxide and Celery.**



1. Prep vegetables

Preheat the oven to 180°C/160°C fan. Peel and finely chop the **onion** and **carrots**. Peel and finely chop the **celery** and **garlic**. Pick and roughly chop the **parsley** leaves.

Tip! It is very convenient to chop all your vegetables first. This way, you are done with the chopping board all at once.



2. Prep meatballs

Add the **beef mince**, **garlic**, **bread crumbs**, **eggs**, chopped **parsley**, half of the chopped **onions** (reserving the rest for step 5) and the **black pepper** to a large bowl. With clean hands, knead until all the ingredients are fully combined. Divide the mixture into 20 pieces and shape each piece into a meatball.

Tip! Coat your hands in oil or water before shaping the meatballs; this way the mixture won't stick to your hands. Or, use rubber gloves, if you prefer.



3. Fry meatballs

Heat a non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the meatballs and fry for 2 min or until browned. Transfer the pan to the oven and bake the meatballs for 6-7 min.

Tip! If your pan has any plastic parts, you will have to transfer the meatballs to an oven-safe recipient.



4. Boil gnocchi

Meanwhile, bring a pot of **water** to a boil, and add a drizzle of **olive oil** into the **water**. Add the **gnocchi** and boil for 3-5 min or until the **gnocchi** is cooked through. Reserve 160/320 ml of cooking **water** (see step 5), otherwise drain the **gnocchi**.



5. Cook vegetables

Transfer the meatballs to a plate, and return the pan to medium-low heat (without washing the pan). Add a drizzle of **oil**, and the **celery**, **carrot** and the remaining **onion**. Once slightly caramelised, add the reserved **gnocchi** cooking **water** (and wait until it evaporates? Or, bring to a boil?) Add the **spinach** and mix with the rest of the vegetables until cooked.

Tip! If cooking for kids, keep the vegetables on the side before going onto the next step. This way, a smaller amount can be added later while serving.



6. Add and serve

Add the cooked and drained **gnocchi** and the **meatballs** to the pan. Finally, add the **butter** and let the **gnocchi** golden up slightly.

Creamy Mushroom Carbonara

with Green Salad

Enjoy this veggie carbonara which uses mushrooms instead of pancetta!

hellochef

1049 calories | 47 protein | 127 carbs | 33 fat

Chef's choice | Family Friendly

cook: 30 min

R3111-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4337 / 1049
Fats (g)	33.2
of which saturated (g)	24.4
Carbohydrates (g)	127
of which sugars (g)	23.1
Fibers (g)	13.4
Proteins (g)	47.4
Salt (g)	2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pasta	
Garlic cloves	2 Pieces
Chestnut mushrooms	500 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Water	200 ML
Spaghetti [10*]	500 Grams
Organic Eggs [5*]	4 Pieces
Grana padano [4*,5*]	120 Grams
Black pepper	1 Tsp
Cooking cream [4*]	200 ML
Fresh parsley	15 Grams

Salad	
Rocket	160 Grams
Cherry tomatoes	300 Grams
Sun dried tomatoes	120 Grams
Olive oil	2 Tbsp
Wholegrain mustard [13*]	30 Grams
Honey	20 Grams
White balsamic vinegar [14*]	30 ML
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *10 Wheat, *5 Eggs, *4 Milk, *13 Mustard, *14 Sulphur Dioxide

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1. Brown mushrooms

Peel and mince the **garlic**. Clean the **mushrooms** and chop them into small pieces. Heat a pan over a medium-high heat with a drizzle of **oil**. Add the **mushrooms** with a pinch of **salt** and leave untouched for 5 min to brown. After 5 min, stir and cook for 2 min further. Add the **garlic** and fry for a final 1 min. Remove the pan from heat and set aside.



2. Cook pasta

Meanwhile, bring a large pot of water to the boil. Once boiling, add the **spaghetti** and cook for 8-10 min until 'al dente' or cooked to your liking. Drain and reserve a cup of **pasta water**.



3. Make sauce

Meanwhile, whisk the **eggs**, **cream** and **Grana padano** until smooth. Season very generously with **black pepper** and **salt**. Set aside.



4. Make salad

Wash the **rocket**. Halve the **cherry tomatoes**. Slice the **sun-dried tomatoes**. Whisk together the **olive oil**, **mustard**, **honey** and **balsamic vinegar**. Season with **salt** and **pepper**. Set aside - this is your **dressing**. Toss the **rocket**, **cherry tomatoes** and **sun-dried tomatoes** in the **dressing**.



5. Finish pasta

Return the drained **spaghetti** to the reserved pan with the **mushrooms**, off the heat. Add a splash of **pasta cooking water** and the **egg-cream** mixture to the pan. Mix well until the sauce coats the **spaghetti**.



6. Serve

Divide the **pasta** among plates. Garnish with the **fresh parsley** leaves and a grind of **black pepper**. Serve the salad alongside.

Fillet Steak with Broccolini, Roasted New Potatoes
and Green Peppercorn Sauce

Peppercorn sauce and steak. Need more be said?

hello chef

903 calories | 66 protein | 70 carbs | 41 fat

Gourmet

cook: 45 min

R3136-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3757 / 903
Fats (g)	41.4
of which saturated (g)	23.2
Carbohydrates (g)	70
of which sugars (g)	9.7
Fibers (g)	10
Proteins (g)	66.2
Salt (g)	1

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steak	
Fillet steak	1000 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp

Roast potatoes	
New potatoes	1000 Grams
Salt	2 Tsp
Vegetable oil	2 Tbsp
Dried thyme	4 Grams

Broccolini	
Salt	2 Tsp
Tenderstem broccoli	300 Grams

Sauce	
Garlic cloves	4 Piece
Green peppercorns	30 Grams
Onion powder	4 Grams
Beef stock 15*	300 ML
Worcestershire sauce 6*,11*	30 ML
Cooking cream 4*	400 ML
Salt	1 Tsp

Allergens: *15 Celery, *6 Fish, *11 Gluten, *4 Milk

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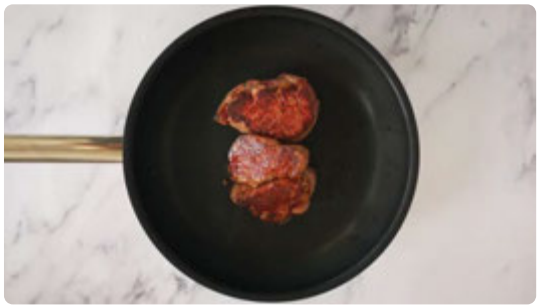
1. Prep

- Preheat the oven to 200°C/180°C fan.
- Peel and chop the **potatoes** into bite-size pieces.
- Add them to a pan of boiled water with a generous pinch of **salt**.
- Cook the **potatoes** over a medium heat for 5 min.
- Drain (reserve the pot).
- Meanwhile, trim the broccolini.
- Peel and mince the **garlic**.



2. Roast potatoes

- Place the **potatoes** onto a baking tray.
- Drizzle generously with **oil**.
- Add the **dried thyme** and a pinch of **salt**.
- Toss.
- Roast for 25 min.



3. Fry steak

- Meanwhile, pat the **steaks** dry with kitchen paper.
- Rub with **oil** and season with **salt**.
- Heat a large pan over a high heat.
- Once very hot, add the **steaks**.
- Fry them for 3 min on each side.
- Place on a baking tray.
- Finish cooking them in the oven for 8-10 min or until cooked to your liking.
- Transfer the **steaks** to a plate.
- Leave them to rest for 10 min.
- Reserve the pan.



4. Boil Tenderstem broccoli

- Meanwhile, return the potato pot to a high heat and fill with water.
- Once boiling, add the **Tenderstem broccoli** with a pinch of **salt**.
- Cover with a lid.
- Cook for 5 min or until tender-crisp.



5. Peppercorn sauce

- Return the **steak** pan to a medium heat with a drizzle of **oil**.
- Add the **garlic**, **green peppercorns** and **onion powder**.
- Cook for 1 min.
- Add the **beef stock**, **Worcestershire** and **cooking cream**.
- Season with **salt**.
- Cook for 5-7 min or until thickened.



6. Serve

- Serve the **Fillet Steak** with **Broccolini, Roasted New Potatoes** and **Green Peppercorn Sauce**.
- Spoon the **sauce** over the **steak**.

Middle Eastern Inspired Chicken

with Hummus and Salad

Explore the flavours of Middle Eastern cuisine in a quick and light chicken dinner.

hello chef

605 calories | 57 protein | 33 carbs | 27 fat

Low Carb | Speedy

cook: 25 min

R4326-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2531 / 605
Fats (g)	26.5
of which saturated (g)	2.1
Carbohydrates (g)	33
of which sugars (g)	8.5
Fibers (g)	10.1
Proteins (g)	57.3
Salt (g)	1.2

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Small zucchini	4 Piece
Zaatar	8 Grams
Arabic mix masala	8 Grams
Olive oil	3 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Salad	
Cherry tomatoes	300 Grams
Cucumber	2 Piece
Red onion	1 Piece
Fresh mint	10 Grams
Sumac	4 Grams
Olive oil	1 Tbsp
Pomegranate molasses	40 Grams
Salt	0.5 Tsp

To serve	
Hummus [3]*	400 Grams

Allergens: *3 Sesame Seeds

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1. Cook zucchini

Chop the **zucchini** into rounds. Heat a large frying pan over medium heat. Once hot add a drizzle of **oil** and the chopped **zucchini**. Sprinkle over **zaatar** and pinch of **salt**. Fry for 5-6 min until softened and browned, turning often. Remove from the pan and cover until ready to serve. Reserve pan.



2. Prep salad

Meanwhile, halve the **tomatoes**. Chop the **cucumber** into bite-sized quarters. Thinly slice 1 **onion**. Pick the **mint** leaves.



3. Cook chicken

In a bowl, coat **chicken breasts** in **arabic masala**, 1 Tbsp **oil**, **salt** and **pepper**. Return the pan to the medium heat adding another drizzle of **oil**. Fry the **chicken** for 7-9 min on each side until golden and cooked through. Remove from pan onto a plate.

Tip! If the chicken breasts are very thick, slice each in half as if you were cutting a burger bun, so you are left with two thinner chicken escalopes.



4. Make salad

Add **salad ingredients** to a bowl and add **sumac**, **olive oil** and 2 tsp **pomegranate molasses** and pinch of **salt**. Toss to coat.

Tip! Toss the salad in the dressing just before serving to avoid the salad going soggy.



5. Spread hummus

Divide the **hummus** between plates and use a spoon to spread over the base.



6. Serve

Top the **hummus** with sliced **chicken breast**, **zaatar zucchini** and a helping of **salad**. Drizzle the remaining **pomegranate molasses** and serve.

Lentil and Cauliflower Curry

with Rice and Pistachios

Lentils are packed with fiber, folic acid, and potassium, making them excellent promoters of heart health.

hellochef

785 calories | 28 protein | 127 carbs | 24 fat

cook: 30 min

R2049-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3290 / 785
Fats (g)	24.2
of which saturated (g)	11.4
Carbohydrates (g)	127
of which sugars (g)	20.6
Fibers (g)	20.1
Proteins (g)	27.5
Salt (g)	45.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Rice	
Basmati rice	300 Grams
Water	600 ML

Curry	
Red onion	2 Piece
Cauliflower	600 Grams
Canned lentils	530 Grams
Cardamom pods	8 Piece
Vegetable oil	4 Tbsp
Ginger garlic paste	40 Grams
Coriander cumin powder	8 Grams
Garam masala	8 Grams
Turmeric powder	4 Grams
Chilli powder	4 Grams
Tomato paste	70 Grams
Water	400 ML
Vegetable stock cube [15*]	2 Piece
Coconut milk	400 ML
Mango chutney	75 Grams
Salt	1 Tsp
Black pepper	0.5 Tsp

To serve	
Peeled pistachios [2*]	40 Grams
Lime	2 Piece

Allergens: *15 Celery, *2 Tree Nuts

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1. Cook rice

Add the **basmati rice**, the **measured water** and a pinch of **salt** to a pan with a lid and bring to a boil. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Remove the pan from the heat and keep covered until serving.



2. Prep

Meanwhile, peel and finely chop the **red onion**. Separate the **cauliflower** into small florets. Rinse and drain the **lentils** in a fine sieve. Split the **cardamom pods** open with the back of a knife and discard the **pods**, keep the **seeds**.



3. Fry

Heat a pan over a medium heat with a drizzle of **oil**. Once hot, add the **onion** and fry with a pinch of **salt** for 5 min until soft. Add the **ginger garlic paste**, **cardamom seeds**, **coriander cumin powder**, **garam masala**, **turmeric** and **chilli powder** (spicy!). Cook for 1 min further.



4. Simmer

Add the **tomato paste** and stir for 1-2 min. Add the **measured water**, **stock cube**, **coconut milk**, **mango chutney**, **cauliflower** florets and **lentils**. Reduce the heat to low, cover with a lid and simmer for 15 min. Add a splash of water if necessary.

Tip! Mango chutney is very sweet! Don't add it all if you'd like your curry to be less sweet.



5. Season

Season the **curry** with **salt** and **pepper** to taste. Chop the **pistachios** roughly. Slice the **limes** into wedges.



6. Serve

Serve the **curry** over the cooked **rice**. Garnish with the **pistachios** and the **lime** wedges.

Chicken Chasseur

with Mashed Potato and Green Beans

The French classic! A wholesome chicken and mushroom stew-style dish packed with flavour!

hello chef

541 calories | 55 protein | 61 carbs | 10 fat

Family Friendly | Calorie Smart

cook: 45 min

R4181-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2264 / 541
Fats (g)	9.6
of which saturated (g)	5.1
Carbohydrates (g)	61
of which sugars (g)	19.6
Fibers (g)	13.8
Proteins (g)	54.8
Salt (g)	3.6

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What You'll Need

- Potato masher

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	600 Grams
Water	750 ML
Brown onion	1 Piece
Garlic cloves	4 Piece
Mushroom	500 Grams
Chicken stock cube 4*,5*,9*,15*	2 Piece
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Olive oil	1 Tbsp
Dried thyme	4 Grams
Dried bay leaves	2 Piece
Tomato paste	70 Grams
Tomato passata	400 Grams

Mash	
Potatoes	1000 Grams
Butter 4*	20 Grams
Low fat milk 4*	200 ML
Salt	0.5 Tsp
Black pepper	0.5 Tsp

Beans	
Green beans	300 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp

To serve	
Fresh parsley	15 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Make mash

- Bring a pot of salted water to the boil.
- Peel and chop the **potatoes** into bite-sized pieces.
- Once the water is boiling, add the **potatoes** and cook over medium heat for 20 min or until soft.
- Once soft, drain the **potatoes** and return them to the pan with the **butter**.
- Mash until smooth, gradually adding the **milk** until it reaches your desired consistency.
- Season with **salt** and **pepper**. Cover and set aside.



2. Prep

- Boil the **measured water**.
- Peel and finely slice the **onion**.
- Peel and finely chop the **garlic**.
- Chop the **mushrooms** into quarters.
- In a jug combine the boiled **measured water** and **stock cube**.



3. Fry chicken

- Season the **chicken** with **salt** and **pepper** on both sides.
- Heat a deep frying pan over a medium-high heat with a drizzle of **oil**.
- Fry the **chicken breasts** for 2 min on each side until golden
- Remove the **chicken** from the pan and set aside on a plate.
- Retain the pan.



4. Make sauce

- Return the reserved pan to the heat with another drizzle of **oil**.
- Once hot, add the **onions**, **mushrooms** and **garlic**.
- Fry with a pinch of **salt** for 10 minutes.
- Then, add the **thyme**, **bay leaves**, **tomato paste**, **tomato passata** and **chicken stock**.
- Bring to a boil and add back the **chicken breasts** to the pan.
- Reduce the heat and simmer for 20 minutes until the **sauce** has thickened.

Tip! If by the end of the cooking time the sauce is too watery let it simmer for a further 5 min.



5. Cook green beans

- Meanwhile, bring a pan of salted water to the boil.
- Add the **beans** and cook for 3-4 min until tender. Drain.
- Season with **salt** and **pepper** to taste.



6. Serve

- Meanwhile, pick and finely chop the **parsley**.
- Serve the **Chicken Chasseur with Mash and Green beans** sprinkled with the **parsley**.

Classic Mushroom Risotto

with Parmesan Crisp

In this recipe you'll make a stock using dried porcini mushrooms.

helló chef

682 calories | 31 protein | 99 carbs | 16 fat

cook: 45 min

R3329-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2843 / 682
Fats (g)	15.5
of which saturated (g)	11.5
Carbohydrates (g)	99
of which sugars (g)	8.4
Fibers (g)	7.1
Proteins (g)	31.3
Salt (g)	1

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What You'll Need

Oven

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Risotto	
Chestnut mushrooms	500 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Water	1400 ML
Dried porcini mushrooms	20 Grams
Vegetable stock cube 15*	2 Piece
Brown onion	2 Piece
Garlic cloves	4 Piece
Grated Parmesan 4*	60 Grams
Butter 4*	50 Grams
Fresh thyme	10 Grams
Arborio rice	320 Grams
Lemon	1 Piece
Grana padano 4*,5*	120 Grams
Black pepper	1 Tsp

Allergens: *15 Celery, *4 Milk, *5 Eggs

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1. Roast mushrooms

- Preheat the oven to 200°C/180°C fan.
- Tear or chop the **chestnut mushrooms** into small pieces.
- Add the **chestnut mushrooms** to a baking tray with a drizzle of **oil** and a generous pinch of **salt**.
- Roast for 20 min.



2. Prep

- Boil the **measured water**.
- Add the **dried porcini mushrooms**, **stock cube** and boiled **water** to a jug.
- Set the **mushroom stock** aside.
- Peel and finely chop the **onion**.
- Peel and mince the **garlic**.



3. Parmesan crisp

- Line a second baking tray with baking paper.
- Add the **grated Parmesan** to the tray in 8 circular mounds.
- Bake for 7-8 min or until the **cheese** has completely melted and the edges are starting to brown.
- Once melted, remove the tray from the oven.
- Set aside to cool.



4. Start risotto

- Meanwhile, heat a non-stick pan over a medium-low heat with a drizzle of **olive oil** and the **butter**.
- Once hot, add the **onion** and the whole **thyme** sprigs.
- Cook for 5-6 min or until softened.
- Once softened, add the **garlic** and **Arborio rice**.
- Cook for 1 min further, stirring to coat the grains in the **oil**.



5. Finish risotto

- Add 1/3 of the **stock** and stir continuously until it has absorbed.
- Continue to add the **stock** (along with the **porcini mushrooms**), a little at a time.
- Continue for 20 min or until all the **stock** is absorbed and the **risotto** is cooked 'al dente'.

Tip! The amount of stock you will require, depends on the size of your pan and the heat over which you simmer the risotto. Make sure to adjust the amount accordingly.



6. Serve

- Once the **risotto** is cooked, carefully fish out the **thyme** stems and discard.
- Add the roasted **mushrooms**, 4 tbsp of **lemon** juice and the **Grana padano**.
- Season with **salt** and **pepper**.
- Serve the **Classic Mushroom Risotto** with **Parmesan Crisp** on top, immediately.

Mushroom Dal

with Coriander Chutney

Lentils are packed with fibre, folic acid, and potassium. This makes them excellent promoters of heart health.

hello chef

507 calories | 19 protein | 58 carbs | 24 fat

Calorie Smart

cook: 50 min

R2813-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2119 / 507
Fats (g)	24.4
of which saturated (g)	21.1
Carbohydrates (g)	58
of which sugars (g)	13.3
Fibers (g)	15.2
Proteins (g)	19.2
Salt (g)	5.7

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What You'll Need

- Oven
- Food processor

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04-825-44-00

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Dal	
Brown onion	2 Piece
Small red chilli	2 Piece
Cardamom pods	8 Piece
Tomatoes	2 Piece
Vegetable oil	2 Tbsp
Turmeric powder	4 Grams
Cumin powder	4 Grams
Ginger garlic paste	40 Grams
Toor dal	300 Grams
Vegetable stock cube 15*	2 Piece
Water	1800 ML
Coconut cream	400 Grams

Chutney	
Large green chilli	2 Piece
Ginger	60 Grams
Fresh mint	30 Grams
Fresh coriander	30 Grams
Lemon	2 Piece
Black salt	2 Grams
Brown sugar	10 Grams

Mushrooms	
Chestnut mushrooms	500 Grams
Portabello mushroom	4 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp

Allergens: *15 Celery

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1. Prep veg

- Preheat the oven to 200°C/180°C fan.
- Roughly chop the **chestnut** and **portabello mushrooms**.
- Peel and finely chop the **onion**.
- Finely chop the **red chilli**.
- Split the **cardamom pods** open with the back of a knife.
- Chop the **tomatoes** roughly.



2. Roast mushrooms

- Place all the **mushrooms** on a baking tray, drizzle generously with **oil** and season with a pinch of **salt**.
- Bake for 25 min until crisp.



3. Fry onion

- Meanwhile, heat a non-stick pan over a medium-low heat with a drizzle of **oil**.
- Once hot, add the **onion**.
- Cook for 7 min until softened.
- Once softened, add the **chilli (spicy!)**, **turmeric**, **cardamom pods**, **cumin** and **ginger garlic paste**.
- Cook for 1 min further.



4. Simmer

- Add the **dal**, **stock cube**, **measured water** and **tomatoes**.
- Simmer for 35-40 min until the **dal** are almost falling apart and the **dal** resembles a very thick stew.
- Once ready, add the **coconut cream**.
- Cook for 2 min further.



5. Prep chutney

- Meanwhile, de-seed and roughly chop the **green chilli**.
- Peel and mince the **ginger**.
- Pick the **mint** leaves.
- Chop the **mint** leaves and **coriander**, including its stems, roughly.

Tip! Use a spoon to peel the ginger!



6. Blitz chutney

- Juice the **lemons** directly into the drum of a food processor.
- Add the **green chilli (spicy!)**, **ginger**, **coriander**, **mint**, **black salt** and **sugar**.
- Blitz for 2 min until smooth.
- If the chutney looks too thick, add a splash of cold water.
- Serve the **Mushroom Dal** and drizzle with with **Coriander Chutney**.

Tip! Not got a food processor? Try using a pestle and mortar or blender instead!

Korean Beef Bowl

with Veggie Stir-fry and Cauli Rice

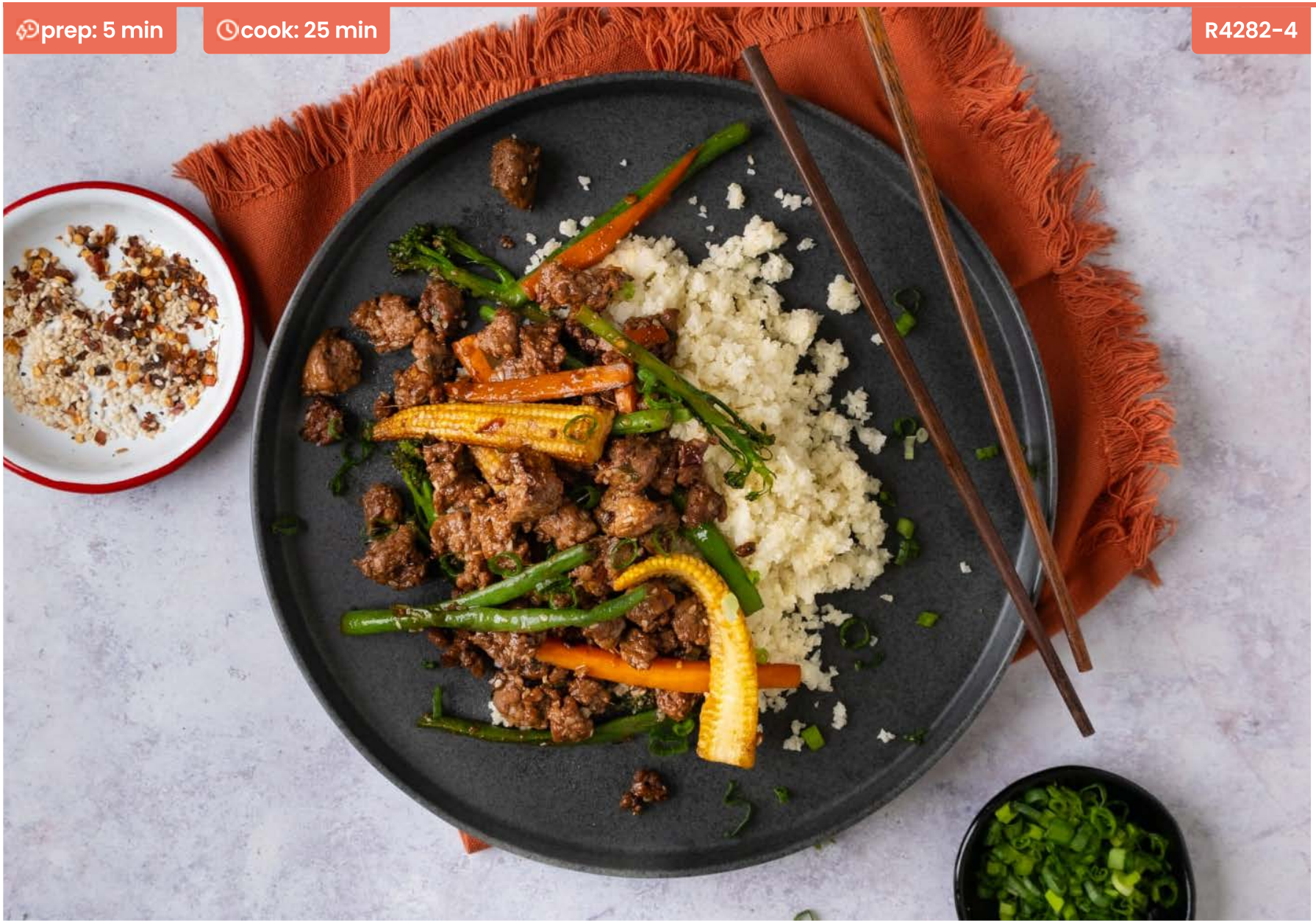
Ready in just 25 minutes. If you have more time, add a fried egg on top - Korean style!

hello chef

525 calories | 45 protein | 27 carbs | 27 fat

Quick Prep | Low Carb | Calorie Smart

prep: 5 min | cook: 25 min | R4282-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2252 / 525
Fats (g)	26.7
of which saturated (g)	8.7
Carbohydrates (g)	27
of which sugars (g)	13.1
Fibers (g)	7.5
Proteins (g)	44.8
Salt (g)	4.5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Food processor

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef stir-fry	
Lean beef mince	700 Grams
Spring onion	80 Grams
Baby corn & mixed veg	400 Grams
Vegetable oil	1 Tbsp
Salt	1 Tsp
Sesame oil 3*,9*	30 ML
Ginger garlic paste	20 Grams
Gochujang 9*	20 Grams
Soy sauce 9*,10*,11*	80 ML
Brown sugar	30 Grams
Sesame seeds 3*	10 Grams
Chilli flakes	4 Grams

Cauli rice	
Cauliflower	800 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Allergens: *3 Sesame Seeds, *9 Soya, *10 Wheat, *11 Gluten

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1. Prep cauli rice

- Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains
- Heat a saucepan over a medium heat with a drizzle of **oil**
- Once hot, add the **cauliflower** and a pinch of **salt** and stir-fry for 5-7 min
- Remove from the heat and cover until ready to serve



2. Prep

- Meanwhile, trim and finely slice the **spring onion**
- Halve the **broccoli**, **carrots** and **baby corn**



3. Fry vegetables

- Heat a large non-stick pan over a high heat with a drizzle of **oil**
- Add the **mixed veg** with a pinch of **salt** and fry for 2 min
- Add a splash of **water** to the pan and cover immediately with a lid
- Fry for 2 min further
- Transfer to a plate and set aside
- Reserve the pan



4. Fry beef

- To the reserved pan, drizzle the **sesame oil**
- Once the pan is hot, add the **beef mince** and fry for 5 min until well browned
- Add the **ginger garlic paste**, **gochujang paste (spicy!)**, **soy sauce**, **brown sugar**, **sesame seeds**, pinch of **chilli flakes (spicy!)** and a splash of **water**
- Fry for 2-3 min further until well combined and desired sauciness is achieved

Tip! Sensitive to spice? Go easy on the gochujang paste and chilli flakes.



5. Add vegetables

- Add the **mixed veg** and half of the **spring onion** (reserve the rest for garnish) to the pan giving everything a good toss for the final minute



6. Serve

- Portion the cooked **cauli rice** and top with the **beef mince** and **vegetable stir-fry**
- Garnish with the remaining **spring onion**

One Pot Lamb and Zucchini Couscous

This one's as quick as is it easy and delicious. Ready in 20 minutes and packed with Greek flavours!

hellochef

960 calories | 66 protein | 93 carbs | 41 fat

Family Friendly | Speedy

cook: 20 min

R4823-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4015 / 960
Fats (g)	41.1
of which saturated (g)	18.6
Carbohydrates (g)	93
of which sugars (g)	16.9
Fibers (g)	12.7
Proteins (g)	65.9
Salt (g)	5.5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Couscous	
Lamb mince	700 Grams
Water	600 ML
Chicken stock cube 4*,5*,9*,15*	2 Piece
Small zucchini	4 Piece
Red onion	2 Piece
Garlic cloves	6 Piece
Sun dried tomatoes	120 Grams
Dried oregano	4 Grams
Couscous 10*,11*	300 Grams

For serving	
Feta cheese 4*	100 Grams
Fresh mint	10 Grams
Lemon	2 Piece
Olive oil	4 Tbsp

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *10 Wheat, *11 Gluten

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1. Prep vegetables

- Boil the **measured water**.
- Dissolve the **chicken stock cube** in the boiled **measured water**.
- Chop the **zucchini** into small, bite-sized pieces.
- Peel and finely chop the **onion**.
- Peel and mince the **garlic**.
- Finely chop the **sun dried tomatoes**.



2. Fry lamb

- Heat a non-stick pan over medium-high heat with a drizzle of **olive oil**.
- Once hot, fry the **onion**, **garlic**, **lamb mince** and **zucchini** with a pinch of **salt**.
- Cook for 5-6 min until the **lamb** is browned.



3. Add couscous

- Add the **oregano**, **sun dried tomatoes** and **couscous**. Stir the pan.
- Add the **chicken stock** and mix well.
- Turn off the heat and cover with a lid immediately.
- Set aside for 5 min until all the liquid is absorbed and the **couscous** is soft.



4. Prep garnishes

- Meanwhile, crumble the **feta**.
- Pick and finely chop the **mint leaves**.
- Cut the **lemon** into wedges.



5. Serve

- Once the **couscous** is ready, drizzle generously with **olive oil**.
- Add the chopped **mint** and a squeeze of **lemon juice**, to taste. Mix well.
- Serve the **One Pot Lamb** and **Zucchini Couscous** garnished with **Crumbled Feta** and any remaining **Lemon Wedges**.

Jerk Chicken

with Pineapple and 'Peas 'n' Rice'

The 'peas' in traditional West Indian 'peas 'n' rice' are not green peas, but pigeon peas, more often substituted with kidney beans.

938 calories | 70 protein | 123 carbs | 22 fat

Global Eats

cook: 30 min

R2710-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3929 / 938
Fats (g)	22.1
of which saturated (g)	12.1
Carbohydrates (g)	123
of which sugars (g)	16.5
Fibers (g)	16.7
Proteins (g)	69.7
Salt (g)	5.2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Food processor

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Jerk chicken	
Chicken breast	600 Grams
Spring onion	80 Grams
Lime	4 Piece
Olive oil	4 Tbsp
Chilli flakes	2 Grams
Soy sauce 9*,10*,11*	40 ML
Allspice powder	4 Grams
Coconut sugar	20 Grams
Ginger garlic paste	20 Grams
Dried thyme	4 Grams
Pineapple slices	280 Grams
Vegetable oil	2 Tbsp

Rice 'n peas	
Red onion	2 Piece
Garlic cloves	4 Piece
Water	400 ML
Chicken stock cube 4*,5*,9*,15*	2 Piece
Red kidney beans	480 Grams
Vegetable oil	2 Tbsp
Basmati rice	300 Grams
Coconut milk	400 ML

Garnish	
Fresh coriander	15 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs, *15 Celery

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1. Prep marinade

- Trim and chop the **spring onion** as finely as possible.
- Juice the **limes** into a large bowl.
- Add the **olive oil**, **chilli flakes** (spicy!), **spring onion**, **soy sauce**, **allspice**, **coconut sugar**, **ginger garlic paste** and the **dried thyme**.
- Give the **marinade** a good mix up.

Tip! Use a food processor to make the marinade if you have one.



2. Marinate chicken

- Place the **chicken** in the **marinade** and turn until fully coated.
- Set aside.

Tip! Marinate the chicken for up to 24 hours beforehand. Why not barbecue, rather than fry it?



3. Prep vegetables

- Peel and finely chop the **red onion**.
- Peel and crush the **garlic**.
- Boil the **measured water** and dissolve the **chicken stock cube** in it.
- Drain and rinse the **kidney beans**.



4. Simmer rice

- Heat a wide non-stick pan with a lid over a medium heat with a drizzle of **oil**.
- Once hot, add the **onion**.
- Cook for 5-6 min or until softened.
- Add the **garlic**, **rice**, **kidney beans**, **coconut milk** and **stock** to the pan.
- Cover with a lid.
- Simmer for 15-18 min until the water is absorbed and the **rice** is cooked.



5. Fry pineapple

- Meanwhile, heat a large pan over a medium heat with a drizzle of **oil**.
- Once hot, add the drained **pineapple** rings.
- Cook for 2-4 min on each side or until browned and caramelized.
- Once browned, transfer them to a plate.
- Keep warm.



6. Fry chicken

- Return the pan to a medium heat with a drizzle of **oil**.
- Lift the **chicken** out of its marinade.
- Fry it for 5 min on each side or until cooked through (don't worry if it chars slightly!).
- Set aside to rest.
- Slice the **chicken**.
- Serve the **Jerk Chicken with Pineapple** and **'Peas 'n' Rice'**.
- Garnish with the **coriander** leaves.

Baked Lemon Thyme Chicken

with Tomatoes and Creamed Spinach

In this recipe, you'll bake chicken thighs with fresh thyme and lemon and serve alongside delicious creamy spinach.

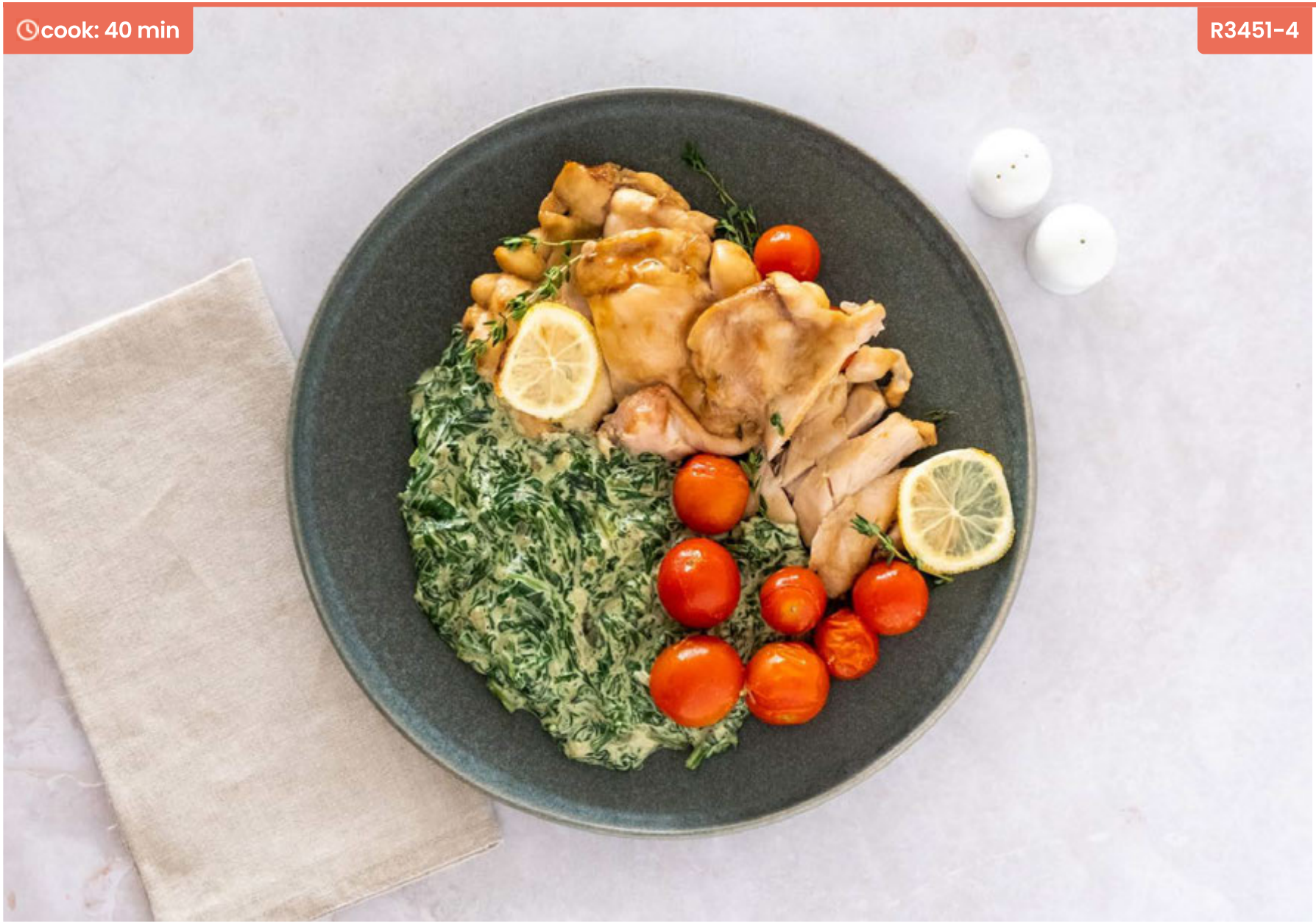
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647 calories | 55 protein | 36 carbs | 34 fat

Low Carb

cook: 40 min

R3451-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2692 / 647
Fats (g)	34
of which saturated (g)	19.5
Carbohydrates (g)	36
of which sugars (g)	16.7
Fibers (g)	10.1
Proteins (g)	54.5
Salt (g)	4.8

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Skinless boneless chicken thighs	800 Grams
Lemon	2 Piece
Soy sauce 9*,10*,11*	20 ML
Honey	30 Grams
Garlic onion powder	8 Grams
Olive oil	2 Tbsp
Cherry tomatoes	300 Grams
Fresh thyme	10 Grams
Salt	1 Tsp

Creamy spinach	
Red onion	2 Piece
Garlic cloves	4 Piece
Spinach	1200 Grams
Vegetable oil	2 Tbsp
Cooking cream 4*	400 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Black pepper	1 Tsp

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs, *15 Celery

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1. Prep chicken

- Preheat the oven to 200°C/180°C fan.
- Slice half of the **lemon** into rounds and set them aside.
- Juice the remaining **lemon** directly into a baking dish.
- Add the **soy sauce**, **honey** and the **garlic onion powder**.
- Drizzle with **olive oil** and whisk to combine.
- Turn the **chicken thighs** in the **marinade** until coated.

Tip! Marinate the chicken for up to 24 hours in advance!



2. Bake chicken

- Top the **chicken** with the **whole cherry tomatoes**, whole **thyme** sprigs, a generous pinch of **salt** and the **lemon** slices.
- Bake for 20-25 min or until the **chicken** is cooked through.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready.



3. Prep

- Meanwhile, peel and finely chop the **onion**.
- Peel and mince the **garlic**.
- Trim and discard the **spinach** stalks and finely chop the **leaves**.



4. Cook spinach

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion**.
- Fry for 5 min until softened.
- Add the **garlic**.
- Fry for 1 min further.
- Add the **spinach**.
- Fry for 3 min further or until wilted.



5. Simmer

- Add the **cream** and the 1 **chicken stock cube**.
- Simmer for 10-12 min or until the **spinach** is softened and thickened.
- Season with **pepper** to taste.

Tip! Add a splash of water if the spinach thickens too much.



6. Serve

- Serve the **Baked Lemon Thyme Chicken** with **Tomatoes** and **Creamed Spinach**.
- Drizzle with any remaining **lemon thyme** juices from the baking dish.

Persian Meatball Stew

with Dill Rice and Shirazi Salad

Inspired by Iran's national dish, Ghormeh Sabzi; this stew has an intoxicating aroma and flavour from braised spinach, herbs, fenugreek, and dried lemon.

876 calories | 59 protein | 106 carbs | 21 fat

Global Eats

cook: 45 min

R4795-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3664 / 876
Fats (g)	21.3
of which saturated (g)	8.9
Carbohydrates (g)	106
of which sugars (g)	13.2
Fibers (g)	13.4
Proteins (g)	58.9
Salt (g)	1.3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stew	
Lean beef mince	350 Grams
Dried lemon	3 Piece
Spinach	200 Grams
Fresh coriander	30 Grams
Red onion	2 Piece
Olive oil	4 Tbsp
Salt	0.5 Tsp
Turmeric powder	4 Grams
Fenugreek leaves	4 Grams
Red kidney beans	480 Grams
Vegetable stock cube 15*	2 Piece
Water	600 ML
Corn starch	15 Grams

Rice	
Long grain rice	300 Grams
Fresh dill	30 Grams
Salt	1 Tsp
Water	600 ML

Salad	
Cucumber	2 Piece
Tomatoes	2 Piece
Dried mint	4 Grams
Lime	2 Piece
Salt	0.5 Tsp
Olive oil	1 Tbsp

To serve	
Natural yogurt 4*	340 Grams

Allergens: *15 Celery, *4 Milk

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1. Prep dried lemon

Rinse the **dried lemons**. With one hand, hold tightly and using a fork, gently pierce holes through the hard shell several times all the way around.

> **Tip!** Piercing the dried lemons will help them soften and infuse their flavour better while braising in the stew.



2. Prep herbs

Pick the **spinach leaves**, discarding the woody stalks and ends. Gather the **spinach leaves**, **fresh** parsley, and **fresh coriander** (stems included) in a tight bunch, and chop as finely as possible. Peel and finely chop the **red onion**. Trim and finely chop the spring **onion**.



3. Make stew

Drain and rinse the **kidney beans**. Heat a large pot over medium-high heat with **olive oil**. Add the chopped **herbs** and **onions** with a pinch of **salt**. Fry for 8-10 min until they have greatly reduced in volume and turned into a dark green colour. Add the **turmeric**, **dried lemon**, **dried mint**, and **fenugreek**, and fry for 1-2 min further. Add the pulled **beef**, **kidney beans**, **stock cube**, and the **measured water**. Cover and simmer on medium heat for 20-25 min.

> **Tip!** Prefer a thicker stew? Use Tip #6!



4. Cook rice

Meanwhile, rinse and drain the **rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 12-14 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pot from the heat and keep covered until serving.



5. Make salad

Slice the **cucumber** into small bite-sized pieces. Trim the radish ends and thinly slice into half moons. Pick the **mint leaves**. Slice the **lime** in half. In a bowl, mix the **cucumber**, radish, **mint**, a squeeze of **lime** juice, a pinch of **salt**, and a drizzle of **olive oil**. Toss to combine.



6. Serve

Finish the **stew** with a squeeze of **lime**. Divide the **rice** and **stew** amongst bowls and serve with the **yogurt** and **salad** alongside.

> **Tip!** If the stew is too watery to your liking, make a cornstarch slurry, and add it towards the end of cooking. Mix 1 tsp of cornstarch and 4 Tbsp of cold water in a small bowl until lump free. Add the slurry to the stew and cook on high for 1 min until the sauce thickens.

Roast Chicken, Fennel and Orange Traybake

with Creamy Polenta

A delicious and hearty combination of seasonal flavours.

1020 calories | 78 protein | 77 carbs | 45 fat

Family Friendly

cook: 60 min

R4722-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4272 / 1020
Fats (g)	45.1
of which saturated (g)	15.6
Carbohydrates (g)	77
of which sugars (g)	15.8
Fibers (g)	7.9
Proteins (g)	78.1
Salt (g)	5.2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven | Whisk

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken legs	1000 Grams
Garlic cloves	3 Piece
Orange	2 Piece
Red onion	2 Piece
Fennel	360 Grams
Fennel seeds	4 Grams
Orange juice	360 ML
Water	200 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Wholegrain mustard 13*	60 Grams
Plain flour 10*,11*	15 Grams
Fresh thyme	20 Grams

Polenta	
Parmesan 4*	60 Grams
Water	800 ML
Vegetable seasoning 2*,10*,11*,13*	10 Grams
Polenta	160 Grams
Butter 4*	20 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *13 Mustard, *10 Wheat, *11 Gluten, *2 Tree Nuts

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1. Prep

- Preheat oven to 220°C/200°C fan.
- Peel and finely chop the **garlic**.
- Cut the **orange** into slices.
- Peel and cut the **onion** into wedges.
- Trim the **fennel** and cut into thin wedges.



2. Make sauce

- Bring a kettle to the boil.
- Use a mortar and pestle or rolling pin to lightly crush the **fennel seeds**.
- In a measuring jug, combine the **orange juice**, 200ml boiled **water**, 1 **stock cube**, **fennel seeds**, **garlic** and **mustard**.
- In a small bowl combine **flour** and 2 Tbsp **water** to make a **slurry**.
- Add the **slurry** to the measuring jug. Mix well.



3. Bake

- In a large oven-proof dish, add the **fennel** and **onion wedges**.
- Season the **chicken** with a pinch of **salt** and **pepper**.
- Nestle the **chicken** between the **vegetables** and drizzle with **oil**.
- Add the **orange slices** and a few sprigs of **thyme**.
- Add the **sauce** to the dish and ensure the **vegetables** are submerged.
- Roast for 40-45 min until the **chicken** is cooked, the **fennel** is softened and the sauce is slightly thickened.



4. Prep parmesan

- Use a box grater to finely grate the **parmesan**.



5. Make polenta

- When the **chicken** is almost done, in a small pot, bring the **measured water** to a boil.
- Lower the heat and add the **vegetable seasoning** and **polenta**.
- Whisk for 2-3 min until the **polenta** starts to bubble and thicken.
- Cook over low heat for 5-7 min until the **polenta** is smooth without much grit, stirring regularly.
- Once thickened, stir in the **butter** and grated **parmesan**. Cover and set aside.

Tip! If the polenta stiffens, reheat, add a splash of water and mix through.



6. Serve

- Serve the **Roast Chicken, Fennel and Orange Traybake** over a bed of **Creamy Polenta** and pour over the **sauce** from the baking dish.

Posh Baked Beans on Sourdough Toast

with Beef Bacon, Fried Egg and Avocado

Who doesn't love breakfast for dinner?

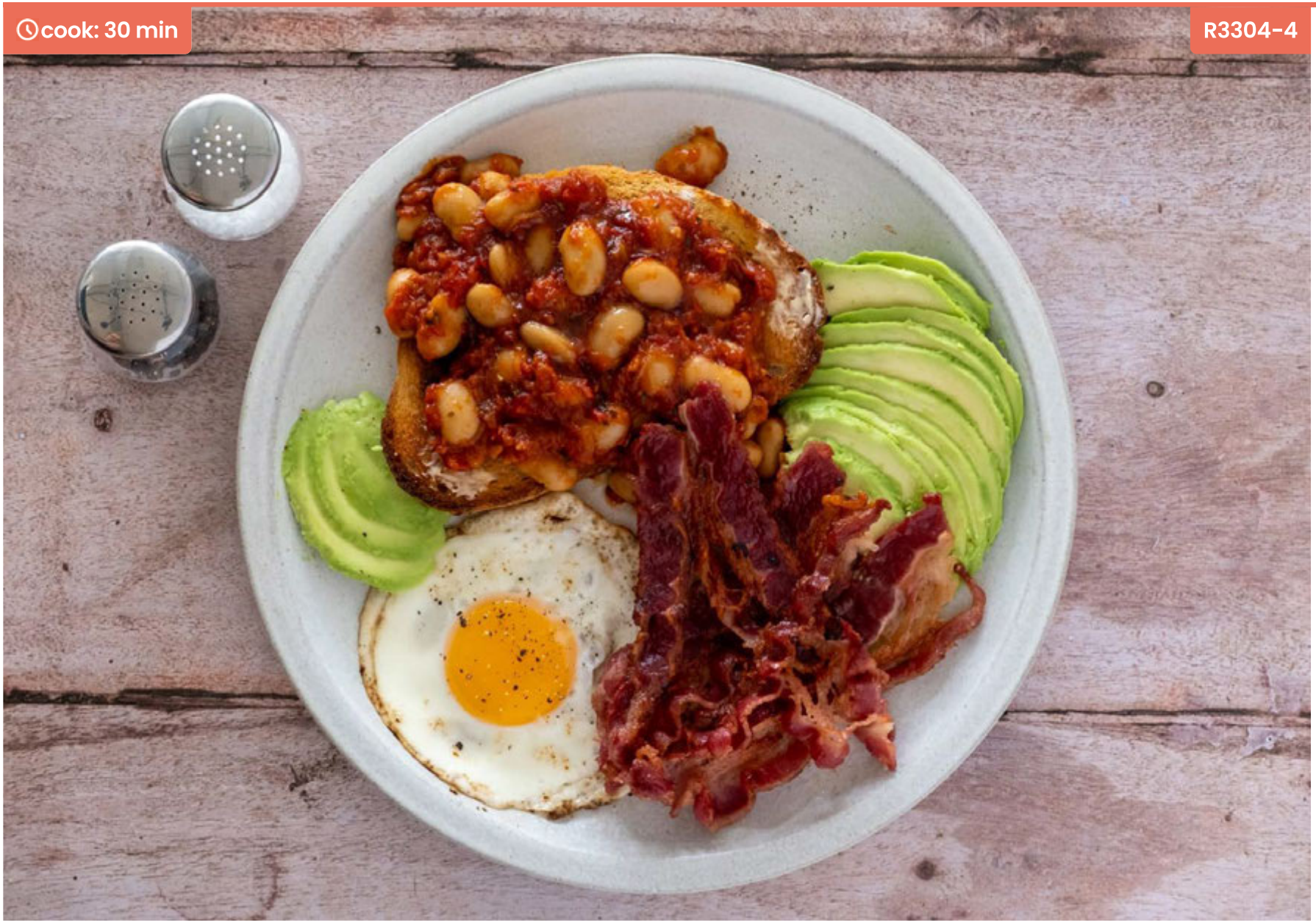
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875 calories | 44 protein | 56 carbs | 53 fat

Family Friendly

cook: 30 min

R3304-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3657 / 875
Fats (g)	53.4
of which saturated (g)	19.3
Carbohydrates (g)	56
of which sugars (g)	18
Fibers (g)	22.2
Proteins (g)	43.6
Salt (g)	5.3

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Breakfast	
Beef bacon	240 Grams
Organic Eggs [5*]	4 Piece
Avocado	2 Piece
Sourdough bread slices [10*,11*]	4 Piece
Butter [4*]	40 Grams
Chilli flakes	2 Grams

Beans	
Shallots	2 Piece
Garlic cloves	2 Piece
Butter beans	480 Grams
Tomato paste	70 Grams
Chopped tomatoes	800 Grams
Vegetable stock cube [15*]	1 Piece
Smoked paprika powder	4 Grams
Dried oregano	4 Grams
Honey	30 Grams
Worcestershire sauce [6*,11*]	30 ML
Red vinegar	30 ML

Allergens: *5 Eggs, *10 Wheat, *11 Gluten, *4 Milk, *15 Celery, *6 Fish

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1. Prep

Peel and very finely chop the **shallots** and **garlic**. Drain and rinse the **butter beans**.



2. Make beans

Heat a pan over a medium heat with a drizzle of oil. Once hot, add the **shallots** with a pinch of salt and fry for 3 min until softened. Add the **garlic** and **tomato paste** and fry for 1 min further. Add the **chopped tomatoes**, **stock cube**, **smoked paprika**, **oregano**, drained **beans**, **honey**, **Worcestershire sauce** and **red vinegar**. Simmer for 12 min.



3. Fry bacon

Meanwhile, heat a second pan over a medium-high heat. Add the **beef bacon** and fry for 6 min until crispy. Remove from the pan and keep warm (see pro tip!), don't clean the pan!



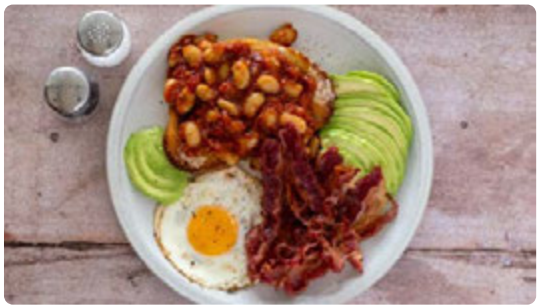
4. Fry eggs

Crack the **eggs** into the **bacon** pan and fry for 2-4 min or until done to your liking. For a set yolk, cover the pan with a lid.



5. Toast bread

Cut the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon, then slice it. Toast the **sourdough slices** in a toaster or under a hot grill. Spread the **butter** over the **slices** whilst it's still hot!



6. Serve

Season the **beans**, serve over the hot buttery **toast**. Serve the **beef bacon**, fried **egg** and **avocado slices** on the side. Garnish with a sprinkling of **chilli flakes (spicy!)**.

Korean Beef and Vegetable Stir-fry
with Fried Eggs

Packed with vegetables and flavours!

hellochef

720 calories | 64 protein | 64 carbs | 25 fat

Low Carb

cook: 30 min

R2426-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3010 / 720
Fats (g)	25.4
of which saturated (g)	7.2
Carbohydrates (g)	64
of which sugars (g)	25.5
Fibers (g)	14.3
Proteins (g)	63.8
Salt (g)	4.5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Beef	
Steak strips	700 Grams
Ginger garlic paste	30 Grams
Soy sauce 9*,10*,11*	30 ML
Oyster sauce 8*,10*	40 Grams
Brown sugar	15 Grams
Gochujang 9*	20 Grams
Chilli flakes	2 Grams
Corn starch	60 Grams
Salt	2 Tsp
Vegetable oil	4 Tbsp

Stir-fry	
Shallots	2 Piece
Broccoli	400 Grams
Green beans	375 Grams
Carrot	4 Piece
Spring onion	80 Grams
Sugar snap peas	200 Grams
Vegetable oil	4 Tbsp

To serve	
Organic Eggs 5*	4 Piece
Sesame seeds 3*	20 Grams
Sesame oil 3*,9*	30 ML

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *8 Molluscs, *5 Eggs, *3 Sesame Seeds

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1. Prep

- Peel and slice the **shallots**.
- Separate the **broccoli** into small florets.
- Trim the **green beans** and chop them in half.
- Peel and chop the **carrot** into thin sticks.
- Slice the **spring onion** into thin sticks.
- Slice the **sugar snap peas** on the diagonal.



2. Fry beef

- In a bowl combine the **ginger garlic paste**, **soy sauce**, **oyster sauce**, **brown sugar**, **gochujang (spicy!)** and a pinch of **chilli flakes (spicy!)**.
- Set aside the **stir-fry sauce** until step 5.
- In another bowl toss the **steak strips**, **corn starch** and a pinch of **salt**.
- Heat a pan over a medium-high heat.
- Once hot, add the **steak strips** and fry for 4 min.
- Transfer the **strips** to a plate and reserve the pan.

Tip! Make sure the pan is hot before adding the steak strips. Otherwise, they will stew, not crisp!



3. Fry vegetables

- Return it to a high heat with a generous drizzle of **vegetable oil**.
- Stir fry the **shallots**, **broccoli**, **carrots** and **green beans** for 6-8 min, covered.
- Add the **spring onion** and **sugar snap peas** and fry for 1-2 min further.

Tip! If you're cooking for 3 or 4, use two pans.



4. Fry eggs

- Meanwhile, heat a second pan over a medium heat with a drizzle of **vegetable oil**.
- Crack the **eggs** into the pan and fry for 2-4 min or until done to your liking.
- For a set **egg** yolk, cover the pan with a lid.
- Season with a pinch of **salt**.



5. Combine

- Add the **steak strips** and **stir-fry sauce**.
- Fry for 1 final min.



6. Serve

- Serve the **Korean Beef and Vegetable Stir-fry** topped with **fried eggs**.
- Garnish with the **sesame seeds**.
- Drizzle with the **sesame oil**.

Middle-Eastern Eggplant and Cauliflower

with Jewelied Wild Rice and Tahini Dressing

Packed with so many flavours and textures. This is a dish sure to brighten your day!

hello chef

865 calories | 25 protein | 151 carbs | 29 fat

cook: 35 min

R4388-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3167 / 865
Fats (g)	28.6
of which saturated (g)	6.4
Carbohydrates (g)	151
of which sugars (g)	40.5
Fibers (g)	22.1
Proteins (g)	24.6
Salt (g)	8

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Veg	
Garlic cloves	4 Piece
Cauliflower	800 Grams
Long Eggplant	500 Grams
Arabic mix masala	12 Grams
Salt	1 Tsp
Black pepper	0.5 Tsp
Olive oil	4 Tbsp

Rice	
Red onion	2 Piece
Salted vegan butter	40 Grams
Vegetable oil	0.5 Tbsp
Salt	0.5 Tsp
Wild rice	300 Grams
Cinnamon stick	2 Piece
Cardamom pods	8 Piece
Cumin seeds	4 Grams
Water	600 ML
Vegetable stock cube 15*	1 Piece

Dressing	
Lemon	1 Piece
Tahini 3*	80 Grams
Water	60 ML
Zaatar	10 Grams
Sumac	4 Grams

To serve	
Almond slivers 2*	40 Grams
Sliced pistachios 2*	40 Grams
Dried apricots 14*	100 Grams
Pomegranate	1 Piece
Fresh coriander	30 Grams
Pomegranate molasses	40 Grams

Allergens: *15 Celery, *3 Sesame Seeds, *2 Tree Nuts, *14 Sulphur Dioxide

Due to production methods, we cannot guarantee our products are completely free from any allergen such as Peanuts, Tree Nuts, Sesame Seeds, Milk



1. Cook rice

- Peel and finely slice the **red onion**.
- Heat a pot over a medium-high heat with the **vegan butter** and a small drizzle of **oil**.
- Add the **onion** with a pinch of **salt**.
- Fry for 3-4 min until slightly softened.
- Add the **rice**, **cinnamon stick**, **cardamom pods** and **cumin seeds**.
- Toast for 1 min.
- Add the measured **water** and 1 **stock cube**.
- Bring to a boil, lower the heat and cover. Cook for 12-14 min.
- Once cooked leave covered until serving.

Tip! The oil helps prevent the butter from burning.



4. Prep toppings

- Meanwhile, heat a separate large pan over a medium heat.
- Once hot, dry toast the **almonds** and **pistachios** for 1-2 min until golden.
- Transfer to a small bowl.
- Roughly chop the **apricots**.
- Halve the **pomegranate**, hold each half over a large bowl, **seeds** facing down.
- Hit the skin with a wooden spoon, squeezing to release the **seeds**.
- Discard the shell and membrane.



2. Prep veg

- Meanwhile, preheat the oven to 200°C/180°C fan.
- Peel and mince the **garlic**.
- Trim the **cauliflower** florets (discarding the woody end) and chop into bite-sized pieces.
- Slice the **eggplant** in to 1 cm rounds.
- In a large bowl, combine the **arabic masala**, **garlic**, **salt** and **black pepper** with a generous drizzle of **oil**.
- Add the **cauliflower** and **eggplant** and coat in the spices.



5. Make dressing

- Cut the **lemon** into wedges.
- In a small bowl, combine the **tahini**, **measured water**, **zaatar** and **sumac** with a squeeze of **lemon juice** to taste.



3. Roast veg

- Transfer the **cauliflower** and **eggplant** to a lined baking tray.
- Bake for 20-25 mins or until tender.



6. Serve

- Serve the **Middle-Eastern Eggplant and Cauliflower** on the **Jewelled Wild Rice**.
- Scatter with the **toppings** and pick over the **coriander leaves**.
- Drizzle over the **pomegranate molasses** and **Tahini Dressing** .

Middle-Eastern Lamb and Potato Pie

with Cucumber Tomato Salad

Known in the Levant as "Kibbet Batata," this dish is reminiscent of a classic Shepherd's pie but infused with warm Arabic spices.

hellochef

856 calories | 65 protein | 73 carbs | 42 fat

Family Friendly



Nutritional information

	per serving*
Energy (kJ/kcal)	3579 / 856
Fats (g)	42.3
of which saturated (g)	19.5
Carbohydrates (g)	73
of which sugars (g)	16.7
Fibers (g)	15.4
Proteins (g)	65.3
Salt (g)	1.9

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What You'll Need

- Oven
- Potato masher

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Lamb pie	
Lamb mince	700 Grams
Brown onion	1 Piece
Garlic cloves	4 Piece
Fresh parsley	30 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp
Arabic mix masala	8 Grams
Cinnamon powder	2 Grams
Coriander cumin powder	8 Grams
Tomato paste	140 Grams
Water	400 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
White sugar	5 Grams

Mash potato	
Potatoes	1200 Grams
Salt	1 Tsp
Butter 4*	30 Grams
Whole milk 4*	200 ML
Panko bread crumbs 10*,11*,12*	40 Grams
Dried thyme	4 Grams

Salad	
Tomatoes	2 Piece
Cucumber	3 Piece
Fresh mint	10 Grams
Olive oil	4 Tbsp
Lemon	1 Piece
Sumac	4 Grams
Salt	0.25 Tsp

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *10 Wheat, *11 Gluten, *12 Lupin

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1. Boil potatoes

- Preheat the oven to 200°C/180°C fan.
- Peel and chop the **potatoes**.
- Add the **potatoes** to a pan of salted boiling water with a generous pinch of **salt**.
- Cook the **potatoes** over a medium heat for 20 min or until soft.
- Once cooked, drain and set aside.



2. Prep vegetables

- Meanwhile, peel and finely chop the **onion** and **garlic**.
- Pick and finely chop the **parsley**.



3. Fry meat

- Heat a pan over medium-high heat with a drizzle of **oil**.
- Fry the **lamb mince** and **onion** with a pinch of **salt** and **pepper** for 3-5 min.
- Add the **garlic**, **arabic mix masala**, **cinnamon**, **coriander cumin powder** and **tomato paste**. Fry for 1-2 min.
- Add **measured water** and 1 **stock cube**. Reduce heat to medium-low. Cover and simmer for 10 min.
- Add a pinch of **sugar** (optional) towards the end to balance the acidity.

Tip! Make sure the pan is hot before adding the lamb to ensure it browns nicely!



4. Make mash

- Meanwhile, once ready, return the **potatoes** to the pan with the **butter**.
- Mash until smooth.
- Slowly add enough **milk** (about 200 ml) to reach your desired mash consistency.
- Season with **salt**.



5. Bake pie

- Pour the **lamb sauce** into a baking dish.
- Spoon the **mashed potato** over the top, and spread with a spatula.
- Add the **panko bread crumbs** and **thyme** (to taste), and a small drizzle of **olive oil**.
- Bake for 25-30 min or until the top begins to brown and get crispy.
- Once baked, set aside to rest for 5 min.



6. Make salad and serve

- Meanwhile, pick and chop the **mint** leaves.
- Slice the **lemon** in wedges.
- Chop the **tomato** and **cucumber** into small bite-sized pieces.
- In a bowl, combine the **vegetables** with a drizzle of **olive oil**, **sumac**, a squeeze of **lemon** juice, and a pinch of **salt**.
- Divide the **Middle-Eastern Lamb and Potato Pie** amongst bowls, and serve with the **salad** to the side.

Jamie Oliver's Roasted Chicken in Milk

with Mashed Potatoes and Wilted Greens

-

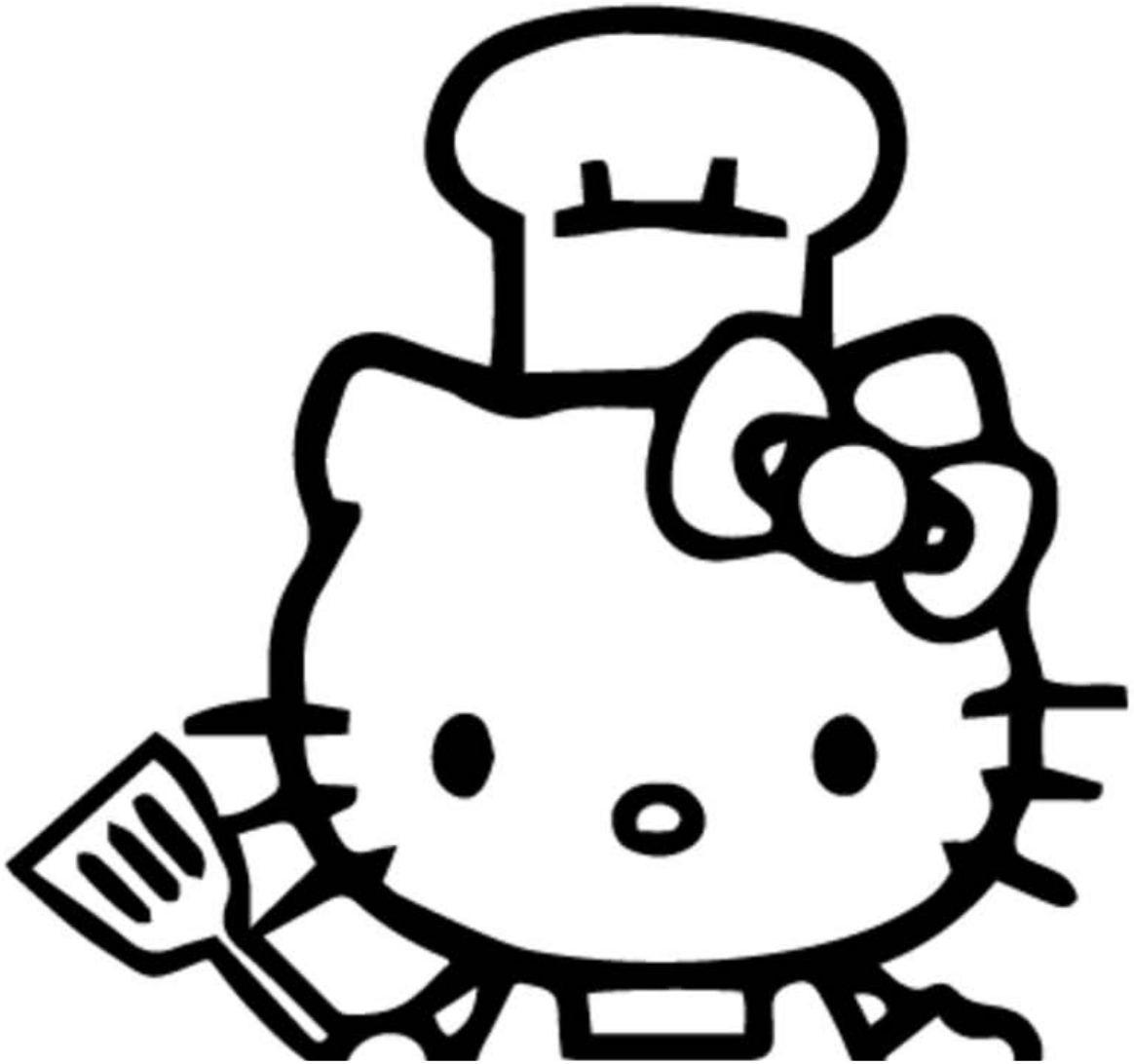
hellofresh

1037 calories | 87 protein | 69 carbs | 48 fat

Family Friendly

cook: 60 min

R4547-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4332 / 1037
Fats (g)	48.2
of which saturated (g)	18.1
Carbohydrates (g)	69
of which sugars (g)	15.8
Fibers (g)	15.8
Proteins (g)	86.6
Salt (g)	2.3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken legs	500 Grams
Salt	0.25 Tsp
Black pepper	0.5 Tsp
Cinnamon stick	2 Piece
Fresh sage	15 Grams
Lemon	2 Piece
Garlic cloves	8 Piece
Whole milk [4*]	500 ML

Mashed Potato	
Potatoes	1200 Grams
Butter [4*]	10 Grams

Wilted greens	
Spinach	600 Grams
Shallots	2 Piece

Allergens: *4 Milk

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1. Prep

Preheat oven 200C. Season **chicken** with **salt** and **pepper**. Zest the **lemon**. Peel the **garlic**. chop **shallots**.



2. Cook

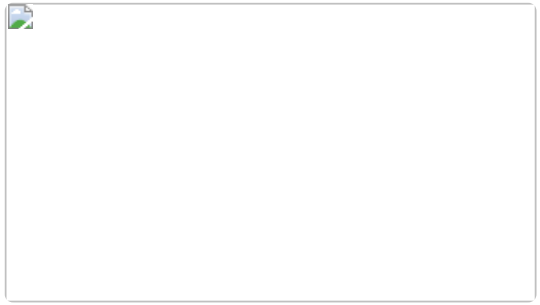
Oven safe pot. Sear the **chicken** until browned on each side, 3-5 min. Add the **garlic cloves**, **milk**, **lemon** peel, **cinnamon stick**, **sage** leaves (reserve some for garnish).



3. Bake

Place the pot into the oven. Bake covered in oven for 30 min. Uncover, and bake Last 10 min until golden.

Tip! Don't have an oven-safe pot? Transfer the chicken to a baking pan or casserole, cover with foil or parchment paper and bake in the oven as specified.



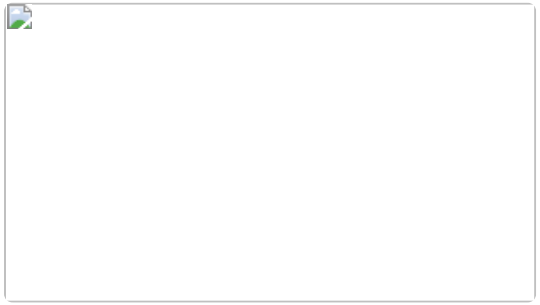
4. Cook spinach

Meanwhile, heat a pan with olive oil. Fry **shallots** and **garlic** in olive oil, add the **spinach**. Cook until wilted. Transfer to a plate.



5. Make mash

Peel **potatoes**. Add **potatoes** to pot, cover with water and cook. Add **butter** and **milk**. Set aside.



6. Serve

Serve the **chicken** with the mashed **potatoes** and wilted **spinach**.

Chicken Tacos with Tangy Cabbage
and Sriracha Mayo

Lightning prep and easy clean-up, not to mention great flavours!

hello chef

1007 calories | 72 protein | 74 carbs | 47 fat

Family Friendly | Speedy

cook: 20 min

R3004-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4210 / 1007
Fats (g)	46.8
of which saturated (g)	19.2
Carbohydrates (g)	74
of which sugars (g)	13.4
Fibers (g)	8
Proteins (g)	72.4
Salt (g)	5.8

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Taco filling	
Chicken breast	600 Grams
Red onion	2 Piece
Vegetable oil	4 Tbsp
Salt	1 Tsp
Taco seasoning	20 Grams
Grated cheddar 4*	120 Grams
Grated mozzarella 4*	120 Grams

Cabbage	
Red cabbage	600 Grams
Lime	4 Piece
Apple cider vinegar	30 ML
Olive oil	2 Tbsp

Sriracha mayo	
Mayonnaise 5*,9*,13*	100 Grams
Sriracha sauce	28 Grams

To serve	
6" tortilla wraps 10*,11*	12 Piece
Fresh coriander	15 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *13 Mustard, *10 Wheat, *11 Gluten

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1. Prep cabbage

- Slice the **cabbage** as thinly as possible.
- Add it to a bowl and massage it gently for 30 secs until slightly softened.
- Season with 2 Tbsp of **lime juice**, **apple cider vinegar** and a drizzle of **olive oil**.
- Set aside.

Tip! Pickle the cabbage up to 24 hours in advance.



2. Prep

- Peel and thinly slice the **onion**.
- Slice the **chicken** into goujons.



3. Make sriracha mayo

- In a small bowl, combine the **mayonnaise** and **sriracha (spicy!)**.
- Set aside.



4. Fry

- Heat a large pan over a medium-high heat with a drizzle of **vegetable oil**.
- Once hot, add the **chicken** goujons and **onions**, and fry with a pinch of **salt** for 5-7 min or until the **chicken** is cooked through.
- Add the **taco seasoning (spicy!)** and cook for 1 min further.

Tip! Add a splash of water if the taco seasoning is sticking to the pan.



5. Add cheese

- Sprinkle the **chicken** with the **grated cheddar** and **mozzarella** and allow it to melt.

Tip! Cover the pan and return to a low heat, until the cheese melts.



6. Serve

- Heat the **tortilla wraps** in the microwave for 30-60 secs until warm.
- Load the **tortilla wraps** with the **cabbage**, **chicken** filling and drizzle over the **sriracha mayonnaise (spicy!)**.
- Top with the **fresh coriander** leaves.

Tip! Some like it hot! If you have chipotle powder, jalapeno slices or fresh chilli, add them to the chicken filling.

Baked Buffalo Chicken Tenders

with Ranch Coleslaw and Roast Potatoes

Get ready for a new favourite!

hellofresh

942 calories | 62 protein | 85 carbs | 38 fat

Tips for Kids

cook: 45 min

R3075-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3935 / 942
Fats (g)	38.4
of which saturated (g)	14.5
Carbohydrates (g)	85
of which sugars (g)	14.4
Fibers (g)	13.3
Proteins (g)	61.8
Salt (g)	2.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Pestle & Mortar
- Food processor

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken tenders	
Chicken breast	800 Grams
Plain flour 10*,11*	100 Grams
Fajita seasoning	20 Grams
Salt	1 Tsp
Garlic onion powder	8 Grams
Organic Eggs 5*	2 Piece
Panko bread crumbs 10*,11*,12*	120 Grams
Black pepper	1 Tsp
Vegetable oil	4 Tbsp

Sauce	
Butter 4*	50 Grams
Apple cider vinegar	30 ML
Sriracha sauce	28 Grams
Hot sauce	40 Grams
Brown sugar	10 Grams
Black pepper	1 Tsp

Coleslaw	
White cabbage	450 Grams
Carrot	2 Piece
Fresh chives	15 Grams
Mayonnaise 5*,9*,13*	100 Grams
Garlic powder	5 Grams
White vinegar	30 ML
Salt	1 Tsp
Black pepper	1 Tsp

Roast potatoes	
Potatoes	900 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Vegetable oil	2 Tbsp

Allergens: *10 Wheat, *11 Gluten, *5 Eggs, *12 Lupin, *4 Milk, *9 Soya, *13 Mustard

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk**

1. Roast potatoes

Preheat the oven to 200°C/180°C fan. Chop the **potatoes** (skins on) into small bite-sized pieces. Add them onto a second large baking tray with a drizzle of **oil** and a generous pinch of **salt** and **black pepper**. Roast for 25-30 min until golden and crisp.

Tip! For even roasting, turn the potatoes half way through cooking.



2. Prep chicken

Slice the **chicken** into goujons. Whisk the **eggs** in a shallow bowl with a pinch of **salt** and **black pepper**. Add the **flour** and the **garlic onion powder** to a second shallow bowl and mix. Add the **panko bread crumbs** and **fajita seasoning** to a third shallow bowl.

Tip! Adding a pinch of salt and black pepper to the eggs, flour and panko ensures a well seasoned mix.



3. Bread chicken

One by one, coat the **chicken goujons** in the **seasoned flour** before dipping them in the **beaten egg** and finally coating them in the **panko breadcrumbs**. Place them onto a lined baking tray and drizzle the **breaded chicken** with **oil**. Bake for 15-20 min until golden.



4. Prep coleslaw

Meanwhile, finely shred or slice the **cabbage** as thinly as possible.. Peel and grate the **carrot**. Finely chop the **chives**. Toss the **cabbage**, **carrot** and **chives** in a large bowl and combine with the **mayonnaise**, **garlic powder**, **white vinegar** and **salt**. Mix well and set aside.



5. Make sauce

Add the **butter**, **vinegar**, **sriracha (spicy!)**, **hot sauce (spicy!)** and **sugar** to a small saucepan. Heat over a medium heat, stirring, until the sauce bubbles. Remove from the heat and season with **pepper**. Cover with a lid to keep warm.

Tip! Sensitive to spice? Go east on the sriracha and hot sauce.



6. Serve

Once the **roast poatoes** and **chicken tenders** are done, divide them among plates. Serve the **Buffalo sauce** to the side. Toss the **coleslaw vegetables** in the **ranch dressing**. Mix well. Serve alongside the **chicken tenders**.

Lebanese Lamb Kofta

with Roasted Vegetables, Bulgur Wheat and Sumac Yoghurt

Fragrantly spiced, zingy and wholesome. A twist on a true Lebanese classic.

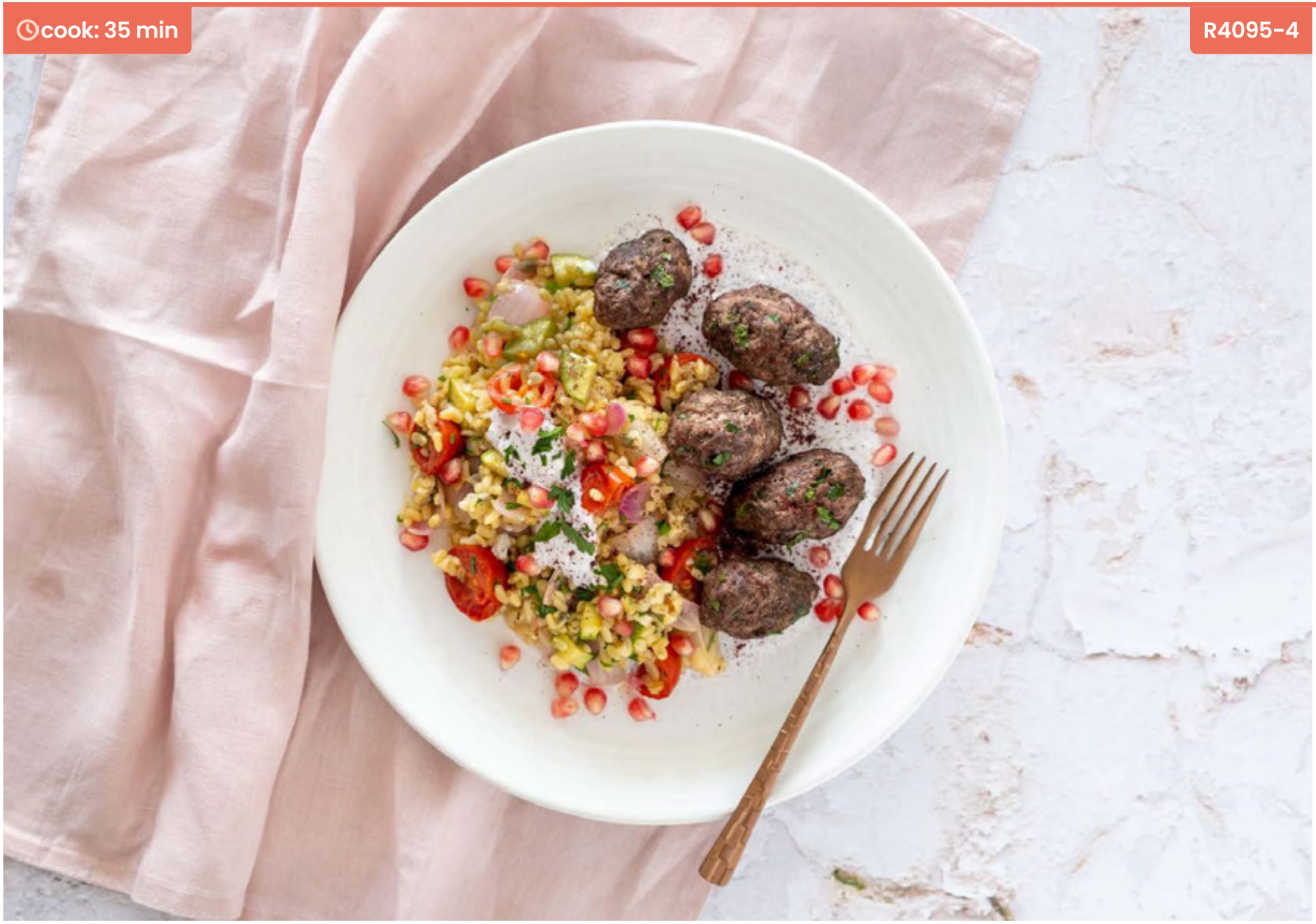
hello chef

901 calories | 62 protein | 90 carbs | 41 fat

Tips for Kids | Global Eats

cook: 35 min

R4095-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3771 / 901
Fats (g)	40.6
of which saturated (g)	17.4
Carbohydrates (g)	90
of which sugars (g)	25.7
Fibers (g)	21
Proteins (g)	62.2
Salt (g)	3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Lamb Kofta	
Lamb mince	700 Grams
Fresh parsley	30 Grams
Coriander cumin powder	8 Grams
Arabic mix masala	8 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Olive oil	1 Tbsp

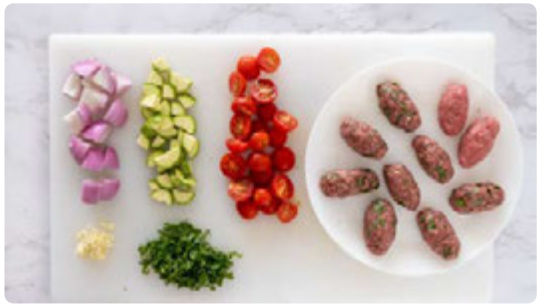
Bulgur Wheat	
Red onion	2 Piece
Small zucchini	2 Piece
Cherry tomatoes	300 Grams
Olive oil	4 Tbsp
Salt	1 Tsp
Water	500 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Bulgur wheat 10*,11*	240 Grams
Lemon	2 Piece

Sumac yogurt	
Garlic cloves	4 Piece
Natural yogurt 4*	340 Grams
Sumac	8 Grams

To Serve	
Pomegranate	1 Piece

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *10 Wheat, *11 Gluten

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1. Prep veg and kofta

- Preheat the oven to 200°C/180°C fan.
- Peel and chop the **red onion**.
- Peel and finely chop the **garlic**.
- Chop the **zucchini** into quarter circle pieces.
- Cut the **cherry tomatoes** in half.
- Pick and finely chop the **parsley**.
- To a large bowl, add the **lamb mince**, **coriander cumin powder**, **arabic masala**, **salt**, **pepper**, 1/2 of the **parsley** (reserving the rest for the **bulgur salad**) and a drizzle of **olive oil**.
- With clean hands, knead until all the ingredients are fully combined.
- Divide the mixture into 20 **koftas**. Set aside.



2. Bake

- Place half of the **garlic** (saving the rest for the **sumac yogurt**), **onion**, **zucchini** and **cherry tomatoes** on a lined baking tray.
- Drizzle with **olive oil** and season with **salt**.
- Place the **koftas** on top of the **vegetables**.
- Bake in the preheated oven for 16-18 min, until the **koftas** are fully cooked and **vegetables** are tender.
- Once cooked remove from the oven.
- Set aside.

Tip! If cooking for kids, retain some of the raw zucchini and cherry tomatoes for serving.



3. Cook bulgur

- Meanwhile, place a pot with a lid over a medium high heat and boil the measured **water**.
- Once the **water** is boiling add the 1 **chicken stock cube** and dissolve.
- Then, add the **bulgur wheat**.
- Cover the pot and bring the heat to low.
- Simmer for 15-20 min, until all of the **water** is absorbed and the **bulgur wheat** is tender.
- Once cooked, take off the heat.
- Keep covered.



4. Prep yogurt and pomegranate

- In a bowl, combine the **yogurt**, **sumac** and remaining **garlic**.
- Halve the **pomegranate**, hold each half over a large bowl, seeds facing down.
- Hit the skin with a wooden spoon, squeezing to release the seeds.
- Discard the shell and membrane.

Tip! If cooking for kids, retain some plain yogurt for serving.



5. Mix bulgur salad

- Cut the **lemon** into wedges.
- Place the **kofta** on a separate plate.
- **Mix** the **roasted vegetables** and remaining **parsley** into the cooked **bulgur wheat**.
- Squeeze in the **lemon** juice to taste.

Tip! If cooking for kids, retain some plain bulgur wheat and keep some of the parsley on the side to be used as sprinkles.



6. Serve

- Serve the **Lebanese Lamb Kofta** with **Roasted Vegetables, Bulgur Wheat** salad.
- Spoon over the **Sumac Yogurt**,
- Garnish with the **pomegranate** seeds and any remaining **parsley**.

Tip! If cooking for kids, serve the kofta with plain bulgur wheat, zucchini, tomatoes and plain yogurt separately. Serve parsley and pomegranate seeds on the side.as sprinkles.

Classic Steak, Chips and Green Beans
with Creamy Sauce

This classic supper is sure to be a winner!

hello chef

597 calories | 52 protein | 54 carbs | 20 fat

Family Friendly | Calorie Smart

cook: 35 min

R3362-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2503 / 597
Fats (g)	19.5
of which saturated (g)	10.5
Carbohydrates (g)	54
of which sugars (g)	15.1
Fibers (g)	9.8
Proteins (g)	52.1
Salt (g)	3.8

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steak	
Rump steak	800 Grams
Vegetable oil	2 Tbsp
Black pepper	1 Tsp
Water	200 ML
Cream cheese 4*	160 Grams
Onion marmalade	56 Grams
Soy sauce 9*,10*,11*	20 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece

Chips	
Potatoes	1200 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Side	
Green beans	375 Grams
Flaky sea salt	4 Grams

Allergens: *4 Milk, *9 Soya, *10 Wheat, *11 Gluten, *5 Eggs, *15 Celery

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1. Chips

- Preheat the oven to 200°C/180°C fan.
- Remove the **steaks** from the fridge.
- Slice the **potatoes** (skins on) into **chips**.
- Add the **chips** to a large baking tray with a drizzle of **vegetable oil** and a generous pinch of **salt**.
- Toss the **chips** in the **oil** until they are fully coated.
- Bake for 30 min or until golden and crisp.



2. Prep

- Meanwhile, trim the **green beans**.



3. Fry steak

- Pat the **steaks** dry with kitchen paper, rub them with **oil** and season with **salt**.
- Heat a large pan over a high heat.
- Once very hot, add the **steaks** and fry them for 3 min on each side or until cooked to your liking.
- Transfer the **steaks** to a plate and leave them to rest for 10 min.
- Once rested, season generously with **pepper**.

Tip! The resting of the steak is as important as the frying of the steak. It sets the meat's juices and allows the fibers to relax, leaving the end result more tender and your plate less messy.



4. Sauce

- Meanwhile, remove the pan from the heat and add the **measured water**.
- Add the **cream cheese**, **onion marmalade**, **soy sauce** and 1 **stock cube** and return the pan to a medium heat.
- Add a crack of **black pepper** and simmer for 5 min until thickened.



5. Green beans

- Meanwhile, cook the **green beans** in a pan of salted boiling water for 4 min until tender.
- Drain.



6. Serve

- Once rested, plate the **steaks** alongside the **chips** and **green beans**.
- Top the **steaks** with the creamy **sauce**.
- Sprinkle the **chips** and **beans** with the **flaky sea salt**.

Chicken Cordon Bleu

with Salad and Dijon Sauce

Cordon bleu is a French classic which consists of meat wrapped around cheese and ham, before being breaded and pan-fried.

hello chef

1120 calories | 75 protein | 117 carbs | 41 fat

Family Friendly

cook: 50 min

R3350-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4685 / 1120
Fats (g)	41.3
of which saturated (g)	24.9
Carbohydrates (g)	117
of which sugars (g)	6.8
Fibers (g)	2.8
Proteins (g)	74.7
Salt (g)	3.8

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What You'll Need

- Rolling pin

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Cordon Bleu	
Chicken breast	600 Grams
Grated cheddar 4*	120 Grams
Smoked turkey bacon	120 Grams
Plain flour 10*,11*	100 Grams
Garlic onion powder	8 Grams
Organic Eggs 5*	2 Piece
Panko bread crumbs 10*,11*,12*	120 Grams
Vegetable oil	6 Tbsp

Dijon sauce	
Parmesan 4*	60 Grams
Butter 4*	50 Grams
Plain flour 10*,11*	30 Grams
Whole milk 4*	400 ML
Vegetable stock cube 15*	1 Piece
Dijon mustard 13*	24 Grams
Black pepper	1 Tsp

Salad	
Lollo salad mix	200 Grams
Olive oil	4 Tbsp
Red vinegar	30 ML

Rice	
Basmati rice	300 Grams
Water	600 ML

Allergens: *4 Milk, *10 Wheat, *11 Gluten, *5 Eggs, *12 Lupin, *15 Celery, *13 Mustard

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1. Make escalopes

Preheat the oven to 200°C/180°C fan. Wrap the **chicken breasts** in cling film and place them on a chopping board. Using a rolling pin, bash the **chicken breasts** until halved in thickness. Unwrap.



2. Stuff

Top the flattened **chicken breasts** with the burger cheese and **turkey bacon**. Roll the **chicken** up very tightly into cylinders. Add the **flour**, **salt**, **pepper** and **garlic onion powder** to a bowl. Add the **eggs** to a second bowl and whisk. Add the **panko** breadcrumbs to a third bowl. First, carefully turn the **chicken** rolls in the **flour**, then in the **eggs** and finally in the **panko**.



3. Prep

Heat a large pan over a medium-high heat with a generous drizzle of **oil**. Once hot, add the **chicken** rolls to the pan and cook for 2 min on each side or until golden. Transfer the **chicken** to a baking tray and bake for 25 min until cooked through. Meanwhile, grate the **Parmesan**.



4. Boil rice

Rinse the **basmati rice**. Add the **rice**, a pinch of salt and the **measured water** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked.



5. Make sauce

Melt the **butter** in a saucepan over a medium heat. Add the **flour** and cook for 1 min, whisking, until a paste has formed. Slowly add the **milk**, whisking constantly. Crumble the **stock cube** in. Add the **mustard**, **Parmesan** cheese, **salt**, and **pepper**. Cook for 3 min or until thickened.



6. Serve

In a large bowl combine the mixed **salad**, **olive oil**, **vinegar** and salt. Mix to combine. Serve the **cordon bleu** with the **salad** to the side. Drizzle with the **Dijon** sauce.

Crispy Parmesan Cod with Baked Fries
and Caper Mayo

hellofresh

586 calories | 50 protein | 34 carbs | 29 fat

Tips for Kids

cook: 30 min

R4060-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2454 / 586
Fats (g)	28.5
of which saturated (g)	4.8
Carbohydrates (g)	34
of which sugars (g)	3.4
Fibers (g)	5.5
Proteins (g)	50.4
Salt (g)	1.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fish	
Cod fillet 6*	700 Grams
Plain flour 10*,11*	30 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Organic Eggs 5*	6 Piece
Grated Parmesan 4*,5*	60 Grams
Panko bread crumbs 10*,11*,12*	60 Grams
Vegetable oil	4 Tbsp

Potatoes	
Potatoes	600 Grams
Salt	1 Tsp
Vegetable oil	3 Tbsp

Greens	
Sugar snap peas	200 Grams
Salt	0.5 Tsp
Olive oil	1 Tbsp

Caper mayo	
Capers	30 Grams
Mayonnaise 5*,9*,13*	100 Grams

Allergens: *6 Fish, *10 Wheat, *11 Gluten, *5 Eggs, *4 Milk, *12 Lupin, *9 Soya, *13 Mustard

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1. Bake fries

Preheat the oven to 200°C/180°C fan. Slice the **potatoes** (skins on) into **fries**. Add the **fries** onto a lined baking tray with a drizzle of **vegetable oil** and a generous pinch of **salt**. Toss the **fries** in the **oil** until they are fully coated. Roast for 25-30 min or until golden and crisp.



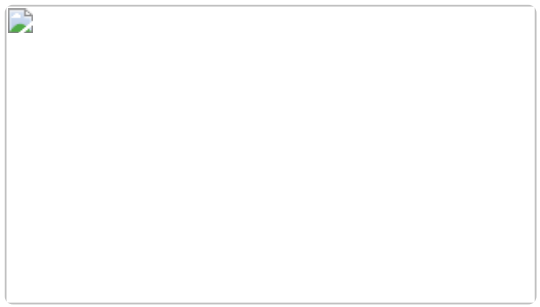
2. Coat fish

Meanwhile, pat the **cod fillets** dry and chop them into large chunks. Combine the **flour**, **salt** and **pepper** in a shallow bowl. Whisk the **eggs** in a separate shallow bowl. Add the **panko bread crumbs** and the **grated Parmesan** to a third shallow bowl. Dip the **cod** in the seasoned **flour**, then in the beaten **eggs** and finally coat with the **grated Parmesan** and **panko bread crumbs**.



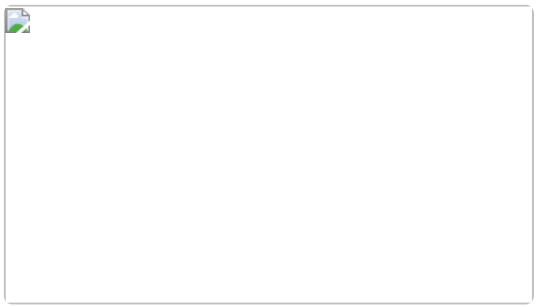
3. Prep sides

Finely chop the **capers**. Mix with the **mayonnaise** in a small bowl, and set aside. Trim the **sugar snap peas**.



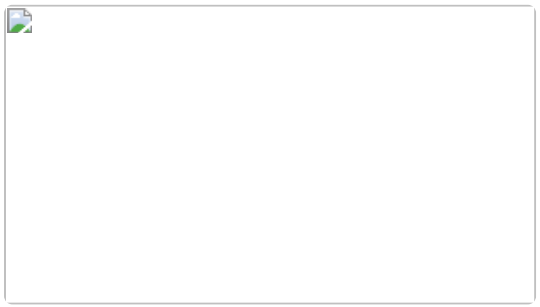
4. Fry fish

Heat a large pan over a medium-high heat with a generous drizzle of **vegetable oil**. Once hot, carefully add the coated **cod** (in batches), and cook for 3 min on either side or until golden and crispy, and cooked through.



5. Stir-fry

Meanwhile, heat a second large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **sugar snap peas**, and stir-fry for 2 min. Season with a pinch of **salt**.



6. Serve

Divide the **baked fries**, stir-fried **sugar snap peas** and **crispy cod** among plates. Serve with the **caper mayo**.

Tip! If cooking for kids, serve the fries, sugar snap peas and crispy fish separately.

Mattar Paneer

Mild Indian Pea and Cheese Curry

Enjoy this Punjabi classic, packed with a mixture of sweet, savoury and fresh flavours.

helló chef

908 calories | 41 protein | 107 carbs | 41 fat

Family Friendly

cook: 30 min

R2791-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3789 / 908
Fats (g)	41.1
of which saturated (g)	26.1
Carbohydrates (g)	107
of which sugars (g)	16.1
Fibers (g)	9.5
Proteins (g)	41
Salt (g)	1.8

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04-825-44-00
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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Brown onion	2 Piece
Ginger	60 Grams
Cherry tomatoes	500 Grams
Vegetable oil	2 Tbsp
Salt	2 Tsp
Garam masala	10 Grams
Turmeric powder	4 Grams
Coriander cumin powder	8 Grams
Garlic paste	20 Grams
Tomato paste	70 Grams
Water	600 ML
Vegetable stock cube 15*	2 Piece
Green peas	500 Grams
White sugar	10 Grams
Paneer 4*	500 Grams
Cooking cream 4*	200 ML
Black pepper	1 Tsp
Fresh coriander	15 Grams

Rice	
Basmati rice	300 Grams
Salt	1 Tsp
Water	600 ML

Allergens: *15 Celery, *4 Milk

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1. Prep veg

- Peel and finely chop the **onion**.
- Peel and grate the **ginger**.
- Finely chop the **cherry tomatoes**.



2. Fry onion

- Heat a large non-stick pan over a low heat with a drizzle of **vegetable oil**.
- Once hot, add the **onion** with a pinch of **salt**.
- Fry for 10 min.

Tip! Cook the onion for up to 30 min over a low heat. The longer and lower you cook them for, the sweeter they will become.



3. Cook rice

- Meanwhile, add the **basmati rice**, **salt** and the **measured water** to a pan with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Remove the pan from the heat.
- Keep covered until serving.
- Before serving, fluff with a fork.



4. Simmer sauce

- To the **onions** add the **garam masala**, **turmeric**, **cumin** and **coriander powder**.
- Cook for 1 min.
- Add the **ginger**, **garlic** and **tomato paste**.
- Cook for 2 min.
- Add the **measured water**, **vegetable stock cube**, **cherry tomatoes**, **peas** and **sugar**.
- Simmer for 10 min.



5. Fry paneer

- Meanwhile, chop the **paneer**.
- Heat a second non-stick pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **paneer cubes** with a pinch of **salt**.
- Fry on all sides for a total of 5 min or until starting to crisp.



6. Serve

- After 15 min, add the fried **paneer** and a generous splash of **cream** to the **pea curry**.
- Season to taste with **salt** and **pepper**.
- Serve the **Mattar Paneer: Mild Indian Pea and Cheese Curry**.
- Garnish with the **coriander** leaves.

Crispy Beef Quesadillas

with Tomato Salsa

Reheat the leftovers for lunch!

hello chef

998 calories | 68 protein | 71 carbs | 47 fat

Tips for Kids

cook: 30 min

R2596-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4173 / 998
Fats (g)	46.9
of which saturated (g)	26.3
Carbohydrates (g)	71
of which sugars (g)	10.3
Fibers (g)	5.4
Proteins (g)	67.7
Salt (g)	3.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Filling	
Lean beef mince	700 Grams
Vegetable oil	2 Tbsp
Taco seasoning	20 Grams
Brown sugar	10 Grams
Tomato paste	70 Grams
Sour cream 4*	120 Grams
Salt	1 Tsp

Salsa	
Tomatoes	2 Piece
Cucumber	2 Piece
Fresh coriander	15 Grams
Lime	2 Piece
Salt	1 Tsp

For quesadillas	
8" tortilla wraps 10*,11*	8 Piece
Grated orange cheddar 4*	120 Grams
Grated cheddar 4*	120 Grams
Vegetable oil	2 Tbsp

Allergens: *4 Milk, *10 Wheat, *11 Gluten

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1. Make filling

- Heat a large pan over a high heat with a drizzle of **oil**.
- Once hot, fry the **beef mince** for 5 min or until browned.
- Add the **taco seasoning** (spicy!), **brown sugar** and **tomato paste**.
- Cook for 2 min.
- Transfer the mix to a bowl.
- Wipe and reserve the pan.

Tip! If cooking for kids, reserve a portion of the beef mince before adding the taco seasoning.



2. Make salsa

- Meanwhile, roughly chop the **tomatoes** and **cucumber** into chunks.
- Finely chop the **coriander** (stalks included).
- In a bowl, combine the **tomatoes**, **coriander** and the **cucumber** with a squeeze of **lime** juice and a pinch of **salt**.
- Set the **tomato salsa** aside.

Tip! If cooking for kids, reserve a portion of the chopped tomatoes and cucumbers before adding the coriander and lime juice.



3. Assemble quesadillas

- Place half of the **tortilla wraps** on a board.
- Divide the warm **beef filling** between the **wraps** and spread it out in an even layer.
- Sprinkle with the **cheese**, top with the remaining **tortilla wraps**.
- Press **quesadillas** down firmly.

Tip! If cooking for kids, reserve a portion of the tortillas and cheese for step 5.



4. Fry quesadillas

- Return the reserved pan to a medium heat with a drizzle of **oil**.
- Once hot, place one **quesadilla** at a time into the pan.
- Cook for 2 min while pressing down with a spatula.
- Flip and cook for 2 min further.
- Repeat this process with the remaining **quesadillas**.

Tip! Too scared to flip the quesadillas with a spatula? Cover the pan with a large plate, grip the plate firmly, flip the pan 180˚ and slide the quesadillas back into the pan.



5. Serve

- Slice the **quesadillas** into triangles.
- Serve the **Crispy Beef Quesadillas** with **Tomato Salsa** and **sour cream** on the side.

Tip! If cooking for kids, let them build their own quesadillas by serving the reserved beef mince, plain tomatoes and cucumber, cheese, sour cream, tortillas and lime separately.

Korean Gochujang Chicken breast

with Fried Cauli 'Rice'

Gochujang or red chili paste is a savoury, sweet, and spicy fermented condiment, popular in Korean cooking.

hello chef

540 calories | 64 protein | 32 carbs | 18 fat

Low Carb

cook: 35 min

R3117-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2256 / 540
Fats (g)	18
of which saturated (g)	4.3
Carbohydrates (g)	32
of which sugars (g)	14.7
Fibers (g)	9.1
Proteins (g)	63.6
Salt (g)	4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Food processor
- Rolling pin

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken breast	
Chicken breast	800 Grams
Gochujang 9*	30 Grams
Tamari 9*	30 ML
Rice vinegar	30 ML
Brown sugar	10 Grams

Fried 'rice'	
Cauliflower	800 Grams
Carrot	2 Piece
Sugar snap peas	200 Grams
Vegetable oil	1 Tbsp
Organic Eggs 5*	4 Piece
Salt	1 Tsp
Soy sauce 9*,10*,11*	40 ML
Sesame oil 3*,9*	30 ML

Garnish	
Spring onion	80 Grams
Sesame seeds 3*	20 Grams

Allergens: *9 Soya, *5 Eggs, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Prep chicken

In a bowl, combine the **gochujang (spicy!)**, **rice vinegar**, **tamari** and **brown sugar**. Wrap the **chicken breasts** in cling film and place them on a chopping board. Using a rolling pin, bash the **chicken breasts** until halved in thickness. Add the **chicken** to the **marinade** and turn to coat. Set aside.

Tip! Marinate the chicken for up to 24 hours in advance.



2. Prep cauli

Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains.



3. Prep

Peel and grate the **carrots**. Roughly chop the **snap peas**. Chop the **spring onions**.



4. Fry chicken

Heat a large non-stick pan with a lid over a medium heat with a drizzle of **oil**. Once hot add the **chicken** and fry covered for 3-4 min on each side or until cooked through. Add a splash of water if the **chicken** is browning too fast. Transfer the **chicken** to a plate and reserve the pan.



5. Fried rice

Return the pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **eggs**. Scramble for 1 min. Add the **cauliflower**, **carrots**, **snap peas** with a generous pinch of **salt** and stir-fry for 5 min or until the **cauliflower rice** begins to soften. Add the **soy sauce**, **sesame oil** and **spring onion** and toss.



6. Serve

Serve the **Gochujang chicken** over the **fried cauli 'rice'**. Garnish with the **sesame seeds**.

Greek Chicken Skillet with Lemon and Parsley Rice

–

-

hello chef

740 calories 61 protein 97 carbs 12 fat

Speedy Family Friendly

cook: 25 min

R4464-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3105 / 740
Fats (g)	12.3
of which saturated (g)	4.5
Carbohydrates (g)	97
of which sugars (g)	16.8
Fibers (g)	11.2
Proteins (g)	61.3
Salt (g)	4.8

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Skillet	
Chicken breast	800 Grams
Lemon	2 Piece
Garlic powder	4 Grams
Spring onion	80 Grams
Garlic cloves	4 Piece
Green pepper	2 Piece
Cherry tomatoes	300 Grams
Peeled plum tomatoes	800 Grams
Dried thyme	4 Grams
White sugar	10 Grams
Smoked paprika powder	8 Grams
Chicken stock cube 4*,5*,9*,15*	1 Piece
Fresh oregano	10 Grams
Kalamata olives	80 Grams
Feta cheese 4*	100 Grams

Rice	
Medium grain rice	300 Grams
Fresh parsley	15 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Cook rice

At the end of cooking, pick in the **parsley** leaves and squeeze in the **lemon** juice.

Tip! 2



2. Prep

Trim and finely chop the **spring onions**. Halve the **cherry tomatoes**. Deseed and chop the **pepper** into small bite-sized pieces. In a large bowl, zest the **lemon** and mix with **garlic powder**, **dried oregano**, olive oil and a pinch of salt and **pepper**. Add the **chicken breast** and coat in the marinade.

Tip! 5



3. Fry chicken

Heat a large deep frying pan over a medium-high heat with a drizzle of oil. Fry the **chicken breast** for 3 min each side, until golden and nearly cooked through. Remove from the pan and set aside. Reserve the pan.

Tip! 6



4. Fry veg

Return the pan to the heat with another drizzle of oil. Add the **spring onions**, **tomatoes** and **green pepper**. Fry for 3-4 min until softened.

Tip! 4



5. Make sauce

Add the **smoked paprika**, **dried thyme**, 1 **chicken stock cube**, **white sugar** and **peeled plum tomatoes**. Break the **tomatoes** up with a spatula and cook for 5 min. Add the **olives** and half of the **feta**. Nestle in the **chicken breast** and cook for 1 min further.

Tip! Leave the olives out for fussy eaters.



6. Serve

Sprinkle over the remaining **feta**.

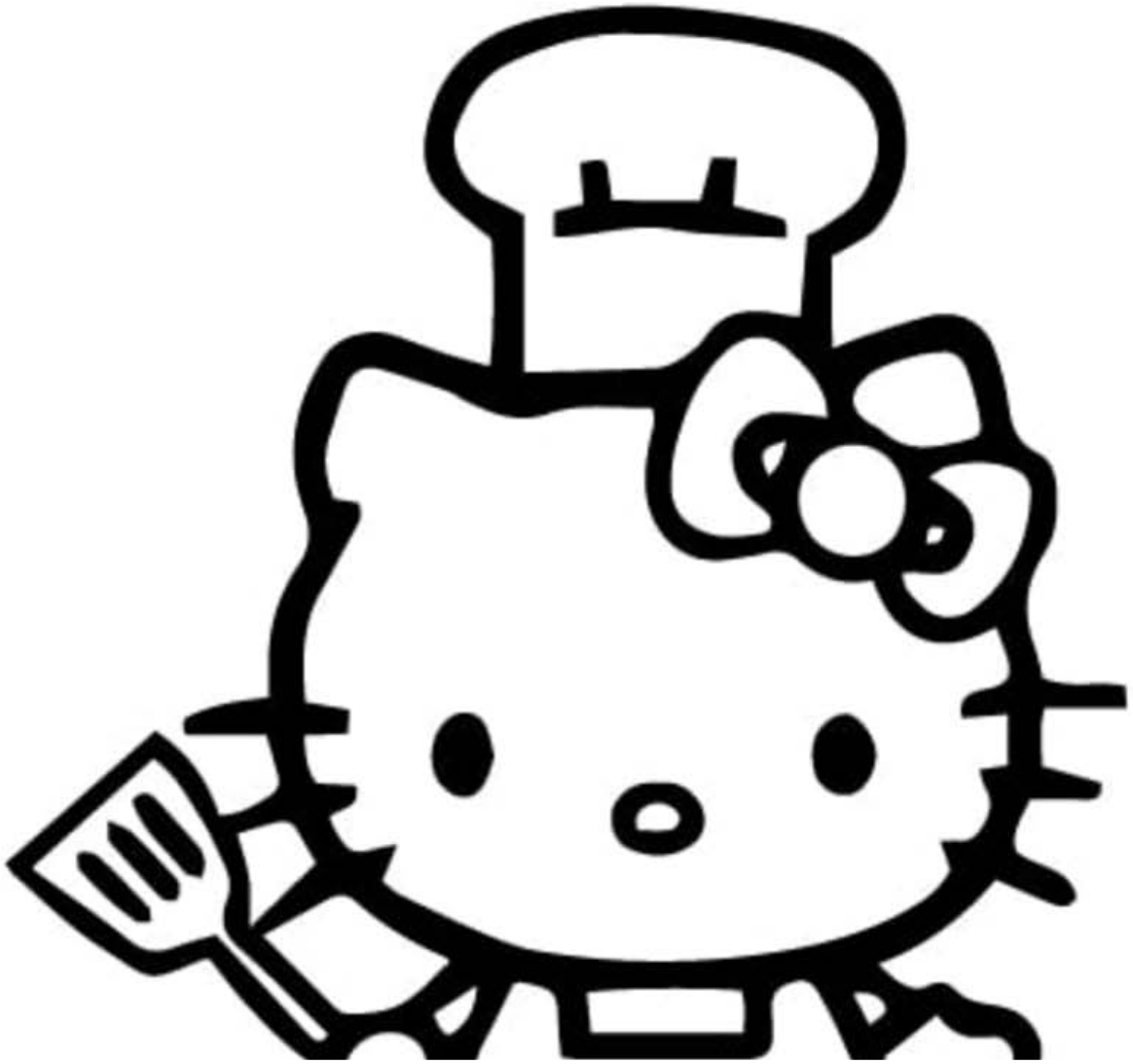
hello chef

493 calories | 55 protein | 46 carbs | 12 fat

Calorie Smart

cook: 35 min

R4379-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2045 / 493
Fats (g)	11.7
of which saturated (g)	4.1
Carbohydrates (g)	46
of which sugars (g)	24.1
Fibers (g)	9.6
Proteins (g)	54.5
Salt (g)	4.1

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Beef	
Steak strips	700 Grams
Small red chilli	1 Piece
Spring onion	80 Grams
Teriyaki sauce 8*,9*,10*	80 ML
Ginger garlic paste	20 Grams
Salt	0.5 Tsp
Baking soda	5 Grams
Corn starch	10 Grams
Vegetable oil	1 Tbsp
Soy sauce 9*,10*,11*	40 ML
Brown sugar	30 Grams
Rice vinegar	30 ML

Rice	
Cauliflower	800 Grams
Black sesame seeds 3*	5 Grams
Garlic paste	20 Grams

Veggies	
Red pepper	1 Piece
Broccoli	400 Grams

Allergens: *8 Molluscs, *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. marinate beef

In a bowl, combine **steak** with **soy sauce**, **brown sugar**, **ginger garlic paste**, **baking soda**, **corn starch**, splash of water. Set aside.



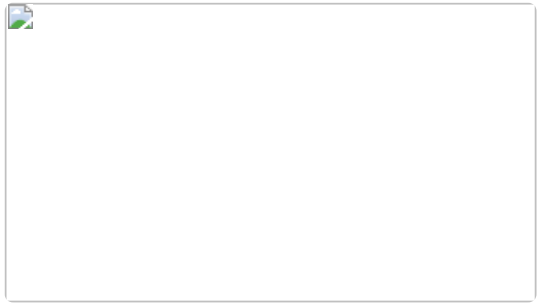
2. prep

slice **spring onions**, separate **broccoli** into florets. slice the **red chilli** into **strips**.



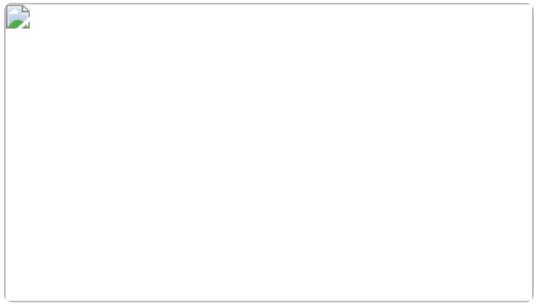
3. boil rice.

Rinse the **rice**. toast the **sesame seeds**. Add the **rice**, a pinch of **salt** and the **measured** water to a pot with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 12-14 min or until the water is absorbed and the **rice** is cooked.



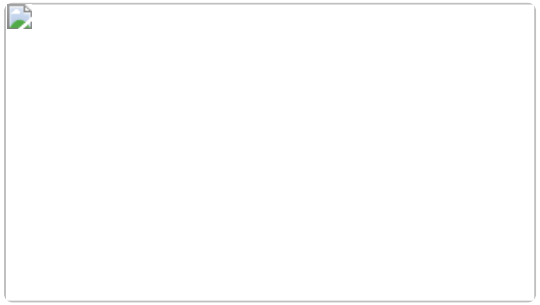
4. steam broccoli

Add the tenderstem **broccoli** on top and steam cook. Once cooked, remove the pot from the heat and keep covered until serving.



5. fry

Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **steak** and fry for 5-7 min or until browned. Add the **spring onion** and **red chilli (spicy!)**. Fry for 5 min.



6. serve

serve

Fajita Halloumi

with Cheesy Mexican Rice, Salsa and Sour Cream

Enjoy this hearty Mexican dish packed with flavour and paired with a light and refreshing salsa.

hellochef

870 calories | 41 protein | 99 carbs | 42 fat

Tips for Kids

cook: 25 min

R3820-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3629 / 870
Fats (g)	41.8
of which saturated (g)	32.3
Carbohydrates (g)	99
of which sugars (g)	15.4
Fibers (g)	8
Proteins (g)	40.6
Salt (g)	36.7

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fajita Halloumi	
Halloumi 4*	400 Grams
Vegetable oil	2 Tbsp
Tomato paste	70 Grams
Fajita seasoning	20 Grams
Water	200 ML
Honey	30 Grams
Salt	1 Tsp
Black pepper	1 Tsp

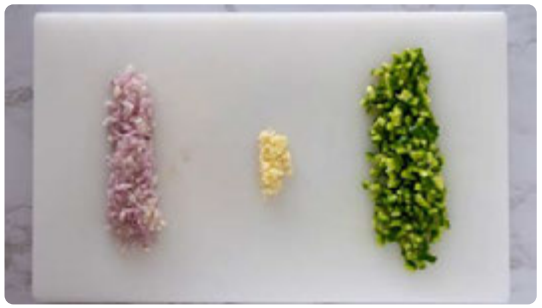
Rice	
Red onion	2 Piece
Garlic cloves	4 Piece
Green pepper	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Taco seasoning	20 Grams
Smoked paprika powder	4 Grams
Basmati rice	300 Grams
Water	500 ML
Black pepper	1 Tsp
Grated cheddar 4*	120 Grams

Salsa	
Tomatoes	2 Piece
Cucumber	2 Piece
Fresh coriander	15 Grams
Salt	1 Tsp
Black pepper	1 Tsp

To serve	
Sour cream 4*	120 Grams

Allergens: *4 Milk

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1. Prep

- Peel and finely chop the **red onion**.
- Peel and mince the **garlic**.
- Deseed and finely chop the **green pepper** into cubes.



2. Fry

- Heat a pot over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion** with a pinch of **salt** and fry for 5 min.
- Add the **garlic**, **green pepper**, **taco seasoning** (spicy!) and **smoked paprika** and fry for 1 min further.

Tip! Sensitive to spice? Go easy on the taco seasoning.



3. Simmer

- Add the **rice** and fry for 1 min further, stirring to coat the grains in the **oil**.
- Add the **measured water** to the pot and bring to a boil over high heat.
- Once boiling, reduce the heat to low, cover, and cook for 12-15 min or until the water is absorbed and the **rice** is tender.
- Once cooked, season with **salt** and **pepper** to taste.



4. Make salsa

- Meanwhile, chop the **tomatoes** and **cucumber** into cubes.
- Pick and finely chop the **coriander** leaves.
- In a small bowl, combine the **tomatoes**, **cucumber** and half of the **coriander** (reserve the rest for garnish) with a pinch of **salt** and **pepper** to taste.
- Set aside.

Tip! If cooking for kids, slice a portion of the cucumbers into rounds and set aside. Set aside a portion of the tomatoes and coriander to use as 'sprinkles'.



5. Fry halloumi

- Chop the **halloumi** into bite-sized cubes.
- Heat a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **halloumi** and fry for 2-3 min on each side until browned.
- Reduce the heat to medium and add the **tomato paste** and **fajita seasoning**. Fry for 1 min.
- Add the **measured water** and **honey**.
- Simmer for for 2-3 min further or until the sauce generously coats the **halloumi**.
- Season with **salt** and **pepper** to taste.

Tip! If cooking for kids, set aside a portion of plain fried halloumi.



6. Serve

- Once the **rice** has cooked, divide it among bowls and sprinkle with **grated cheddar**.
- Serve the **Fajita Halloumi** with **Cheesy Mexican Rice** and Salsa alongside.
- Garnish with dollops of **sour cream** and the remaining **coriander**.

Tip! If cooking for kids, serve the plain fried halloumi, tomatoes, cucumber and rice separately. Serve the sour cream, cheddar cheese and coriander as 'sprinkles' to the side.

Salmon Sushi Bake with Avocado and Nori Sheets

–

–

874 calories 50 protein 86 carbs 38 fat

Family Friendly Quick Prep

cook: 45 min

R4683-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3655 / 874
Fats (g)	37.8
of which saturated (g)	11.1
Carbohydrates (g)	86
of which sugars (g)	10.5
Fibers (g)	10.6
Proteins (g)	49.8
Salt (g)	1.1

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salmon	
Salmon cubes 6*	700 Grams
Spring onion	80 Grams
Avocado	1 Piece
Sesame seeds 3*	5 Grams
Sweet soy sauce 9*,10*,11*,14*	30 ML

Rice	
Rice vinegar	30 ML
Sushi rice	300 Grams
Water	300 ML
Nori sheets 3*	4 Piece

Sauce	
Cream cheese 4*	160 Grams
Sriracha sauce	28 Grams
Cucumber	2 Piece

Allergens: *6 Fish, *3 Sesame Seeds, *9 Soya, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *4 Milk

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1. Cook rice

- Preheat oven 180.
- Rinse the **sushi rice** in cold water.
- Add the **rice**, a pinch of salt and the **measured water** to a pan with a lid and bring to a boil over a high heat.
- Once boiling, reduce the heat to low, cover, and cook for 15 min or until the water is absorbed and the **rice** is cooked
- Once cooked, remove the pan from the heat and let cool slightly. Once cooled, fold in the **rice vinegar**.



2. Prep

- In a bowl, combine **sweet soy sauce** and **salmon** pieces.



3. Bake

- Spread **rice** in a dish. Top with the **salmon**. Bake for 20 min.



4. Prep

- Meanwhile, deseed **avocado** and slice into **cubes**. Slice **spring onion**. Finely chop **cucumbers**.



5. Sauce

- Combine **cream cheese** and **sriracha sauce**.



6. Serve

- Once baked. Top with the **spring onion**, **avocado**, **cucumber**. Drizzle over the **sauce**. Serve with the **nori sheets**.

Lamb Hot-Pot

with Sauteed Cabbage

Enjoy this traditional dish from Lancashire, in the North West of England.

hello chef

648 calories | 40 protein | 53 carbs | 27 fat

Family Friendly

cook: 60 min

R3168-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2971 / 648
Fats (g)	26.7
of which saturated (g)	16.6
Carbohydrates (g)	53
of which sugars (g)	23.3
Fibers (g)	11.2
Proteins (g)	40.4
Salt (g)	0.7

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven | Box grater

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Hot-pot	
Lean lamb mince	700 Grams
Carrot	2 Piece
Red onion	2 Piece
Garlic cloves	2 Piece
Fresh thyme	10 Grams
Potatoes	450 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Tomato paste	70 Grams
Plain flour 10*,11*	20 Grams
Water	400 ML
Vegetable stock cube 15*	1 Piece
Dried bay leaves	2 Piece
Worcestershire sauce 6*,11*	30 ML
Onion marmalade	56 Grams

Cabbage	
White cabbage	600 Grams
Olive oil	2 Tbsp
Butter 4*	20 Grams
Salt	1 Tsp

Allergens: *10 Wheat, *11 Gluten, *15 Celery, *6 Fish, *4 Milk

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1. Prep

- Preheat the oven to 200°C/180°C fan.
- Peel and finely chop the **onion**.
- Peel and grate the **carrot**.
- Peel and mince the **garlic**.
- Strip and finely chop the **thyme leaves**.
- Slice the **potatoes** (skins on!) as finely as possible.



2. Fry

- Heat a non-stick pan over a medium-low heat with a drizzle of **oil**.
- Add the **onion** and **carrot** with a pinch of **salt**.
- Fry for 6 min until softened.
- Add the **garlic** and **tomato paste**.
- Fry for 1 min further.



3. Simmer

- Add the **lamb mince**.
- Fry for 4-5 min further, breaking up the **mince** while frying.
- Stir the **flour** through.
- Cook for 30 sec.
- Add the **measured water**, **stock cube**, **bay leaves**, **worcestershire sauce**, **onion marmalade** and half of the **thyme**.
- Cook for 3 min.



4. Bake hot pot

- Transfer the **lamb** mixture into an oven proof dish.
- Reserve the pan.
- Top with the sliced **potatoes**.
- Drizzle the **potatoes** generously with **oil** and sprinkle with **salt** and the remaining **thyme**.
- Bake for 30-35 min until the **potatoes** are slightly browned and crispy.
- Keep **hot-pot** aside.



5. Fry cabbage

- Meanwhile, slice the **cabbage** finely.
- Return the pan to a medium-high heat with a drizzle of **oil**.
- Add the **cabbage**.
- Fry for 5-7 min until tender.
- Add the **butter**.
- Fry for 2 min further.
- Season with **salt**.



6. Serve

- Allow the **hot-pot** to rest for 5 min.
- Serve the **Lamb Hot-Pot** with **Sauteed Cabbage**.

Peanut Butter Power Smoothie

with Banana and Oats

Packed with protein, this smoothie is bound to kick start your day the right way!

hello chef

707 calories | 25 protein | 54 carbs | 38 fat

Speedy | Quick Prep

cook: 5 min

R4452-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2957 / 707
Fats (g)	37.6
of which saturated (g)	7.8
Carbohydrates (g)	54
of which sugars (g)	33.6
Fibers (g)	10.4
Proteins (g)	24.9
Salt (g)	0.9

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What You'll Need

- Blender

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 2 servings

Smoothie

Banana	1 Piece
Peanut butter *1*,9*	120 Grams
Rolled oats	50 Grams
Natural yogurt *4*	170 Grams
Honey	15 Grams
Almond milk *2*	480 ML
Cinnamon powder	1 Grams

Allergens: *1 Peanuts, *9 Soya, *4 Milk, *2 Tree Nuts

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1. Add

- Peel the **banana**.
- To a blender, add the **banana**, **peanut butter**, **oats**, **yogurt**, **honey**, **almond milk** and a pinch of **cinnamon** to taste.

Tip! For a thicker and creamier smoothie, freeze the banana ahead of time.



2. Blend

- Blend everything on a high speed for 1-2 min or until smooth.

Tip! Feel free to add a scoop of protein powder of your choice before blending.



3. Serve

- Enjoy the **Peanut Butter Power Smoothie** on-the-go.

Harissa Halloumi with Couscous Salad

and Lemon and Mint Yogurt Dressing

Harissa is an aromatic hot chilli pepper paste made from roasted red peppers, garlic, herbs, spices and olive oil.

hello chef

658 calories | 34 protein | 72 carbs | 29 fat

cook: 30 min

R3786-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2743 / 658
Fats (g)	28.5
of which saturated (g)	24.7
Carbohydrates (g)	72
of which sugars (g)	17.2
Fibers (g)	8.1
Proteins (g)	33.6
Salt (g)	36.1

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Harissa halloumi	
Halloumi 4*	400 Grams
Garlic cloves	4 Piece
Vegetable oil	2 Tbsp
Harissa paste	40 Grams
Coriander cumin powder	8 Grams
Paprika powder	4 Grams
Mild tomato salsa	120 Grams
Honey	30 Grams
Water	200 ML
Salt	1 Tsp
Black pepper	1 Tsp

Couscous	
Water	400 ML
Vegetable stock cube 15*	1 Piece
Couscous 10*,11*	200 Grams
Cherry tomatoes	300 Grams
Cucumber	2 Piece
Yellow pepper	2 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Dressing	
Fresh mint	10 Grams
Lemon	2 Piece
Natural yogurt 4*	340 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Serve	
Rocket	80 Grams

Allergens: *4 Milk, *15 Celery, *10 Wheat, *11 Gluten

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1. Prep

- Boil the **measured water** and dissolve the 1 **vegetable stock cube** in it.
- Set the **vegetable stock** aside.
- Add the **couscous** to a bowl with the **vegetable stock**.
- Cover with a lid.
- Set aside to use in step 6.
- Meanwhile, pick and finely chop the **mint** leaves.
- Slice the **lemon** into wedges.
- In a small bowl combine the **yogurt**, **mint**, pinch of **salt** and **pepper** with a squeeze of **lemon** juice to taste.
- Set the **lemon and mint dressing** aside.



2. Prep veg

- Chop the **cherry tomatoes** in half.
- Chop the **cucumber** into cubes.
- Deseed and chop the **yellow pepper** into cubes.
- Add the **cucumber**, **pepper** and **tomatoes** to a large bowl.
- Set aside.



3. Prep

- Chop the **halloumi** into bite-sized pieces.
- Peel and mince the **garlic**.



4. Fry halloumi

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **halloumi pieces**.
- Fry for 2-3 min on each side until browned.
- Transfer to a plate.
- Reserve the pan.

Tip! Don't fry the halloumi on too high a heat. It should be golden on the outside and soft on the inside.



5. Simmer

- Return the reserved pan to a medium heat with a drizzle of **oil**.
- Once hot, add the **garlic** and **harissa paste (spicy!)**.
- Fry for 1 min.
- Add the **coriander cumin powder**, **paprika**, **mild tomato salsa**, **honey** and the **measured water**.
- Simmer for 3 min further.
- Add the **halloumi**.
- Toss to coat.
- Remove from the heat. Season with **salt** and **pepper** to taste.

Tip! Sensitive to spice? Go easy on the harissa paste.



6. Serve

- Once the **couscous** has cooked, fluff up with a fork.
- Add to the **chopped vegetables** with a drizzle of **olive oil**.
- Season with **salt** and **pepper**.
- Serve the **Harissa Halloumi** on **Couscous Salad** with **Lemon and Mint Yogurt Dressing** and **rocket** alongside.
- Garnish with the remaining **lemon wedges**.

Lamb Burgers in Pitta with Tzatziki
and Sweet Potato Wedges

Greek flavours with a twist!

helló chef

1126 calories | 67 protein | 131 carbs | 41 fat

Family Friendly

cook: 30 min

R2262-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4711 / 1126
Fats (g)	41.3
of which saturated (g)	16.9
Carbohydrates (g)	131
of which sugars (g)	25.3
Fibers (g)	15.7
Proteins (g)	67.1
Salt (g)	1.7

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Burgers	
Lamb mince	700 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Coriander cumin powder	8 Grams
Paprika powder	4 Grams
Chilli flakes	2 Grams
Black pepper	1 Tsp
Salt	1 Tsp
Olive oil	4 Tbsp

Sweet potato fries	
Sweet potatoes	1200 Grams
Vegetable oil	2 Tbsp
Salt	10 Tsp

Tzatziki	
Salt	1 Tsp
Fresh dill	15 Grams
Cucumber	2 Piece
Natural yogurt **4***	340 Grams

To serve	
Pitta bread **4*,5*,9*,10*,11***	4 Piece
Rocket	40 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten

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1. Roast sweet potatoes

- Preheat the oven to 220°C/200°C fan.
- Chop **sweet potatoes** (skins on) **wedges**.
- Place them on a lined baking tray.
- Toss them in the **vegetable oil** and sprinkle them with **salt**.
- Roast for 25 min.



2. Prep

- Meanwhile, peel and finely chop the **onion** and **garlic**.
- Chop the **fresh dill** and set aside.



3. Make patties

- In a bowl, combine the **lamb mince**, **onion**, **garlic**, **coriander cumin powder**, **paprika**, **chilli flakes (spicy!)**, **black pepper** and **salt**.
- With clean hands, knead the mixture for 3 min until tender.
- Shape into **patties**.
- Refrigerate.



4. Make tzatziki

- Grate the **cucumber** and squeeze out any excess liquid.
- In a bowl, combine the **cucumber**, **yogurt** and **fresh dill**.
- Season with a pinch of **salt**.
- Refrigerate.



5. Fry patties

- Bring a pan to a medium-high heat with a drizzle of **oil**.
- Add the burger **patties**.
- Reduce the heat to medium.
- Fry for 4 min on each side until browned and cooked through.



6. Serve

- Meanwhile, warm the **pitta breads** in the oven for 2-3 min.
- Serve the **Lamb Burgers in Pitta with Tzatziki** and **Sweet Potato Wedges** and **rocket** on the side.
- Alternatively, stuff the warmed **pitta breads** with the **lamb burgers**, **rocket** and **tzatziki**.
- Serve with the **Sweet Potato Wedges** to the side.

Mexican Chicken and Veggie

One Pot

This one pot wonder makes eating three of your five-a-day easy!

746 calories | 84 protein | 42 carbs | 30 fat

Low Carb

cook: 35 min

R2904-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3120 / 746
Fats (g)	30.2
of which saturated (g)	17.7
Carbohydrates (g)	42
of which sugars (g)	11
Fibers (g)	14.3
Proteins (g)	84.4
Salt (g)	5.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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04-825-44-00

hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken pan	
Chicken breast	800 Grams
Red pepper	2 Piece
Red onion	2 Piece
Garlic cloves	4 Piece
Small zucchini	4 Piece
Red kidney beans	480 Grams
Vegetable oil	4 Tbsp
Salt	2 Tsp
Tomato paste	70 Grams
Taco seasoning	20 Grams
Chipotle powder	4 Grams
Chicken stock cube 4*,5*,9*,15*	2 Piece
Water	400 ML
Sour cream 4*	120 Grams
Grated orange cheddar 4*	120 Grams
Grated mozzarella 4*	120 Grams

To serve	
Fresh coriander	15 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Prep

- De-seed and slice the **pepper**.
- Peel and slice the **onion**.
- Peel and mince the **garlic**.
- Chop the **zucchini** into half-moons.
- Rinse and drain the **kidney beans**.



2. Fry chicken

- Heat a non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken breasts** with a pinch of **salt**.
- Cook for 5-7 min on either side until golden and cooked through.
- Transfer the **chicken** to a plate and set aside.
- Reserve the pan.



3. Fry vegetables

- Return the pan to a medium high heat with a second drizzle of **oil**.
- Once hot add the **onions** and **peppers** with a pinch of **salt**.
- Fry for 3 min.
- Add the **zucchini**, **garlic**, **tomato paste**, **taco seasoning** (spicy!) and a pinch of **chipotle** (spicy!).
- Fry for 2 min further.

Tip! If you're cooking for 3 or 4, use two pans.



4. Simmer

- Add the **kidney beans**, **stock cube** and **measured water**.
- Cover with a lid and simmer for 3 min.



5. Add cheese

- Finally, fold in the **sour cream**.
- Return the **chicken** to the pan and top with the **cheeses**.
- Cover with a lid.
- Cook for 1 final min.
- Remove the pan from the heat.
- Set aside for 2-3 min or until the **cheese** has melted.



6. Serve

- Serve the **Mexican Chicken** and **Veggie One Pot** immediately.
- Garnish with the **fresh coriander**.

Seabass with Avocado Hollandaise

and Asparagus

Enjoy this beautifully delicate white fish paired with an eye-catching smooth, green sauce.

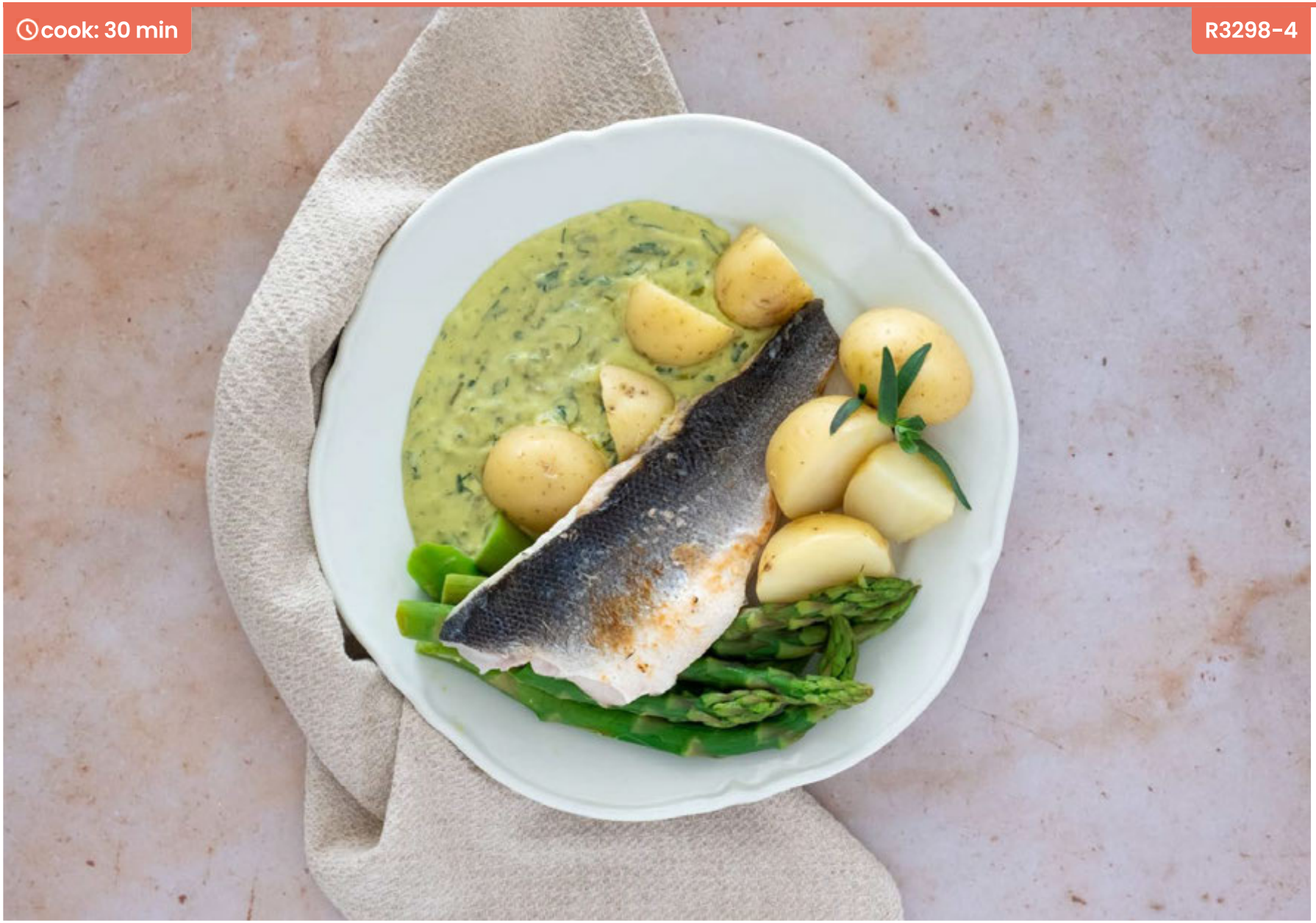
hellochef

892 calories | 49 protein | 79 carbs | 47 fat

Chef's choice | Family Friendly

cook: 30 min

R3298-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3715 / 892
Fats (g)	47.2
of which saturated (g)	18.1
Carbohydrates (g)	79
of which sugars (g)	9
Fibers (g)	19.3
Proteins (g)	49.1
Salt (g)	0.6

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What You'll Need

- Blender

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Seabass 6*	660 Grams
New potatoes	1000 Grams
Fresh tarragon	15 Grams
Avocado	2 Piece
Thick asparagus	500 Grams
Lemon	2 Piece
Spring onion	80 Grams
Red vinegar	30 ML
Vegetable stock cube 15*	2 Piece
Butter 4*	100 Grams
Water	200 ML
Vegetable oil	2 Tbsp
Organic Eggs 5*	2 Piece
Black pepper	1 Tsp

Allergens: *6 Fish, *15 Celery, *4 Milk, *5 Eggs

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1. Boil

Wash and roughy chop the **potatoes**. Add them to a pan salted boiling water. Cook the **potatoes** over a medium heat for 15-20 min until tender. Drain.



2. Prep

Meanwhile, pick the **tarragon** leaves. Cut the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon. Trim the **asparagus**. Juice the **lemons**. Very finely slice the **spring onions**.



3. Make reduction

Place the **spring onions** in a small pan over a high heat with 2 tbsp of the **lemon** juice, the **red vinegar**, **vegetable stock cube**, **butter** and **measured water**. Cook for 1 min. Set aside and keep warm.



4. Fry seabass

Pat the **seabass** fillets dry with kitchen paper and season the skin with salt. Heat a large non-stick pan with a drizzle of **vegetable oil** over a medium-high heat. Once hot, add the **seabass**, skin-side down. Once the **seabass** fillets are crispy, flip and cook for 1-2 min further.



5. Blend

Separate the **egg** yolks from the whites. Add the yolks to a food processor, discard the whites (see pro tip!). Add the **tarragon**, **avocado** and hot **spring onion** mixture. Reserve the pan (just give it a rinse!). Blitz until silky smooth. Season with **pepper**. This is your **avocado hollandaise**.



6. Serve

Return the rinsed pan to the heat with plenty of boiling water. Add the **asparagus** and cook for 3 min. Drain. Serve the fried **seabass**, drained **asparagus** and **new potatoes** alongside the **avocado hollandaise**.

Dukkah-Spiced Cauliflower and Lentil Salad

with Red Pepper Hummus and Dates

Dukkah is a crunchy and flavourful blend of nuts, seeds, and spices that hails from Egypt and the Middle East. A perfect topping in this festive salad.

hello chef

832 calories | 31 protein | 122 carbs | 30 fat

cook: 40 min

R4245-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3478 / 832
Fats (g)	29.6
of which saturated (g)	3.4
Carbohydrates (g)	122
of which sugars (g)	47.8
Fibers (g)	23.9
Proteins (g)	30.8
Salt (g)	2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Oven
- Pestle & Mortar

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salad	
Brown lentils	200 Grams
Arabic mix masala	4 Grams
Cauliflower	800 Grams
Red onion	2 Piece
Olive oil	4 Tbsp
Turmeric powder	4 Grams
Fresh parsley	30 Grams
Dates	8 Piece
Pomegranate	2 Piece
Pomegranate molasses	40 Grams
Red pepper hummus 3*	450 Grams
Baby spinach	90 Grams
Salt	1 Tsp

Dukkah Spice	
Peeled pistachios 2*	40 Grams
Sesame seeds 3*	15 Grams
Cumin seeds	4 Grams
Coriander seeds	4 Grams
Zaatar	15 Grams

Allergens: *3 Sesame Seeds, *2 Tree Nuts

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1. Cook lentils

- Preheat the oven to 200°C/180°C fan.
- Rinse the **lentils**.
- Bring a small pot of salted water to a boil over a high heat.
- Once boiling, add the **lentils** and **arabic mix masala**.
- Cover and cook on medium heat for 13-15 min until they are tender and cooked through.
- Drain and set aside to cool.



2. Make dukkah

- Meanwhile, heat a small frying pan to a medium high heat.
- Add the **pistachios**, **sesame seeds**, **cumin seeds**, and **coriander seeds**.
- Dry toast for 1-2 min until slightly smoky and fragrant.
- Add to pestle and mortar and lightly crush until the mixture is chunky.
- Stir in the **zaatar**.

Tip! Don't have a pestle and mortar? Add the contents to a sandwich bag and lightly crush using a heavy object.



3. Roast cauliflower

- Meanwhile, line a baking tray with parchment paper.
- Trim the **cauliflower** into florets, and slice them in half.
- Peel and slice half of the **red onion** into wedges (reserving the other half for the **lentil salad**).
- Add the **cauliflower**, and **red onion** wedges into a bowl.
- Drizzle with **olive oil**, **turmeric powder**, and half the **dukkah spice**.
- Mix well. Add to the baking tray.
- Roast for 15-20 min until cooked through.



4. Prep

- Meanwhile, finely chop the remaining **red onion**.
- Pick and finely chop the **parsley**.
- Deseed and slice the **dates** into strips.
- Halve the **pomegranate**, hold each half over a large bowl, **seeds** facing down.
- Hit the skin with a wooden spoon, squeezing to release the **seeds**.
- Discard the shell and membrane.



5. Mix salad

- In a bowl combine the cooled **lentils**, chopped **onions**, **pomegranate seeds**, and **parsley**.
- Drizzle over the **pomegranate molasses** and **olive oil**, and stir through.



6. Serve

- Spread **red pepper hummus** on the plates.
- Layer the **salad** starting with the **baby spinach**, followed by the **lentil salad**, the roasted **cauliflower**, and **dates**.
- Garnish with extra **dukkah spice** on top.
- Serve the **Dukkah-Spiced Cauliflower and Lentil Salad** with **Red Pepper Hummus** and **Dates**.

Spicy Chilli Lime Tofu

with Pak Choi, Edamame Beans and Cauli Rice

Aromatic and fragrant!

hellochef

441 calories | 39 protein | 44 carbs | 18 fat

Calorie Smart

cook: 30 min

R4686-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1844 / 441
Fats (g)	17.7
of which saturated (g)	2.3
Carbohydrates (g)	44
of which sugars (g)	17.7
Fibers (g)	13.8
Proteins (g)	39.2
Salt (g)	2.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Tofu	
Firm tofu 9*	600 Grams
Sauce	
Lime	4 Piece
Soy sauce 9*,10*,11*	40 ML
Ginger garlic paste	20 Grams
Brown sugar	15 Grams
Chilli jam	56 Grams
Water	200 ML
Corn starch	15 Grams
Cauli rice	
Cauliflower	800 Grams
Veg	
Baby pak choi	6 Piece
Edamame beans 9*	200 Grams
To serve	
Fresh coriander	15 Grams
Sesame seeds 3*	5 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Prep

- Drain and pat dry the **tofu**.
- Cut it into bite-sized cubes.
- cut the **pak choi** into halves.



2. Cook cauli rice

- Using a box grater or food processor, grate or blitz the **cauliflower** until it resembles rice grains.
- Heat a frying pan over a medium heat with a drizzle of **oil**.
- Once hot, add the **cauliflower** with a pinch of **salt** and stir-fry for 5 min.
- Keep warm until serving.



3. Make sauce

- Cut the **lime** into wedges.
- In a small pan, combine the **soy sauce**, **ginger garlic paste**, **brown sugar**, **chilli jam** (spicy!), measured **water**, **juice** of half the **limes** and 2 tsp of **corn starch**.
- Heat the **sauce** over a medium heat for 1 min.



4. Add tofu

- Add the **tofu** to the **sauce**.
- Cook for 3-5 min, tossing gently until the **sauce** has thickened.



5. Cook veg

- Heat a frying pan with a drizzle of **oil**.
- Fry the **pak choi** for 2-3 min, with a pinch of **salt**.
- Add the **beans** with a splash of **water**.
- Cover and cook for 2-3 min.



6. Serve

- Serve the **Chilli Lime Tofu** with **Pak Choi**, **Edamame Beans** and **Cauli Rice** garnished with **coriander leaves** and **sesame seeds**.
- Squeeze over the juice of the remaining **limes**.

Redev: Chicken Teriyaki and Pineapple Skewers

over Jasmine Rice

-

helló chef

762 calories | 58 protein | 126 carbs | 7 fat

Global Eats

cook: 40 min

R4755-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3175 / 762
Fats (g)	6.5
of which saturated (g)	1.1
Carbohydrates (g)	126
of which sugars (g)	39.1
Fibers (g)	5.8
Proteins (g)	58.1
Salt (g)	3.9

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What You'll Need

Oven

hello@hellochef.com

04-825-44-00

hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken skewers	
Chicken breast	600 Grams
Bamboo skewers	12 Piece
Pineapple chunks	280 Grams
Green pepper	2 Piece
Red onion	2 Piece
Small red chilli	2 Piece
Black sesame seeds 3*	20 Grams

Teriyaki sauce	
Barbecue sauce 11*,13*	80 Grams
Soy sauce 9*,10*,11*	40 ML
Sweet soy sauce 9*,10*,11*,14*	30 ML
Honey	30 Grams
Rice vinegar	30 ML

Rice	
Jasmine rice	300 Grams
Salt	1 Tsp
Water	600 ML

Sauce 1	
Corn starch	20 Grams
Teriyaki sauce 8*,9*,10*	80 ML
Rice vinegar	30 ML
Water	50 ML

Allergens: *3 Sesame Seeds, *11 Gluten, *13 Mustard, *9 Soya, *10 Wheat, *14 Sulphur Dioxide, *8 Molluscs

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1. Marinate chicken

Pre-heat the grill to high. Soak the **bamboo skewers** in water. Chop the **chicken** into bite-sized pieces. In a large bowl, combine the **corn starch**, **barbecue sauce**, both **soy sauces**, **honey** and the **rice vinegar**. Add the **chicken**, mix well and set aside.

> **Tip!** If cooking for kids, set aside a portion of chicken and keep them plain.



2. Boil rice

Meanwhile, rinse the **rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pot from heat and keep covered until serving.



3. Prep

Meanwhile, drain the **pineapple**. Deseed and chop the **green pepper** into rough chunks. Peel and chop the **red onion** into wedges. Finely slice the **red chilli**.

> **Tip!** Carefully remove the seeds of the red chilli, if you prefer a milder flavour.



4. Thread skewers

Thread the **teriyaki chicken**, **pineapple chunks**, **red onion** and **peppers** onto the **skewers**. Place them on an oiled baking tray and brush with the remaining **marinade**. Grill for 12 min or until cooked through and starting to char.

> **Tip!** If cooking for kids, thread the plain pieces of chicken, pineapple chunks, red onion and peppers. Don't brush the marinade on them if not preferred.



5. Make glaze

In a pot, combine the reserved **pineapple** juice, **teriyaki sauce**, **rice vinegar**, **corn starch**, and **water**. Bring to a boil, cook for 2 min and turn off the heat. rush the **skewers** with any leftover cooked **marinade** from the tray.



6. Serve

Serve the **chicken teriyaki and pineapple skewers** over the **jasmine rice**. Garnish with the **sesame seeds** and the **red chilli (spicy!)**.

> **Tip!** If cooking for kids, serve the rice, vegetables and chicken separately. Serve the sesame seeds on the side as 'sprinkles'. Sensitive to spice? Go easy on the chilli.

Dukkah-Spiced Lamb Chops and Hummus

with Coriander Potatoes and Jeweled Salad

Dukkah is a crunchy and flavourful blend of nuts, seeds, and spices that hails from Egypt and the Middle East. A perfect pairing for lamb in this festive dish.

hello chef

1507 calories | 71 protein | 114 carbs | 88 fat

Gourmet

cook: 45 min

R4208-4



Nutritional information

	per serving*
Energy (kJ/kcal)	6300 / 1507
Fats (g)	87.6
of which saturated (g)	26.5
Carbohydrates (g)	114
of which sugars (g)	26.7
Fibers (g)	22.7
Proteins (g)	70.8
Salt (g)	1.8

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Oven
- Pestle & Mortar

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Lamb	
Lamb chops	900 Grams
Sliced pistachios 2*	40 Grams
Sesame seeds 3*	20 Grams
Cumin seeds	4 Grams
Coriander seeds	2 Grams
Arabic mix masala	4 Grams

Roast Potatoes	
New potatoes	1000 Grams
Garlic cloves	4 Piece
Small red chilli	2 Piece
Fresh coriander	30 Grams
Olive oil	2 Tbsp
Salt	0.5 Tsp
Lemon pepper seasoning 13*,15*	4 Grams

Jeweled Salad	
Pomegranate	1 Piece
Fresh zaatar	20 Grams
Cherry tomatoes	300 Grams
Cucumber	2 Piece
Red onion	2 Piece
Pomegranate molasses	40 Grams
Sumac	8 Grams
Salt	0.5 Tsp
Olive oil	1 Tbsp

To serve	
Hummus 3*	400 Grams

Allergens: *2 Tree Nuts, *3 Sesame Seeds, *13 Mustard, *15 Celery

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1. Make dukkah

- Preheat the oven to 220°C/200°C fan.
- Heat a frying pan to a medium high heat.
- Add the **sliced pistachios**, **sesame seeds**, **cumin seeds**, **coriander seeds**, **arabic mix masala**.
- Dry toast for 1-2 min until slightly smoky and fragrant.
- Add to a pestle and mortar and grind until you reach a finer chunky texture.
- Transfer to a plate.
- Set the **dukkah** aside.

Tip! Don't have a pestle and mortar? Add the contents to a sandwich bag and lightly crush or bash using a heavy object.



4. Make salad

- Meanwhile, halve the **pomegranate**, hold each half over a large bowl, **seeds** facing down.
- Hit the skin with a wooden spoon, squeezing to release them. Discard the shell and membrane.
- Strip the **zaatar** leaves.
- Slice the **cherry tomatoes** into quarters.
- Slice the **cucumber** into half moons.
- Thinly slice the **red onion**.
- In a bowl, combine the **vegetables** with the **pomegranate molasses**, **sumac**, a pinch of **salt**, and a drizzle of **olive oil**.

Tip! Fresh zaatar can be quite sandy, so make sure to wash it thoroughly in cold water before using.



2. Prep

- Slice the **new potatoes** into wedges, skins on.
- Peel and finely chop the **garlic**.
- Deseed and finely slice the **red chilli (spicy!)**.
- Finely chop the **coriander**, stems included.

Tip! Sensitive to spice? Deseed the chilli and use only a small amount



5. Fry lamb chops

- Pat the **lamb chops** dry with paper towels.
- Add a touch of **oil** on each side and season with a pinch of **salt** on each side.
- Heat a large non-stick frying pan over a medium-high heat.
- Once hot, add the **lamb chops**.
- Fry for 3-4 min on each side, or until cooked to your liking.
- Once cooked, press the **lamb chops** firmly into the **dukkah**, coating on both sides.



3. Roast potatoes

- Line a baking tray with parchment paper.
- Add the **potatoes** with a good drizzle of **olive oil**, and a pinch of **salt**.
- Roast in the oven for 20-25 min until golden and cooked through.
- Stir in the **lemon pepper seasoning**, **garlic**, **fresh coriander**, and **red chilli (spicy!)**.
- Return to the oven for another 2-3 minutes until fragrant.
- Remove and set aside.



6. Serve

- Divide the **hummus** between the plates.
- Top with the roast **potatoes**, **lamb chops**, and any extra **dukkah** on top.
- Serve the **Dukkah-Spiced Lamb Chops** with **Coriander Potatoes** on the **Hummus** with **Jeweled Salad** alongside.

One-Pot Creamy Chicken à la King

with Mushrooms and Red Peppers served with Rice

Flavours reminiscent of a creamy chicken pot pie, ready in no time!

hellochef

842 calories | 59 protein | 86 carbs | 29 fat

Family Friendly

cook: 30 min

R4467-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3510 / 842
Fats (g)	28.8
of which saturated (g)	6.9
Carbohydrates (g)	86
of which sugars (g)	9.7
Fibers (g)	5
Proteins (g)	58.7
Salt (g)	2.8

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Mushroom	500 Grams
Red pepper	1 Piece
Brown onion	1 Piece
Garlic cloves	4 Piece
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Dried thyme	2 Grams
Butter 4*	30 Grams
Plain flour 10*,11*	15 Grams
Chicken stock cube 4*,5*,9*,15*	1 Piece
Water	300 ML
Whipping cream 4*	200 ML
Worcestershire sauce 6*,11*	22 ML
Green peas	200 Grams
Fresh parsley	30 Grams

Rice	
Medium grain rice	300 Grams
Salt	1 Tsp
Water	600 ML

Allergens: *4 Milk, *10 Wheat, *11 Gluten, *5 Eggs, *9 Soya, *15 Celery, *6 Fish

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1. Cook rice

- Rinse and drain the **rice**.
- Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat.
- Lower heat, cover and cook for 12-14 min, until **rice** is tender.
- Remove from the heat and keep covered until serving.



2. Prep

- Clean the **mushrooms** with a cloth, knife or brush (don't wash them with water), then slice into quarters.
- Deseed and chop the **red pepper**.
- Peel and finely chop the **brown onion** and **garlic**.
- Chop the **chicken breast** into bite-sized pieces.



3. Fry

- Heat a large pot over medium-high heat.
- Add the **butter** and **onion** and fry for 2-3 min until softened.
- Add the **chicken** with a pinch of **salt**, **pepper**, and **thyme** (to taste) and fry for 4-5 min.
- Add the **garlic**, **mushroom**, and **red pepper** and fry for 3-4 min further.



4. Add

- Once the **vegetables** soften, add the **flour**, and 1 **chicken stock cube**.
- Cook, stirring continuously for 1 min or until a paste has formed.



5. Finish stew

- Stir in the **water**, **whipping cream**, **Worcestershire sauce**, and **peas**.
- Bring to a boil, then reduce the heat to **medium**, cover with a lid and cook for 4-5 min until the **stew** thickens.



6. Serve

- Meanwhile, pick and finely chop the **parsley**, and stir into the finished **sauce**.
- Serve the **Chicken à la King** on a bed or warm **rice**.

Salmon Caesar Salad

with Capers

This low-carb version of the American classic swaps chicken for salmon and croutons for crispy capers.

616 calories | 55 protein | 15 carbs | 39 fat

Low Carb | Speedy

cook: 20 min

R2558-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2577 / 616
Fats (g)	39.4
of which saturated (g)	11.4
Carbohydrates (g)	15
of which sugars (g)	4.3
Fibers (g)	6.2
Proteins (g)	54.5
Salt (g)	3.6

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Whisk
- Pestle & Mortar

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salad	
Salmon cubes 6*	700 Grams
Romaine lettuce	600 Grams
Parmesan 4*	120 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Capers	80 Grams

Dressing	
Fresh chives	15 Grams
Garlic cloves	2 Piece
Anchovies 6*	15 Grams
Lemon	2 Piece
Olive oil	4 Tbsp
Water	20 ML
Mayonnaise 5*,9*,13*	100 Grams
Salt	0.5 Tsp
Black pepper	0.5 Tsp

Allergens: *6 Fish, *4 Milk, *5 Eggs, *9 Soya, *13 Mustard

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1. Prep vegetables

- Roughly chop the **romaine lettuce**.
- Finely slice the **chives**.
- Peel and roughly chop the **garlic**.
- Using a peeler, shave half of the **Parmesan** into shavings.
- Grate the other half of the **Parmesan** with a fine blade.



2. Make dressing

- Add the chopped **garlic** and **anchovies** to a pestle and mortar.
- Grind until you are left with a smooth paste.
- Squeeze the **lemon** juice into a bowl.
- Whisk the **anchovy paste**, the grated **Parmesan**, **olive oil**, **water**, **mayonnaise**, chopped **chives** and a pinch of **salt** and **pepper** in the **lemon** juice until fully combined.



3. Fry salmon

- Heat a non-stick pan over a medium-high heat with a drizzle of **vegetable oil**.
- Fry the **salmon cubes** and cook for 2-3 min until cooked through.

Tip! Slightly under cook the salmon so it stays pink inside and doesn't dry out.



4. Serve

- Toss the chopped **lettuce** in the **dressing**.
- Top with the **salmon**, **Parmesan** shavings and **capers**.

Chicken and Green Veggie Penne Pasta

in a Creamy Cheese Sauce

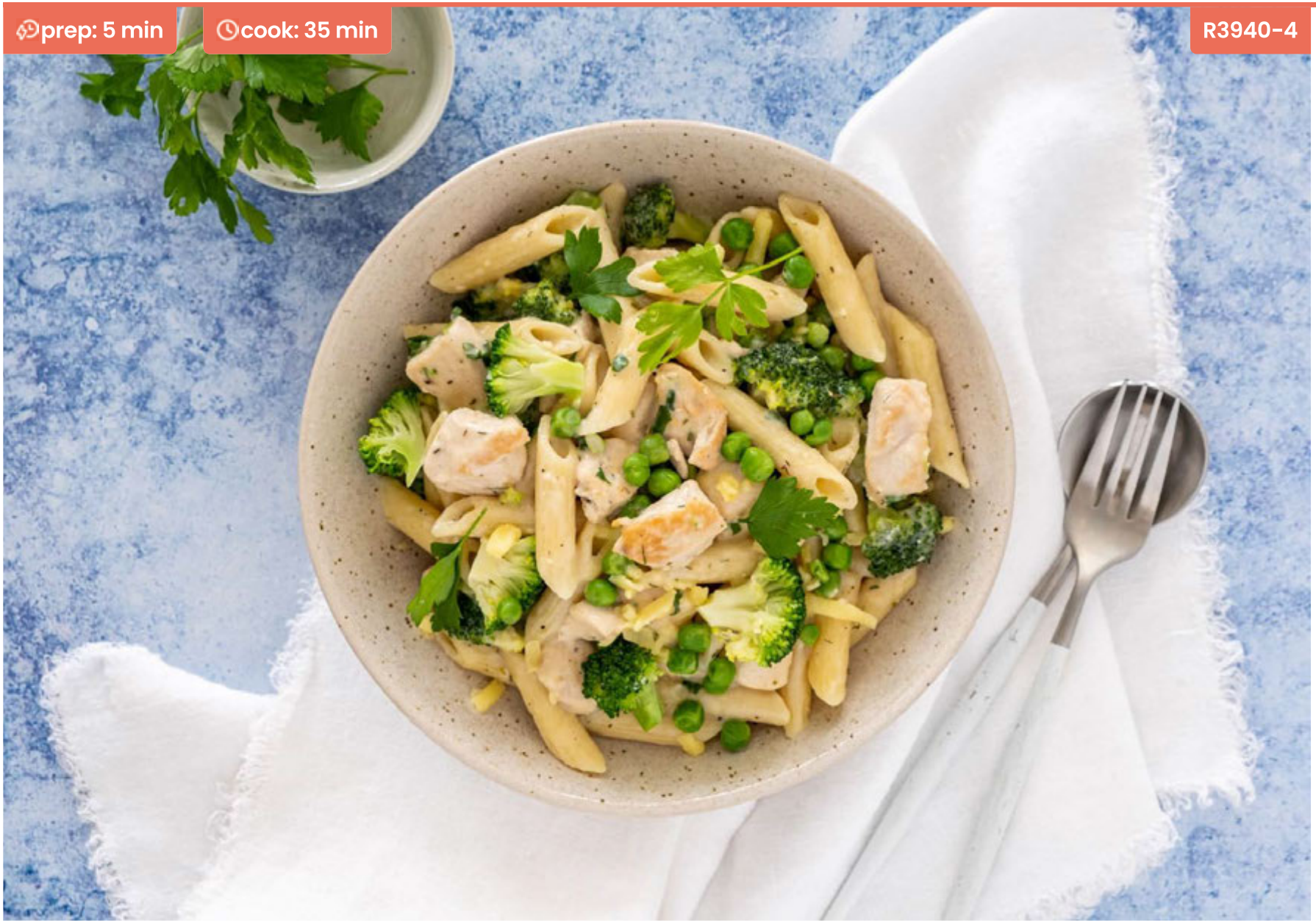
A delicious one-pot pasta loaded with mushrooms, green peas, and broccoli.

hello chef

948 calories | 75 protein | 88 carbs | 34 fat

Tips for Kids | Quick Prep

prep: 5 min | cook: 35 min | R3940-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3959 / 948
Fats (g)	33.6
of which saturated (g)	15.8
Carbohydrates (g)	88
of which sugars (g)	8.8
Fibers (g)	8.9
Proteins (g)	74.9
Salt (g)	4.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pasta	
Chicken breast	600 Grams
Broccoli	400 Grams
Fresh parsley	15 Grams
Penne 5*,10*,11*	375 Grams
Olive oil	2 Tbsp
Salt	0.5 Tsp
Black pepper	1 Tsp
Dried thyme	4 Grams
Butter 4*	20 Grams
Plain flour 10*,11*	20 Grams
Nutmeg	2 Grams
Chicken stock cube 4*,5*,9*,15*	1 Piece
Whole milk 4*	400 ML
Water	300 ML
Green peas	200 Grams
Grated mozzarella 4*	120 Grams
Grated cheddar 4*	120 Grams
Grated Parmesan 4*	60 Grams

Allergens: *5 Eggs, *10 Wheat, *11 Gluten, *4 Milk, *9 Soya, *15 Celery

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1. Prep

- Separate the **broccoli** into florets.
- Chop them into small bite-sized pieces.
- Pick and finely chop the **parsley** leaves.
- Chop the **chicken** into bite-sized pieces.



2. Boil pasta

- Bring a large pot of salted water to the boil.
- Once boiling, add the **pasta**.
- Cook for 8-10 min until 'al dente' or cooked to your liking.
- Add the **broccoli** florets to the same pot of water.
- Cook for 1-2 min further.
- Reserve 1 cup of **pasta water** to use in step 5.
- Drain the **pasta** and **broccoli**.
- Set aside.

Tip! If cooking for kids, reserve a portion of the cooked pasta and broccoli separately.



3. Fry

- Heat a second large pan over a medium-high heat with a drizzle of **olive oil**.
- Once hot, add the **chicken** with a pinch of **salt** and **pepper**.
- Fry for 5 min or until cooked through.
- Add the **dried thyme**.
- Fry for 1 min further.
- Transfer the **chicken** onto a plate.
- Reserve the pan.

Tip! If cooking for kids, reserve a portion of the cooked plain chicken on the side.



4. Make sauce

- Return the pan to a medium heat.
- Melt the **butter**, then add the **plain flour**, **nutmeg** and 1 **stock cube** and stir until a paste forms.
- Slowly add the **milk** and **measured water**.
- Mix well.
- Cook the sauce for 2-3 min until thickened.
- Return the **chicken** and stir in the **green peas**, **grated mozzarella**, **grated parmesan**, and half of the **grated cheddar** (reserve the rest for serving).
- Stir until the **cheese** has melted.

Tip! Make sure to scrape the bottom of the pot regularly so the cream sauce doesn't stick.



5. Finish

- Transfer the cooked **pasta** and **broccoli** to the pan with the chopped **parsley**.
- Mix well.
- Add a good splash of the reserved **pasta water** to adjust the consistency of the sauce to your liking.



6. Serve

- Serve the **Chicken and Green Veggie Penne Pasta in a Creamy Cheese Sauce**.
- Garnish with the remaining **grated cheddar**.

Tip! If cooking for kids, serve the chicken, cooked pasta, and vegetables separately. Serve the grated cheddar as 'sprinkles' to the side.

Smoky Chicken Quesadillas

with Salsa and Smashed Avo

These cheesy quesadillas have California written all over them!

hello chef

1067 calories | 72 protein | 90 carbs | 54 fat

Family Friendly | Global Eats

cook: 30 min

R2803-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4462 / 1067
Fats (g)	53.8
of which saturated (g)	21.7
Carbohydrates (g)	90
of which sugars (g)	8.6
Fibers (g)	24.5
Proteins (g)	72.2
Salt (g)	3.4

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What You'll Need

- Food processor

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Quesadillas	
Chicken breast	600 Grams
Vegetable oil	4 Tbsp
Chipotle powder	4 Grams
Smoked paprika powder	4 Grams
Salt	1 Tsp
Grated cheddar 4*	120 Grams
Grated mozzarella 4*	200 Grams
Wholewheat tortilla wraps 10*,11*	8 Piece

Salsa	
Garlic cloves	2 Piece
Large green chilli	2 Piece
Fresh coriander	15 Grams
Cherry tomatoes	300 Grams
Salt	1 Tsp
Olive oil	2 Tbsp

Smashed avo	
Avocado	2 Piece
Lime	2 Piece
Salt	1 Tsp

Allergens: *4 Milk, *10 Wheat, *11 Gluten

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1. Make salsa

- Peel the **garlic**.
- Roughly chop the **green chilli** and **coriander**.
- Add the **tomatoes**, **garlic**, **coriander** and **green chilli (spicy!)** to a food processor or blender with a generous pinch of **salt** and a drizzle of **olive oil**.
- Blitz until smooth.
- Set the **salsa** aside.

Tip! Sensitive to spice? Go easy on the chilli.



2. Smash avocado

- Cut the **avocado** in half and remove the stone.
- Scoop the **avocado** out of its skin using a spoon, into a bowl.
- Mash it with a fork.
- Squeeze all of the **lime** juice over the **avocado**.
- Season with **salt**.
- Set aside.



3. Fry chicken

- Chop the **chicken** it into small pieces.
- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken** with a pinch of **salt**.
- Fry for 5-7 min or until cooked through.
- Add the **chipotle powder (spicy!)**, **smoked paprika** and a splash of **water**.
- Fry for 1 min further.
- Transfer the **chicken** to a bowl.
- Wipe and reserve the pan.

Tip! Sensitive to spice? Go easy on the chipotle powder.



4. Stuff quesadillas

- Divide the warm **chicken** filling between the **wraps**.
- Spread it out in an even layer.
- Sprinkle with the **mozzarella** and **cheddar cheese**.
- Fold each **quesadilla** and press down firmly.



5. Fry quesadillas

- Return the reserved pan to a medium with another drizzle of **oil**.
- Once hot, fry the **quesadillas** for 1-2 min on each side until golden.



6. Serve

- Slice the **quesadillas**.
- Serve the **Smoky Chicken Quesadillas** with **Salsa** and **Smashed Avo** to the side.

Pan-fried Steak

with Roasted Balsamic Vegetables

A twist on classic French flavours, kept low carb!

hello chef

372 calories | 49 protein | 25 carbs | 10 fat

Low Carb | Tips for Kids | Calorie Smart

cook: 35 min

R3651-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1558 / 372
Fats (g)	10.2
of which saturated (g)	3.5
Carbohydrates (g)	25
of which sugars (g)	13.6
Fibers (g)	6.3
Proteins (g)	48.9
Salt (g)	0.3

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What You'll Need

Oven

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steak	
Rump steak	800 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Roasted vegetables	
Red onion	4 Piece
Red pepper	2 Piece
Small zucchini	6 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Balsamic vinegar 14*	30 ML
Brown sugar	10 Grams
Tomato paste	70 Grams
Fresh basil	15 Grams

Allergens: *14 Sulphur Dioxide

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1. Prep veg

- Preheat the oven to 220°C/200°C fan.
- Peel and chop the **onion** into wedges.
- Deseed and roughly chop the **red pepper**.
- Chop the **zucchini** into half moons.



2. Roast vegetables

- Add the **vegetables** to a baking tray, drizzle with **oil** and generously sprinkle with **salt**.
- Toss until coated.
- Roast for 20-25 min.



3. Make glaze

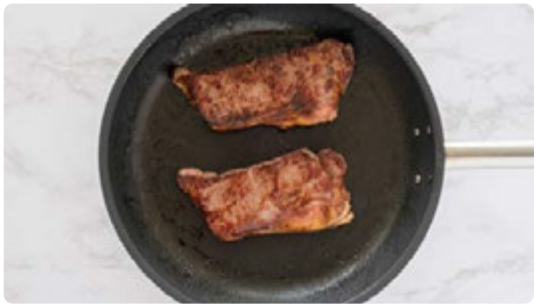
- Meanwhile, in a small bowl, mix together 4 Tbsp of **water**, the **balsamic vinegar**, **brown sugar** and **tomato paste**.
- After the **vegetables** have roasted for 20-25 min evenly drizzle with the **glaze**.
- Toss well.
- Roast for 5 min further or until the **vegetables** caramelise.

Tip! If cooking for kids, separate a portion of the vegetables on the baking tray and cook further without the balsamic vinegar, brown sugar and tomato paste.



4. Prep basil

- Meanwhile, pick and finely chop the **basil leaves**.



5. Fry steak

- Pat the **steaks** dry with kitchen paper.
- Rub them with **oil** and season with **salt**.
- Heat a large pan over a high heat.
- Once very hot, add the **steaks**.
- Fry them for 2-4 min on each side or until cooked to your liking.
- Transfer the **steaks** onto a plate.
- Leave them to rest.
- Once rested, season generously with **pepper**.

Tip! If cooking for kids, cook the steaks according to your child's preference. Slice the steaks into bite-sized pieces before serving.



6. Serve

- Finely slice the **steaks**.
- Serve the **Pan-fried Steak** with **Roasted Balsamic Vegetables**.
- Drizzle **steak** with any juices left from the **steak pan**.
- Garnish the **vegetables** with the **basil**.

Tip! Plate a portion of the sliced steak and vegetables separately on your child's plate. Serve some of the basil on the side as "sprinkles".

Rosemary and Lemon Garlic Chicken

with Thyme Roasted Vegetables

Say goodbye to dry, flavourless chicken and hello to this delicious chicken supper!

hello chef

568 calories | 53 protein | 67 carbs | 15 fat

Low Carb | Family Friendly | Calorie Smart

cook: 45 min

R3110-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2372 / 568
Fats (g)	14.7
of which saturated (g)	5.6
Carbohydrates (g)	67
of which sugars (g)	25.1
Fibers (g)	16.4
Proteins (g)	52.9
Salt (g)	2.8

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What You'll Need

Oven

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Skin-on, boneless chicken thighs	800 Grams
Garlic cloves	4 Piece
Lemon	2 Piece
Honey	30 Grams
Dried rosemary	4 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Vegetable oil	2 Tbsp

Roasted vegetables	
Red onion	2 Piece
Carrot	4 Piece
Cauliflower	600 Grams
Broccoli	400 Grams
Yellow pepper	2 Piece
Dried thyme	4 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Vegetable oil	2 Tbsp
Small zucchini	4 Piece

Pan sauce	
Butter 4*	20 Grams
Plain flour 10*,11*	20 Grams
Water	300 ML
Marmite 11*,15*	16 Grams
Worcestershire sauce 6*,11*	30 ML
Dried oregano	4 Grams
Chicken stock cube 4*,5*,9*,15*	1 Piece
Brown sugar	10 Grams
Black pepper	1 Tsp

Allergens: *4 Milk, *10 Wheat, *11 Gluten, *15 Celery, *6 Fish, *5 Eggs, *9 Soya

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1. Roast vegetables

Preheat the oven to 200°C/180°C fan. Peel and slice the **onion** into quarters and separate them into individual petals. Peel and thinly slice the **carrots** into coins. Separate the **cauliflower** and **broccoli** into florets and chop into bite-sized pieces. Deseed and roughly chop the **pepper**. Place the **onion**, **carrots**, **broccoli**, **cauliflower** and **pepper** onto a lined baking tray. Sprinkle with the **dried thyme**, season with a generous pinch of **salt** and **pepper** and a drizzle of **oil**. Toss to coat and roast for 15 min.



2. Prep chicken

Meanwhile, peel and mince the **garlic**. Slice half of the **lemon** into slices and juice the remaining into a large bowl. Add the **garlic**, **honey**, **rosemary**, **salt** and **pepper** to the large bowl and mix. Add the **chicken thighs** to the **marinade** and set aside.

Tip! Marinate the chicken up to 24 hours in advance.



3. Add zucchini

Slice the **zucchini** into batons. After the **vegetables** have roasted for 15 min, add the **zucchini** to the **roasted vegetables** and top with the **lemon** slices. Roast for 20 min further.



4. Fry chicken

Meanwhile, heat a large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken thighs**, skin-side down and fry for 5-6 min until the skin is browned. Turn and fry for 3-5 min further or until cooked through. Transfer the **chicken** to a plate. Reserve the pan with the **oil** from the **chicken**. No need to wash it.

Tip! If the chicken is browning too quickly, reduce the heat to medium. To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready.



5. Make sauce

In a small bowl or jug, combine the **measured water**, **marmite**, **Worcestershire sauce**, **dried oregano**, 1 **chicken stock cube** and **brown sugar**. This is your **stock**. Return the reserved pan to a medium heat with the **butter**. Once melted, add the **flour** and stir for 1 min until a thick paste forms. Add the **stock**. Mix well and bring to the boil. Once boiling, reduce the heat to low and simmer for 1-2 min or until the **sauce** thickens. Remove from the heat and season with **pepper**.



6. Serve

Divide the **roasted vegetables** and **chicken thighs** among plates. Spoon the **pan sauce** over the **chicken** and the **roasted vegetables**.

Chicken and Chia Chickpea and Spinach Fritters

with Chilli Jam

These fritters are so easy, we'll be making them for breakfast, lunch and dinner.

hellochef

741 calories | 77 protein | 59 carbs | 22 fat

Low Carb

cook: 40 min

R2895-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3099 / 741
Fats (g)	21.7
of which saturated (g)	7.8
Carbohydrates (g)	59
of which sugars (g)	19.2
Fibers (g)	10.6
Proteins (g)	77.1
Salt (g)	5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Food processor

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

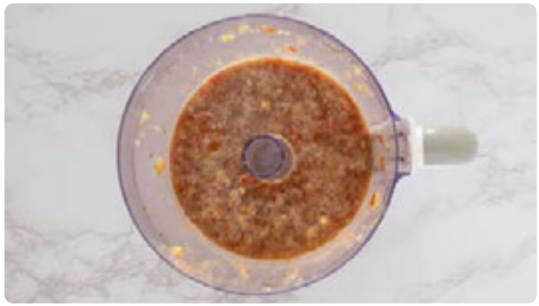
Chilli Jam	
Garlic cloves	4 Piece
Ginger	60 Grams
Cherry tomatoes	300 Grams
Soy sauce 9*,10*,11*	20 ML
Red vinegar	60 ML
Brown sugar	10 Grams
White sugar	20 Grams
Chilli flakes	2 Grams

Fritters	
Spring onion	80 Grams
Vegetable oil	4 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp
Baby spinach	125 Grams
Chickpeas	480 Grams
Feta cheese 4*	100 Grams
Organic Eggs 5*	8 Piece
Chia seeds	30 Grams

Chicken	
Chicken breast	600 Grams
Vegetable oil	2 Tbsp
Salt	2 Tsp
Black pepper	1 Tsp
Smoked paprika powder	4 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *4 Milk, *5 Eggs

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1. Blitz

Preheat the oven to 200°C/180°C fan. Peel and roughly chop the **garlic** and **ginger**. Finely chop the **spring onion**. Place the **ginger**, **garlic** and **tomatoes** in a food processor and blitz until almost smooth. If you don't have a blender or food processor, chop the ingredients very finely.



2. Bake chicken

Add the **chicken** to a baking dish. Add a drizzle of **oil** and season with **salt**, **pepper** and **smoked paprika**. Coat the **chicken** in the spices and **oil**. Bake for 20 min or until cooked through.



3. Simmer

Place the blitzed **tomatoes**, **soy sauce**, **vinegar**, **sugar** and a large pinch of the **chilli flakes** (spicy!) in a small saucepan over a medium heat. Simmer for 15-20 min until thickened, stirring regularly. Once thickened, remove the pan from the heat and set aside to cool for 5 min (as the **tomatoes** cool, they will continue to thicken!)



4. Make fritters

Meanwhile, roughly chop the **spinach**. Drain and dry the **chickpeas** and place them in a large bowl. Crush the **chickpeas** and **feta** with a fork until smooth. Add the **eggs**, **chia seeds** and **spring onion**. Season with **salt** and **pepper**. Whisk until well combined. Set aside for 5 min. Fold in the **spinach** (make sure it is completely dry).



5. Fry

Heat a large non stick pan over a medium-high heat with a very generous drizzle of **vegetable oil**. Working in batches, add approx 1 heaped tbsp portions of the mixture to the hot pan and cook for 2–3 min on each side or until golden and cooked through. Wipe the pan clean and add more **oil** if necessary.



6. Serve

Serve the **fritters** and **chicken** with a drizzle of **chilli jam**.

Pea and Bean Mash on Toast

with Eggs and Tomatoes

Time for Avo Toast to move over!

helló chef

227 calories | 19 protein | 16 carbs | 11 fat

Family Friendly

cook: 20 min

R2132-4



Nutritional information

	per serving*
Energy (kJ/kcal)	948 / 227
Fats (g)	11.3
of which saturated (g)	4.1
Carbohydrates (g)	16
of which sugars (g)	5.7
Fibers (g)	4.7
Proteins (g)	18.7
Salt (g)	0.7

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Mash	
Green peas	200 Grams
White beans	800 Grams
Shallots	2 Pieces
Garlic cloves	4 Pieces
Olive oil	4 Tbsp
Lemon	2 Pieces
Fresh basil	60 Grams
Salt	1 Tsp
Black pepper	0.5 Tsp

Fried eggs	
Organic Eggs 5*	8 Pieces
Olive oil	2 Tbsp
Salt	0.5 Tsp
Black pepper	0.5 Tsp

Tomato salad	
Tomatoes	8 Pieces
Olive oil	2 Tbsp
Sumac	4 Grams

To serve	
Sourdough bread slices 10*,11*	8 Pieces

Allergens: *5 Eggs, *10 Wheat, *11 Gluten

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Egg, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur dioxide and Celery.**



1. Prep mash

Rinse **green peas** and **white beans** in a colander and drain well. Peel and mince **shallots** and **garlic**.



2. Fry and blend

Heat non-stick pan over a medium-high heat with drizzle of **olive oil**. Once hot, add **shallots** and cook for 2 min. Add **garlic** and fry for 1 min further. Transfer the fried onions and **garlic** to a blender. Add drained **green peas** and **white beans**, 4 Tbsp of **lemon** juice, **fresh basil**, **salt** and **black pepper** and blitz until smooth.



3. Season tomatoes

Rinse and slice **tomatoes**. Drizzle with **olive oil** and sprinkle with **sumac** powder.



4. Fry eggs

Heat non-stick pan with drizzle of vegetable **oil** over medium heat. Once hot, crack **eggs** into pan and fry for 2-4 min or until done to your liking. For a hard set egg, cover pan with lid. Season with **salt** and **pepper**.



5. Toast and serve

Toast the **bread slices** in a toaster or a hot, dry pan. Top the pea and bean mash and fried **eggs**. Serve the tomato salad to the side.

Lemon Pepper Cod

with Rice, Chop Salad and a Creamy Dill Dressing

Aromatic Lemon Pepper Cod is complemented with a fresh and colourful salad and creamy dressing, offering a delicious and nutritious weeknight dinner.

hellochef

597 calories | 44 protein | 90 carbs | 8 fat

Family Friendly | Calorie Smart

cook: 30 min

R4726-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2496 / 597
Fats (g)	8.1
of which saturated (g)	2.5
Carbohydrates (g)	90
of which sugars (g)	11.4
Fibers (g)	3.7
Proteins (g)	44.3
Salt (g)	1.4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Fish	
Cod fillet **6***	700 Grams
Plain flour **10*,11***	40 Grams
Lemon pepper seasoning **13*,15***	8 Grams
Salt	0.5 Tsp
Rice	
Medium grain rice	300 Grams
Vegetable seasoning **2*,10*,11*,13***	8 Grams
Water	600 ML
Dill dressing	
Fresh dill	30 Grams
Natural yogurt **4***	340 Grams
Garlic powder	2 Grams
Salad	
Cucumber	2 Piece
Tomatoes	2 Piece
Red onion	2 Piece
Fresh coriander	30 Grams
Kalamata olives	80 Grams
Dried oregano	4 Grams
Olive oil	4 Tbsp
Red vinegar	30 ML

Allergens: *6 Fish, *10 Wheat, *11 Gluten, *13 Mustard, *15 Celery, *2 Tree Nuts, *4 Milk

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1. Boil rice

- Rinse and drain the **rice**.
- Add the **rice**, **vegetable seasoning**, a generous pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over high heat.
- Lower heat, cover and cook for 12-14 min, until **rice** is tender.
- Remove from the heat and keep covered until serving.



2. Make dressing

- Finely chop a handful of **dill**.
- In a small bowl, combine the **yogurt**, **dill** and **garlic powder**, to taste.
- Season with a pinch of **salt** and **pepper**.



3. Make salad

- Cut the **cucumber** into small bite-sized pieces.
- Chop the **tomato** into small bite-sized pieces.
- Peel and finely dice the **onion**.
- Pick and finely chop the **coriander**.
- Roughly chop the **olives**.
- In a large bowl, combine the **cucumber**, **tomato**, **onion**, **coriander**, **olives**, **oregano**, a pinch of **salt** and **pepper**.
- Add **olive oil** and **red vinegar**. Mix well.



4. Flour fish

- Pat the **cod fillets** dry with kitchen paper.
- On a large plate combine **flour**, **lemon pepper seasoning** and a pinch of **salt**.
- Dust the **cod** in the seasoned **flour**.



5. Fry fish

- Heat a large non-stick pan over a medium-high heat with a generous drizzle of **oil**.
- Fry the **cod** for 2-3 min on either side until golden in colour and cooked through.

Tip! You can tell when white fish is cooked by checking if the flesh flakes easily.



6. Serve

- Serve the **Lemon Pepper Cod** with **Rice**, **Chop Salad** and a dollop of **Creamy Dill Dressing**.

Creamy Sesame Miso Ramen

with Prawns and Crispy Mushrooms

Whilst time is traditionally the most important ingredient in ramen, in this recipe we've tried our best to speed things up!

hellochef

564 calories | 42 protein | 62 carbs | 17 fat

Family Friendly

cook: 45 min

R3409-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2022 / 564
Fats (g)	17
of which saturated (g)	1.9
Carbohydrates (g)	62
of which sugars (g)	9.7
Fibers (g)	4.9
Proteins (g)	42.1
Salt (g)	4.5

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Broth	
Ginger	60 Grams
Garlic cloves	4 Piece
Vegetable stock cube 15*	2 Piece
Water	1500 ML
Soy sauce 9*,10*,11*	40 ML
Sweet soy sauce 9*,10*,11*,14*	30 ML
Rice vinegar	30 ML
Tahini 3*	60 Grams
Miso paste 9*	40 Grams

Toppings	
Jumbo prawns 7*	600 Grams
Chestnut mushrooms	500 Grams
Sesame seeds 3*	20 Grams
Chilli flakes	4 Grams
Smoked sea salt	4 Grams
Vegetable oil	2 Tbsp
Organic Eggs 5*	2 Piece
Soba noodles 10*,11*	200 Grams
Salt	2 Tsp
Baby pak choi	6 Piece

Allergens: *15 Celery, *9 Soya, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *3 Sesame Seeds, *7 Crustaceans, *5 Eggs

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1. Start ramen

Preheat the oven to 200°C/180°C fan. Peel and mince the **ginger** and **garlic**. Heat a large pot over a medium heat. Add the **stock cube**, **measured water**, **soy sauce**, **sweet soy sauce**, **rice vinegar**, **tahini**, **ginger** and **garlic**. Once simmering, reduce the heat to low, cover with a lid and simmer for 15 min.



2. Mushrooms

Meanwhile, roughly chop the **mushrooms**. On a lined baking tray, toss the **mushrooms**, **sesame seeds** and a pinch of **chilli flakes (spicy!)** and **smoked sea salt** in a drizzle of **vegetable oil**. Bake for 15 min or until golden.



3. Boil

Meanwhile, cook the **eggs** and **noodles** in boiling water for 5-7 min or until cooked to your liking. Once done, drain. Peel and halve the **eggs** once cooled.



4. Fry

Meanwhile, heat a pan over a medium-high heat with a drizzle of **oil**. Add the **prawns** with a pinch of **salt** and cook for 2-3 min. Transfer the **prawns** to a plate and reserve the pan.



5. Pak choi

Return the pan to a medium heat with a drizzle of **oil**. Halve the **pak choi** and place it cut side down in the pan and fry for 3 min. Once browned, turn the halves over and cook for 3 min further.



6. Serve

Remove the **ramen** from the heat and whisk in the **miso**. Ladle the **ramen** into bowls and top with the **noodles**, **crispy mushrooms**, **eggs**, **prawns** and **pak choi**.

Tip! Miso loses its flavour when boiled - which is why we whisk it in at the end, off the heat!

Vegan Tofu and Rice Noodle Stir-fry

with Cabbage, Carrots, and Cashew Nuts

An easy and filling weeknight meal packed with veggies!

hellofresh

675 calories | 39 protein | 76 carbs | 30 fat

cook: 35 min

R3994-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2824 / 675
Fats (g)	29.9
of which saturated (g)	4.6
Carbohydrates (g)	76
of which sugars (g)	31
Fibers (g)	13.3
Proteins (g)	38.5
Salt (g)	13.2

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What You'll Need

- Box grater

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Tofu	
Firm tofu 9*	600 Grams
Vegetable oil	2 Tbsp
Black salt	8 Grams
Nutritional yeast	8 Grams
Garlic powder	8 Grams

Sauce	
Soy sauce 9*,10*,11*	60 ML
Ginger garlic paste	40 Grams
Hoisin sauce 3*,9*,10*	60 Grams
Sweet soy sauce 9*,10*,11*,14*	60 ML
Rice vinegar	60 ML
Sesame oil 3*,9*	30 ML

Stir-fry	
Rice noodles	200 Grams
Salt	1 Tsp
Carrot	2 Piece
White cabbage	450 Grams
Small red chilli	2 Piece
Spring onion	80 Grams
Bean sprouts	100 Grams

To serve	
Fresh coriander	30 Grams
Cashew nuts 1*,2*	80 Grams
Lime	2 Piece

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds, *14 Sulphur Dioxide, *1 Peanuts, *2 Tree Nuts

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1. Prep

- Boil a kettle.
- Add the **rice noodles** to a large bowl with a pinch of **salt** and cover them with the boiling water.
- Leave to soak for 5 min, then drain.
- Meanwhile, in a small bowl, combine the **soy sauce**, **ginger garlic paste**, **hoisin sauce**, **sweet soy sauce**, **rice vinegar**, and **sesame oil**.
- Keep this **stir-fry sauce** aside.

Tip! Drizzle a bit of oil over the cooked noodles to prevent them from sticking together.



2. Prep

- Peel and grate the **carrot**.
- Finely slice the **white cabbage**.
- Thinly slice the **red chilli** rounds.
- Trim and finely chop the **spring onion**.
- Pick the **coriander** leaves.

Tip! Sensitive to spice? Deseed the red chilli and use only a small amount.



3. Toast Nuts

- Bring a large pan to a medium-high heat.
- Add the **cashew nuts**.
- Toast for 2 min or until starting to brown.
- Set aside in a small bowl.
- Wipe the pan clean.

Tip! Keep an eye out when dry toasting nuts as they can burn in a matter of seconds!



4. Fry tofu

- Drain the **Tofu**.
- Return the large pan to a medium-high heat with a drizzle of **oil**.
- Roughly crumble the **tofu** directly into the pan and sprinkle over the **black salt**, **nutritional yeast**, and **garlic powder**.
- Fry for 3-4 min until lightly browned.
- Add the **spring onion** and **carrot**.
- Cook for another 3-5 min or until softened.

Tip! Prefer smaller chunks of tofu? Use a fork to break it apart into a finer "mince".



5. Add noodles

- Add the **cabbage**, **red chilli (spicy!)** and the **stir-fry sauce**.
- Cook for 3-5 min.
- Add the **rice noodles**. Mix well
- Cook for another 2-4 min.
- Remove from the heat.
- Toss through the **bean sprouts**.
- Meanwhile, slice the **lime** into wedges.
- Add a squeeze of **lime** on top.

Tip! Use your largest pan (or wok!) to make it easier and quicker to stir-fry all the ingredients together.



6. Serve

- Serve the **Vegan Tofu and Rice Noodle Stir-fry** with **Cabbage**, **Carrots**, and **Cashew Nuts**.
- Garnish with the **coriander**, **cashew nuts**, and extra **lime** wedges.

Korean Bulgogi Mince Beef Bowl

with Fried Egg, Kimchi and Veggies

Spicy, satisfying and low-carb.

hello chef

658 calories | 51 protein | 39 carbs | 34 fat

Low Carb

cook: 25 min

R2376-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2752 / 658
Fats (g)	33.8
of which saturated (g)	10.7
Carbohydrates (g)	39
of which sugars (g)	18.1
Fibers (g)	11.4
Proteins (g)	50.6
Salt (g)	3.3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meat	
Lean beef mince	700 Grams
Garlic cloves	6 Pieces
Ginger	60 Grams
Vegetable oil	2 Tbsp
Soy sauce 9*,10*,11*	40 ML
Honey	40 Grams
Chilli flakes	2 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Water	100 ML

Vegetables	
Red onion	2 Pieces
Carrot	4 Pieces
Red pepper	3 Pieces
Vegetable oil	2 Tbsp
Sesame oil 3*,9*	30 ML
Sesame seeds 3*	20 Grams
Salt	1 Tsp
Black pepper	0.5 Tsp

Toppings	
Organic Eggs 5*	4 Pieces
Kimchi 6*,7*	300 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds, *5 Eggs, *6 Fish, *7 Crustaceans

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1. Prep vegetables

Peel and grate **garlic**. Grate **ginger**. Peel and chop **red onions**. Peel **carrots** and chop them into small cubes. Slice bell **peppers** into thin strips.



2. Fry beef

Heat a non-stick pan over a medium heat with a drizzle of **oil**. Once hot, add the **beef mince** and fry for 5-7 min or until browned and starting to crisp. Add the **garlic**, **ginger**, **soy sauce**, **honey**, **chilli flakes**, **salt**, **pepper** and a splash of **water**. Reduce the heat to low stew for 5 min.



3. Fry vegetables

Meanwhile, heat a second pan over a medium heat with a drizzle of **oil**. Add the **onion**, **carrot** and bell **pepper** and fry for 5 min. Add the **sesame oil**, **sesame seeds** and season with **salt** and **pepper**. Transfer to a plate and keep warm.



4. Fry eggs and serve

Return the pan to a medium heat with a drizzle of **oil** over a medium heat. Once hot, crack the **eggs** into the pan and fry for 2-4 min or until done to your liking. For a set egg yolk, cover the pan with a lid.



5. Serve

Divide the fried vegetables and **kimchi** among bowls, top with the bulgogi **beef** and fried **eggs**.

Seabream, Garlic Butter and Crushed Potatoes

with Roasted Cherry Tomatoes

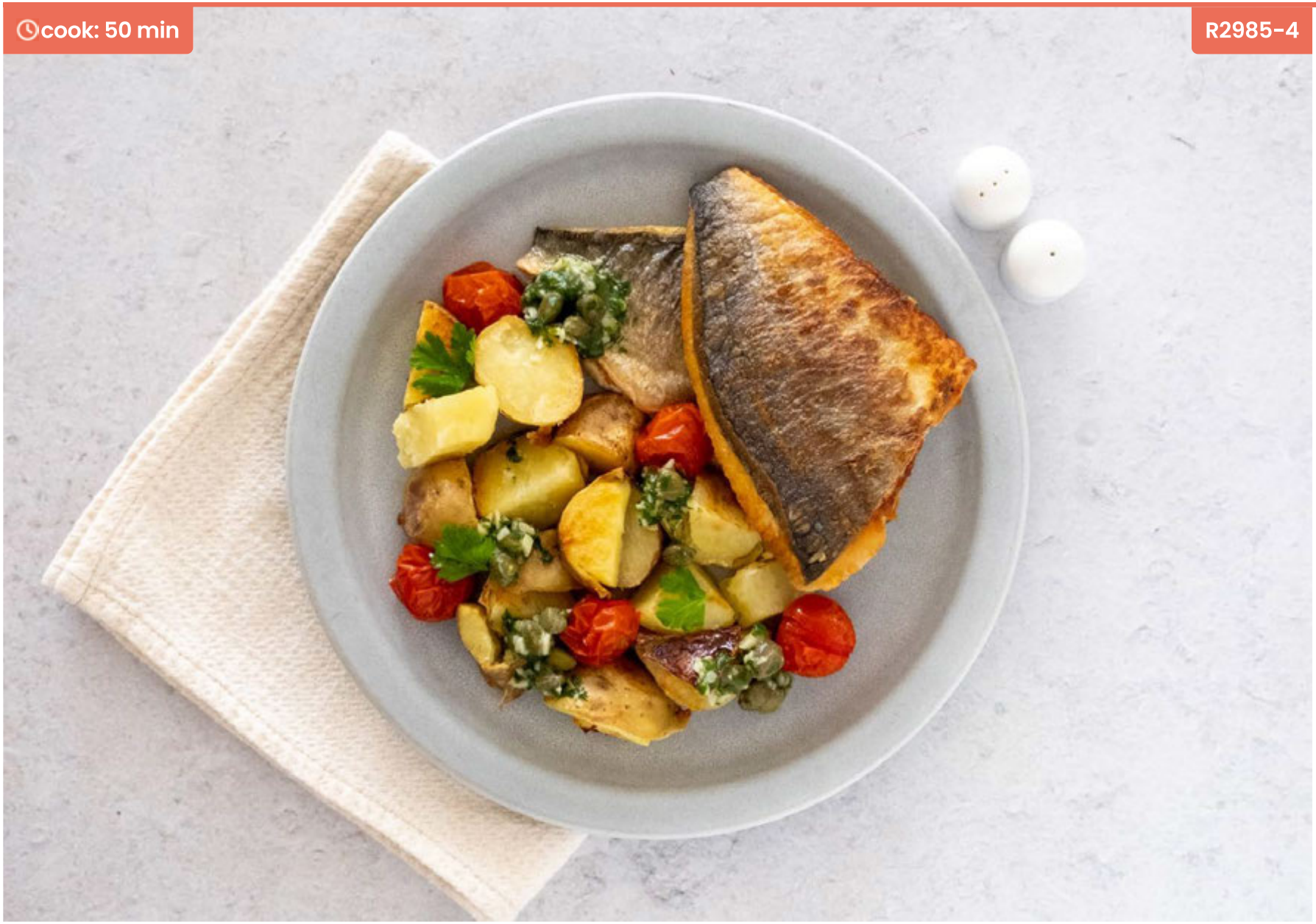
While this one's simple to prep, it's bound to impress!

577 calories | 48 protein | 45 carbs | 24 fat

Tips for Kids | Calorie Smart

cook: 50 min

R2985-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2402 / 577
Fats (g)	24
of which saturated (g)	13.7
Carbohydrates (g)	45
of which sugars (g)	5.4
Fibers (g)	9.7
Proteins (g)	48.2
Salt (g)	1.4

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What You'll Need

Oven

hello@hellochef.com
04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Seabream and butter	
Seabream 6*	660 Grams
Garlic cloves	6 Piece
Fresh parsley	15 Grams
Butter 4*	100 Grams
Capers	40 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp

Sides	
Potatoes	1200 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Cherry tomatoes	300 Grams
Olive oil	2 Tbsp

Allergens: *6 Fish, *4 Milk

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1. Prep potatoes

- Preheat the oven to 200°C/180°C fan.
- Bring a large pot of salted water to the boil.
- Chop the **potatoes** into bite-sized pieces (skins on).
- Once boiling, add the **potatoes**.
- Cook for 15-20 min or until tender.
- Drain and leave them to steam dry in a colander.
- Place the cooked **potatoes** onto a baking tray.
- Drizzle generously with **oil** and season with **salt**.
- Roast in the oven for 20-25 min or until golden brown.

Tip! Boil the potatoes ahead of time - the cooler they are before roasting, the crispier they will be.



2. Roast tomatoes

- Meanwhile, place the **cherry tomatoes** onto a second baking tray.
- Drizzle with **olive oil** and a pinch of **salt**.
- Roast for 25 min.

Tip! If cooking for kids, set aside a plain sliced portion of cherry tomatoes before roasting the remaining.



3. Prep

- Meanwhile, peel and mince the **garlic**.
- Pick and finely chop the **parsley** leaves.

Tip! If cooking for kids, set aside a portion of chopped parsley to use as 'sprinkles'



4. Make garlic butter

- Heat a small saucepot over a medium-low heat with the **butter** and **garlic**.
- Once melted, cook for 1 min.
- Add the **parsley** and **capers**.
- Cook for 1-2 min further.
- Make sure not to burn the **butter** or **garlic**.
- Set **garlic butter** aside to infuse.

Tip! If cooking for kids, set aside a portion of the melted garlic butter before adding the parsley and capers.



5. Fry seabream

- Meanwhile, pat the **seabream** fillets dry with kitchen paper.
- Season the skin with **salt**.
- Heat a large pan with over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **seabream**, skin-side down.
- Fry for 4 min or until crispy.
- Once crispy, flip.
- Fry for 1 min further.



6. Serve

- Serve the **Seabream** and **Crushed Potatoes** with **Roasted Cherry Tomatoes**.
- Drizzle with the **Garlic Butter**.

Tip! If cooking for kids, serve the roast potatoes, tomatoes and seabream separately. Serve the garlic butter and parsley as 'sprinkles' to the side.

Sri Lankan Palak Dal

with Basmati Rice

As healthy and light as a curry can be – without compromising on flavour!

695 calories | 40 protein | 146 carbs | 5 fat

cook: 40 min

R2031-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2906 / 695
Fats (g)	4.7
of which saturated (g)	0.6
Carbohydrates (g)	146
of which sugars (g)	9.4
Fibers (g)	18.3
Proteins (g)	39.6
Salt (g)	0.7

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Red onion	2 Piece
Garlic cloves	8 Piece
Ginger	60 Grams
Spinach	400 Grams
Olive oil	4 Tbsp
Salt	0.5 Tsp
Tomato paste	140 Grams
Coriander cumin powder	8 Grams
Chilli flakes	4 Grams
Turmeric powder	4 Grams
Garam masala	2 Grams
Red lentils	300 Grams
Water	1000 ML
Vegetable stock cube 15*	2 Piece

To serve	
Fresh coriander	15 Grams
Lemon	1 Piece

Rice	
Basmati rice	300 Grams
Water	600 ML
Salt	1 Tsp

Allergens: *15 Celery

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1. Prep

- Peel and finely chop the **onion** and **garlic**.
- Peel and grate the **ginger**.
- Trim and roughly chop the **spinach**.



2. Fry

- Heat a pot over a medium-high heat with a drizzle of **oil**.
- Add the **onion** and fry with a pinch of **salt** for 5 min.
- Add the **garlic**, **ginger**, **tomato paste**, **coriander cumin powder**, **chilli flakes** (spicy!), **turmeric** and **garam masala**.
- Cook for 2 min.

Tip! Sensitive to spice? Go easy on the chilli flakes!



3. Simmer

- Add the **red lentils**, **measured water** and **vegetable stock cube**.
- Bring to a simmer and reduce the heat to low.
- Cover and simmer for 20 min.
- Add the **spinach**.
- Simmer for a final 5-8 min or until the **lentils** and **spinach** are soft.
- Stir occasionally.



4. Cook rice

- Meanwhile, add the **basmati rice**, **measured water** and a pinch of **salt** to a pan with a lid.
- Bring to a boil over a high heat.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Remove the pan from the heat. Keep covered until serving.
- Before serving, fluff with a fork.



5. Serve

- Serve the **Sri Lankan Palak Dal** with **Basmati Rice**.
- Add a squeeze of **lemon** juice.
- Top with the **coriander leaves**.

Cottage Pie: Beef and Mashed Potato Casserole

Beef and Mashed Potato Casserole

Dig into the British classic! Cottage pie is traditionally made with beef, carrots, and onions and topped with fluffy mashed potato. Cheddar cheese on top makes it irresistible!

hellofresh

909 calories | 65 protein | 74 carbs | 41 fat

Family Friendly | Weekly classic

cook: 60 min

R4075-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3797 / 909
Fats (g)	41.3
of which saturated (g)	24.7
Carbohydrates (g)	74
of which sugars (g)	26
Fibers (g)	14.1
Proteins (g)	65.1
Salt (g)	3.8

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Meat sauce	
Lean beef mince	700 Grams
Brown onion	2 Piece
Garlic cloves	4 Piece
Carrot	2 Piece
Olive oil	4 Tbsp
Salt	0.5 Tsp
Tomato paste	140 Grams
Water	400 ML
Beef stock cube 4*,5*,9*,11*,15*	1 Piece
Worcestershire sauce 6*,11*	30 ML
Onion marmalade	56 Grams
Black pepper	1 Tsp
Green peas	200 Grams

Mash	
Potatoes	1200 Grams
Butter 4*	50 Grams
Whole milk 4*	200 ML
Organic Eggs 5*	2 Piece
Salt	2 Tsp
Grated cheddar 4*	120 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *11 Gluten, *15 Celery, *6 Fish

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1. Boil potatoes

Preheat the oven to 200°C/180°C fan. Peel and chop the **potatoes**. Add the **potatoes** to a pan of salted boiling water. Cook the **potatoes** over a medium heat for 20 min or until soft.



2. Prep vegetables

Meanwhile, peel and finely chop the **onion** and **garlic**. Peel and grate the **carrot**.

Tip! Cooking for kids? Why not add more grated veggies, such as zucchini?



3. Make beef sauce

Heat a pan over a medium-high heat with a drizzle of **oil**. Fry the **beef mince** and **onion** with a pinch of **salt** for 5-7 min. Add the **garlic** and **tomato paste**. Add the **grated carrots**, **measured water**, **stock cube**, **Worcestershire**, **onion marmalade** and **pepper**. Reduce the heat to low. Cover with a lid and simmer for 15 min.

Tip! Make sure the pan is hot before adding the beef. This will ensure it browns nicely!



4. Make mash

Once ready, drain the **potatoes** and return them to the pan with the salted **butter**. Mash. Slowly add enough **milk** (about 100 ml) to reach your desired mash consistency. Add the **eggs**, a generous pinch of **salt** and half of the **grated cheddar**. Mix well.



5. Bake

Add the **green peas** to the **beef sauce** and check the seasoning. Season with **salt** and **pepper**. Pour the **beef sauce** into a baking dish. Spoon the mashed **potatoes** over the top. Smooth the surface with a spatula. Sprinkle with the remaining **cheese**. Bake for 15-20 min.



6. Serve

Once baked, set the **pie** aside to rest for 5 min, then serve.

Baked Artichoke and Spinach Gnocchi

–

-

876 calories 31 protein 121 carbs 32 fat

Quick Prep

prep: 5 min cook: 45 min R4002-4

Nutritional information

	per serving*
Energy (kJ/kcal)	3676 / 876
Fats (g)	31.9
of which saturated (g)	17.7
Carbohydrates (g)	121
of which sugars (g)	13.9
Fibers (g)	16.6
Proteins (g)	31
Salt (g)	3.3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

ARCHIVE

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Bake	
Artichoke hearts	480 Grams
Cherry tomatoes	300 Grams
Spinach	400 Grams
Fresh basil	15 Grams
Gnocchi 4*,5*,9*,10*	1000 Grams
Vegetable stock cube 15*	1 Piece
Cooking cream 4*	400 ML
Garlic onion powder	8 Grams
Dried basil	4 Grams
Sun dried tomatoes	90 Grams

Topping	
Chilli flakes	4 Grams
Panko bread crumbs 10*,11*,12*	40 Grams
Dried thyme	4 Grams
Grated Parmesan 4*,5*	60 Grams
Olive oil	2 Tbsp

Allergens: *4 Milk, *5 Eggs, *9 Soya, *10 Wheat, *15 Celery, *11 Gluten, *12 Lupin

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1. Prep

Preheat the oven to 220°C/200°C fan. Drain and chop the **artichoke** into small bite-sized pieces. Chop the **cherry tomatoes** in half. Trim and finely chop the **spinach**. Pick and chop the **basil** leaves, reserving some whole for garnish.



2. Boil gnocchi

Bring a large pot of water to the boil. Once boiling, add the **gnocchi** and **spinach** and cook for 1 min until the **gnocchi** begins to rise and float to the top of the pot. Using a measuring cup or jug, reserve 200 ml of the **gnocchi** water, then drain the **gnocchi** and **spinach** in a colander and set aside.

Tip! Blanching the spinach helps soften the leaves and prevent them from making your sauce too watery.



3. Make sauce

Dissolve the **stock cube** in the measured **gnocchi** water. Add the **cooking cream**, **garlic onion powder**, **dried basil**, and a pinch of **chilli flakes (spicy!)**. This is your **cream sauce**.

Tip! Sensitive to spice? Leave out the chilli flakes, or use only a small amount.



4. Combine

In a deep baking dish or casserole, spread out the boiled **gnocchi** and wilted **spinach**. Add the **sun dried tomatoes**, **artichoke**, **cherry tomatoes**, and **fresh basil**. Carefully pour the **cream sauce** over everything.



5. Bake

Bake the **gnocchi** in the center rack of the oven for 15-20 min until the **cream sauce** is bubbling. Remove the baking dish from the oven, and sprinkle over the **panko bread crumbs**, **dried thyme**, and **grated parmesan**. Drizzle over some **olive oil** and return the baking dish to the top rack of the oven. Bake the **gnocchi** for another 5 min until the top is golden and crispy.



6. Serve

Divide the **gnocchi** evenly among bowls and top with the remaining **fresh basil** and **chilli flakes (spicy!)**.

Roast Chicken Thighs with Vegetables
and Thyme Gravy

If you're a fan of chicken thighs, this one's for you!

hello chef

610 calories | 64 protein | 47 carbs | 18 fat

Low Carb

cook: 45 min

R3589-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2550 / 610
Fats (g)	18
of which saturated (g)	6.8
Carbohydrates (g)	47
of which sugars (g)	27.7
Fibers (g)	9.5
Proteins (g)	64.3
Salt (g)	3.7

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven | Whisk

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Skin-on, bone-in chicken thighs	1200 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp

Roast vegetables	
Large zucchini	2 Piece
Red onion	4 Piece
Carrot	4 Piece
Garlic onion powder	8 Grams
Salt	1 Tsp
Olive oil	2 Tbsp
Black pepper	1 Tsp
Smoked sea salt	4 Grams

Gravy	
Butter 4*	20 Grams
Chicken stock cube 4*,5*,9*,15*	1 Piece
Corn starch	20 Grams
Water	400 ML
Worcestershire sauce 6*,11*	30 ML
Onion marmalade	56 Grams
Fresh thyme	10 Grams
Black pepper	1 Tsp

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *6 Fish, *11 Gluten

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1. Fry

- Preheat the oven to 200°C/180°C fan.
- Pat the **chicken** skin dry with a paper towel.
- Season generously with **salt**.
- Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken thighs** skin side down.
- Fry for 4-6 min or until the skin is nicely browned (they don't need to be cooked through at this point).
- Once browned, remove from the pan and set aside on a plate. Reserve the pan.

Tip! Drying the chicken skin helps the skin to crisp up and brown evenly.



4. Make roux

- Meanwhile, return the **chicken** pan to a medium heat with the **butter**.
- Once melted, crumble and add the 1 **stock cube** and **corn starch**.
- Stir for 1 min.

Tip! A roux is a paste made from flour and fat cooked together and used to thicken sauces. It's typically made from equal parts of flour and fat.



2. Prep vegetables

- Meanwhile, chop the **zucchini** into batons.
- Peel and chop the **onions** into quarters.
- Separate the **onion** quarters into petals.
- Peel and chop the **carrots** into batons.

Tip! Chopping the vegetables into equal sizes will ensure an even cook time.



5. Make gravy

- Gradually whisk in the **measured water**, **Worcestershire sauce** and **onion marmalade**.
- Add the whole **thyme** sprigs and bring to a boil.
- Simmer over a low heat for 3-5 min or until the **gravy** begins to thicken.
- Season with **black pepper** and discard the **thyme**.
- Remove from the heat, cover and keep warm.

Tip! Keeping the thyme sprigs whole saves on prep time and makes it easier to fish out later!



3. Bake

- Add the **zucchini**, **carrots**, **onion**, **garlic onion powder**, **salt**, **black pepper** and **olive oil** to a large baking tray.
- Toss the **vegetables** until they are fully coated.
- Place the **chicken** on top of the **vegetables**, skin-side up.
- Bake for 25 min or until the **chicken** is cooked through.

Tip! Don't want to get your hands dirty? Mix everything in a large bowl before placing into a large baking tray.



6. Serve

- Serve the **Roast Chicken Thighs** with **Vegetables** and **Thyme** [b]Gravy[b/].
- Top the lot with the **smoked sea salt**.
- Pour the **thyme gravy** over everything and enjoy.

Moroccan Spiced Steak

with Couscous and Cucumber Dill Salad

Flavoured with Ras el Hanout, a spice blend originating from Morocco.

591 calories | 52 protein | 59 carbs | 17 fat

Calorie Smart | Global Eats

cook: 30 min

R4673-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2247 / 591
Fats (g)	17.1
of which saturated (g)	3.6
Carbohydrates (g)	59
of which sugars (g)	6.5
Fibers (g)	8
Proteins (g)	51.9
Salt (g)	0.5

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steak	
Rump steak	800 Grams
Ras el hanout	10 Grams
Olive oil	4 Tbsp
Salt	1 Tsp
Black pepper	0.25 Tsp

Couscous	
Couscous 10*,11*	200 Grams
Vegetable seasoning 2*,10*,11*,13*	8 Grams
Water	400 ML

Salad	
Fresh dill	15 Grams
Carrot	2 Piece
Cucumber	2 Piece
Lemon	1 Piece
Tahini 3*	40 Grams
Water	40 ML
Salt	0.5 Tsp
Black pepper	0.25 Tsp

To serve	
Almond slivers 2*	40 Grams

Allergens: *10 Wheat, *11 Gluten, *2 Tree Nuts, *13 Mustard, *3 Sesame Seeds

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1. Cook couscous

- Bring a kettle to a boil.
- In a large bowl, combine the **couscous**, **vegetable seasoning** and boiled **measured [b]water**.
- Cover with a plate or clingfilm and leave to steam for 10 min.
- Once cooked, fluff up with a fork and drizzle with **olive oil**.
- Adjust the **seasoning** with a pinch of **salt** and **pepper**.



2. Cook Steak

- In a large bowl, combine the **ras el hanout** with a generous drizzle of **oil** and a pinch of **salt** and **pepper**.
- Add the **steak** and coat in the **marinade**.
- Heat a large frying pan over a medium-high heat with a drizzle of **oil**.
- Once hot, fry the **steak** for 2-4 min each side until cooked to your liking.
- Remove from the pan and rest on a plate for 5 min.



3. Prep salad

- Meanwhile, pick and roughly chop the **dill**.
- Peel and chop the **carrot** into small bite-sized pieces.
- Chop the **cucumber** into small bite-sized pieces.
- Cut the **lemon** into wedges.
- In a small bowl, combine the **tahini** with a squeeze of **lemon juice** and the **measured water**.
- Mix until smooth.



4. Mix Salad

- To a large bowl, add the **carrots**, **cucumber** and **dill**.
- Add a drizzle of the **tahini dressing** and a pinch of **salt** and **pepper** to taste.
- Mix well and set aside.



5. Toast almonds

- Heat a separate dry frying pan over a medium heat.
- Dry toast the **almond slivers** for 1-2 min until golden and fragrant.
- Set aside for serving.



6. Serve

- Serve the **Moroccan Spiced Steak with Couscous and Cucumber Dill Salad** sprinkled with the toasted **almonds** and remaining **tahini dressing** drizzled over.

Garlic Butter Salmon

with Creamy Mashed Potato and Green Peas

A simple supper that screams comfort food.

hello chef

785 calories | 45 protein | 51 carbs | 46 fat

Family Friendly

cook: 30 min

R3711-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3276 / 785
Fats (g)	46
of which saturated (g)	19.7
Carbohydrates (g)	51
of which sugars (g)	6.4
Fibers (g)	11.3
Proteins (g)	44.9
Salt (g)	1.2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Potato masher

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Salmon	
Skin-on salmon fillet 6*	700 Grams
Garlic cloves	6 Piece
Lemon	2 Piece
Vegetable oil	2 Tbsp
Salt	1 Tsp
Butter 4*	50 Grams

Mashed potato	
Potatoes	1200 Grams
Cream cheese 4*	160 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Peas	
Green peas	375 Grams
Salt	1 Tsp
Black pepper	1 Tsp

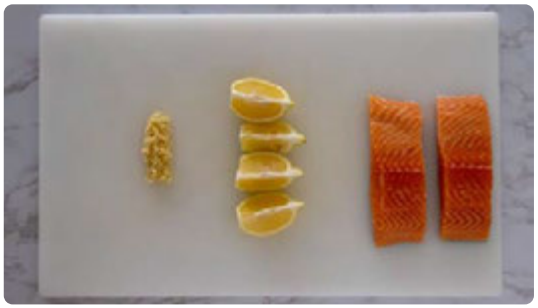
Allergens: *6 Fish, *4 Milk

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1. Make mash

- Peel and chop the **potatoes** into bite-sized pieces.
- Add them to a pan of boiling water with a generous pinch of salt.
- Cook over medium heat for 20 min or until soft.
- Once soft, drain the **potatoes** and return them to the pan with the **cream cheese**.
- Mash until smooth.
- Season with **salt** and **pepper**.
- Cover and set aside.



2. Prep

- Meanwhile, peel and finely chop the **garlic**.
- Slice the **lemon** into wedges.
- Portion the **salmon**.



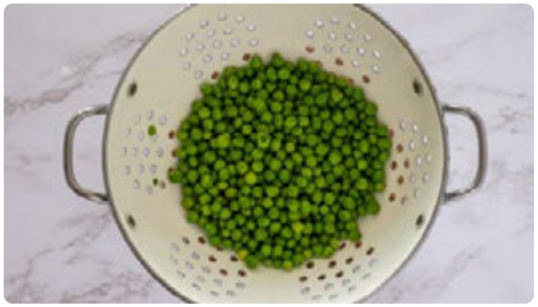
3. Fry salmon

- Sprinkle the **salmon** skin with **salt**.
- Heat a pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **salmon** skin-side down.
- Cook for 3-4 min.
- Flip and cook for 3-4 min further or until cooked through.
- Transfer the **salmon** onto a plate.
- Discard any excess **oil** and reserve the pan.



4. Make garlic butter

- Return the pan to a medium heat with the **butter**.
- Once melted, add the **garlic**.
- Cook for 1 min further.
- Remove from the heat and reserve until Step 6.



5. Cook peas

- Meanwhile, bring a pot of salted water to a boil.
- Add the **peas** and boil for 1 min.
- Drain the **peas** and return them to the pot with a pinch of **salt** and **pepper**.
- Cover to keep warm and set aside.



6. Serve

- Return the **salmon**, skin-side up to the **garlic butter** with a squeeze of **lemon** and set aside.
- Serve the **Garlic Butter Salmon** with **Creamy Mashed Potato** and **Green Peas**.
- Garnish with any remaining **lemon wedges** and **garlic butter** alongside.

Goats Cheese and Caramelised Red Onion Pizza

There's a reason goats cheese and onion have become a ubiquitous pairing!

hellofresh

1218 calories | 44 protein | 164 carbs | 43 fat

cook: 60 min

R4480-4



Nutritional information

	per serving*
Energy (kJ/kcal)	5089 / 1218
Fats (g)	42.5
of which saturated (g)	20.6
Carbohydrates (g)	164
of which sugars (g)	21.3
Fibers (g)	4.7
Proteins (g)	44
Salt (g)	1.7

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pizza base	
Semolina 10*,11*	60 Grams
Plain flour 10*,11*	20 Grams
Pizza dough ball 10*,11*	4 Piece

Toppings	
Red onion	5 Piece
Fresh thyme	20 Grams
Garlic cloves	4 Piece
Butter 4*	40 Grams
Olive oil	2 Tbsp
White sugar	10 Grams
Onion marmalade	56 Grams
Salt	1 Tsp
Rind-on goats cheese slice 4*	200 Grams
Grated mozzarella 4*	200 Grams
Rocket	40 Grams

Allergens: *10 Wheat, *11 Gluten, *4 Milk

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1. Prep

Preheat the oven to 220°C/200°C fan. Preheat your baking trays. Peel and finely **slice** the **red onions**. Strip and finely chop the **thyme** leaves. Peel and mince the **garlic**.

Tip! Remove the pizza dough at least 10 min before cooking; allowing the dough come to room temp makes it easier to roll out.



2. Caramelise onion

Heat a non-stick pan over a medium heat. Once hot, add the **butter**, **olive oil**, **onion**, honey and a pinch of **salt**. Cover with a lid and cook for 20 min, stirring occasionally, until caramelised.



3. Roll pizza

Meanwhile, sprinkle half of the **semolina** onto a clean surface. Sprinkle the **flour** onto a rolling pin and roll out the **dough balls**, then allow them to rest for 3 min. After 3 min, continue to roll out the **dough** until roughly the size of a dinner plate.

Tip! Allowing the pizza dough to rest between rolling will help you create a larger, thinner pizza base.



4. Finish onions

After 20 min, add the **garlic** and **thyme** to the **onions** and cook for 2 min further. Remove the pan from the heat and stir the **onion marmalade** through. Set aside.



5. Assemble pizza

Sprinkle the remaining **semolina** onto the pre-heated baking trays. Carefully transfer the rolled-out **dough** onto the trays. Spread the **onions** over the **dough**. Top with the pine nuts and tear the **goats cheese** straight onto the **pizza**. Grate the Parmesan straight onto the **pizza**. Bake the **pizza** for 20 min or until the crust begins to crisp and brown.



6. Serve

Meanwhile, wash and dry the **rocket** leaves. Serve over the baked **pizza**.

Spicy Kimchi Prawn and Egg Fried Rice

Kimchi, a staple of Korean cuisine, is a traditional side dish made from salted and fermented vegetables, most commonly cabbage.

565 calories | 36 protein | 98 carbs | 8 fat

Family Friendly

cook: 30 min

R3317-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2366 / 565
Fats (g)	7.8
of which saturated (g)	1.9
Carbohydrates (g)	98
of which sugars (g)	14.3
Fibers (g)	6.5
Proteins (g)	36.4
Salt (g)	5.2

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Prawns	
Jumbo prawns 7*	600 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Fried rice	
Jasmine rice	300 Grams
Water	600 ML
Garlic cloves	4 Piece
Spring onion	80 Grams
Carrot	2 Piece
Vegetable oil	2 Tbsp
Kimchi 6*,7*	300 Grams
Gochujang 9*	30 Grams
Soy sauce 9*,10*,11*	60 ML
Sweet soy sauce 9*,10*,11*,14*	40 ML
Organic Eggs 5*	2 Piece
Black sesame seeds 3*	20 Grams

Allergens: *7 Crustaceans, *6 Fish, *9 Soya, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *5 Eggs, *3 Sesame Seeds

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1. Cook rice

Rinse the **jasmine rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, spread the **rice** over a baking tray and allow to cool and dry out. (See pro tip!)



2. Prep

Meanwhile, peel and chop the **garlic**. Finely chop the **spring onion**. Peel and grate the **carrots**.



3. Fry prawns

Drain the **prawns** on kitchen paper. Heat a non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **prawns** with a pinch of **salt** and cook for 2-3 min until pink and cooked through. Transfer the **prawns** to a plate. Reserve the pan.



4. Fried rice

Return the pan to a medium-high heat with a drizzle of **oil**. Add the **garlic** and fry for 1 min. Add the **kimchi** (spicy!), **carrots**, **gochujang** paste (spicy!), **soy sauce** and **sweet soy sauce**. Stir fry for 2 min. Add the **rice** and **spring onions** and fry for another 3 min.



5. Fry eggs

After 3 min, push the **rice** to one side. Add another drizzle of **oil**. Add the **eggs** and fry for 2-4 min or until done to your liking. Return the **prawns** to the pan and give everything a good mix up.



6. Serve

Divide the fried **rice** amongst plates and garnish with the **sesame seeds**.

Chicken Teriyaki and Pineapple Skewers

over Cauliflower Rice

In this recipe you'll whip up light and slightly sweet chicken skewers before serving them over cauliflower rice.

hello chef

553 calories | 55 protein | 70 carbs | 6 fat

Low Carb | Calorie Smart

cook: 35 min

R3269-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2297 / 553
Fats (g)	6.3
of which saturated (g)	1.3
Carbohydrates (g)	70
of which sugars (g)	42.6
Fibers (g)	8.6
Proteins (g)	55.4
Salt (g)	4.1

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven | Box grater

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken skewers	
Chicken breast	800 Grams
Bamboo skewers	12 Piece
Pineapple chunks	280 Grams
Green pepper	2 Piece
Red onion	2 Piece
Small red chilli	2 Piece
Black sesame seeds 3*	20 Grams

Marinade	
Corn starch	20 Grams
Barbecue sauce 11*,13*	80 Grams
Soy sauce 9*,10*,11*	40 ML
Sweet soy sauce 9*,10*,11*,14*	30 ML
Honey	30 Grams
Rice vinegar	30 ML

Cauliflower rice	
Cauliflower	800 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp

Teriyaki sauce	
Corn starch	10 Grams
Water	100 ML
Teriyaki sauce 8*,9*,10*	80 ML
Rice vinegar	30 ML

Allergens: *3 Sesame Seeds, *11 Gluten, *13 Mustard, *9 Soya, *10 Wheat, *14 Sulphur Dioxide, *8 Molluscs

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1. Marinate chicken

- Pre-heat the grill to high.
- Soak the **bamboo skewers** in water.
- Chop the **chicken** into bite-sized pieces.
- In a large bowl, combine the **corn starch**, **barbecue sauce**, both **soy sauces**, **honey** and one of the **rice vinegars** (reserving the other for the **Teriyaki Sauce**).
- Add the **chicken** and mix well. Set aside.

Tip! Marinate the chicken up to 24 hours in advance.



2. Prep

- Meanwhile, drain the **pineapple** juice into a bowl (you will use it in Step 5 for the **Teriyaki Sauce**).
- Deseed and chop the **green pepper** into rough chunks.
- Peel and chop the **red onion** into wedges.
- Finely slice the **red chilli**.

Tip! Carefully remove the seeds of the red chilli, if you prefer a milder flavour.



3. Thread

- Thread the **teriyaki chicken**, **pineapple chunks**, **red onion** and **peppers** onto the **skewers**.
- Place them on an oiled baking tray and brush with the remaining **marinade**.
- Grill for 12 min or until cooked through and starting to char.



4. Make cauliflower rice

- Meanwhile, grate the **cauliflower** with a box grater.
- Heat a pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **grated cauliflower**.
- Fry for 5-7 min until any excess moisture has evaporated and the **cauliflower** starts to brown.
- Remove from the heat and season with **salt**.

Tip! If you have a food processor, use it to make the cauliflower rice. Way less messy and ready in seconds.



5. Make teriyaki sauce

- In a pot or saucepan, combine the reserved **pineapple juice**, **teriyaki sauce**, **rice vinegar**, 0.5 tsp of **corn starch**, **measured water**, and any leftover **chicken marinade**.
- Bring to a boil and cook for 2 min until thickened.
- Remove from the heat.



6. Serve

- Serve the **Chicken Teriyaki and Pineapple Skewers** over **Cauliflower Rice**.
- Drizzle with **Teriyaki Sauce**.
- Garnish with the **sesame seeds** and the **red chilli (spicy!)**.

Tip! Sensitive to spice? Go easy on the chilli.

General Tso Beef Stir-fry

with Rice Noodles, Broccoli and Peppers

This dish is named after Zuo Zongtang (aka General Tso) and is traditionally a combination of sweet and spicy flavours.

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644 calories | 44 protein | 56 carbs | 28 fat

Family Friendly

cook: 25 min

R3750-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2689 / 644
Fats (g)	27.9
of which saturated (g)	8.7
Carbohydrates (g)	56
of which sugars (g)	24.3
Fibers (g)	6.5
Proteins (g)	43.8
Salt (g)	5.3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Stir-fry	
Lean beef mince	700 Grams
Vegetable oil	2 Tbsp
Red onion	2 Piece
Broccoli	400 Grams
Yellow pepper	2 Piece
Spring onion	80 Grams
Rice noodles	200 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Sauce	
Ginger garlic paste	40 Grams
Honey	30 Grams
Soy sauce 9*,10*,11*	80 ML
Rice vinegar	30 ML
Brown sugar	20 Grams
Ketchup	16 Grams
Sweet chilli sauce	80 ML
Chilli flakes	4 Grams

To serve	
Sesame seeds 3*	20 Grams
Sesame oil 3*,9*	30 ML

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Fry beef

- In a small bowl, combine the **ginger garlic paste**, **honey**, **soy sauce**, **rice vinegar**, **brown sugar**, **ketchup**, **sweet chilli sauce** and **chilli flakes (spicy!)**.
- Heat a large pan over a high heat with a drizzle of **oil**.
- Fry the **beef mince** for 5-7 min until browned.
- Reduce the heat to medium, add the **sauce** and fry for 2 min until thickened.
- Transfer the **beef** to a bowl and set aside.
- Reserve the pan.

Tip! Make sure the pan is hot before adding the beef. Otherwise, it will stew, not crisp.



4. Fry veg

- Return the reserved pan to a medium-high heat with a drizzle of **oil**.
- Fry the **broccoli** with a pinch of **salt** for 3 min.
- Add the **red onion**, **yellow pepper** and **spring onion** (reserve some for garnish).
- Fry for 3 min further.



2. Prep veg

- Meanwhile, peel and finely slice the **red onion**.
- Roughly chop the **broccoli** into small florets.
- Deseed and finely slice the **yellow pepper**.
- Trim and finely chop the **spring onion**.



5. Stir-fry

- Add the **beef mince** along with any **sauce** and the **sesame seeds** (reserve some for garnish) to the **vegetables**.
- Toss well and fry for 1 min further.
- Remove the pan from the heat and add the **rice noodles**, **sesame oil** and season with **black pepper**.
- Give everything a good mix up.



3. Prep noodles

- Meanwhile, bring a large pot of salted water to a boil.
- Add the **rice noodles** and cook for 3-4 min.
- Drain once cooked.

Tip! Drizzle the cooked noodles with a bit of oil to prevent it from sticking.



6. Serve

- Serve the **General Tso Beef Stir-fry**, garnished with the remaining **spring onion** and **sesame seeds**.

Chicken with Creamy Mustard Sauce

and Roasted Vegetables with Thyme

A French-inspired dish with a rich, decadent sauce and plenty of vegetables on the side.

525 calories | 55 protein | 37 carbs | 17 fat

Low Carb | Calorie Smart

cook: 45 min

R3952-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2186 / 525
Fats (g)	17.2
of which saturated (g)	9.9
Carbohydrates (g)	37
of which sugars (g)	12.9
Fibers (g)	9
Proteins (g)	55
Salt (g)	4

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Creamy chicken	
Chicken breast	800 Grams
Red onion	2 Piece
Garlic cloves	4 Piece
Fresh parsley	15 Grams
Corn starch	40 Grams
Salt	1 Tsp
Vegetable oil	2 Tbsp
Dried oregano	4 Grams
Cooking cream 4*	200 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Water	300 ML
Dijon mustard 13*	48 Grams
Black pepper	1 Tsp

Roast vegetables	
Cherry tomatoes	300 Grams
Carrot	2 Piece
Broccoli	400 Grams
Vegetable oil	2 Tbsp
Dried thyme	4 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery, *13 Mustard

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1. Roast veg

- Preheat the oven to 200°C/180°C fan.
- Slice **cherry tomatoes** in half.
- Peel and chop the **carrot** into thin rounds.
- Separate the **broccoli** into florets and chop them into bite-sized pieces.
- Add the **vegetables** to a lined baking tray.
- Drizzle with **oil** and add the **dried thyme**.
- Season with **salt** and **pepper** to taste.
- Mix well and roast in the oven for 20 min.



2. Prep

- Meanwhile, peel and finely slice the **red onion**.
- Peel and finely mince the **garlic**.
- Pick and finely chop the **parsley** leaves.



3. Prep chicken

- Add the **corn starch** to a plate with a generous pinch of **salt**.
- Slice each **chicken breast** in half as if you were cutting a burger bun.
- Coat the **chicken breast** in the **corn starch** and set aside.



4. Fry chicken

- Heat a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **chicken**.
- Fry for 2-3 min each side until golden.
- The **chicken** does not need to be cooked at this point.
- Transfer the **chicken** to a plate and set aside.
- Wipe and reserve the pan.



5. Make sauce

- Return the reserved pan to a medium-high heat with another drizzle of **oil**.
- Once hot, add the **onion** with a pinch of **salt**. Fry for 5 min.
- Add the **garlic** and **dried oregano**. Fry for 1 min further.
- Add the **cooking cream**, 1 **chicken stock cube**, and **measured water** and bring to a simmer.
- Add the **chicken**.
- Simmer for 5 min further or until the **sauce** thickens.
- Remove from the heat, stir in the **dijon mustard**, add the **parsley** and season with **pepper** to taste.



6. Serve

- Serve the **Chicken** with **Creamy Mustard Sauce** and **Roasted Vegetables** with **Thyme**

Indian Spiced Salmon and Prawn Fish Pie

with Carrot and Sweet Potato mash

An aromatic twist on a classic fish pie.

599 calories | 47 protein | 84 carbs | 11 fat

Low Carb | Calorie Smart

cook: 45 min

R4167-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2504 / 599
Fats (g)	10.8
of which saturated (g)	3.2
Carbohydrates (g)	84
of which sugars (g)	25.9
Fibers (g)	15.8
Proteins (g)	46.8
Salt (g)	1.7

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What You'll Need

Oven

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Mash	
Sweet potatoes	800 Grams
Carrot	3 Piece
Olive oil	2 Tbsp
Nigella seeds 3*,13*	10 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Fish pie	
Skinless salmon fillet 6*	400 Grams
Prawns 7*	400 Grams
Water	200 ML
Red onion	2 Piece
Fresh coriander	30 Grams
Lemon	2 Piece
Vegetable stock cube 15*	1 Piece
Low fat milk 4*	400 ML
Corn starch	20 Grams
Vegetable oil	2 Tbsp
Ginger garlic paste	30 Grams
Curry powder	8 Grams
Garam masala	4 Grams
Turmeric powder	4 Grams
Mustard seeds 13*	2 Grams
Green peas	200 Grams
Panko bread crumbs 10*,11*,12*	20 Grams
Black pepper	1 Tsp
Olive oil	1 Tbsp

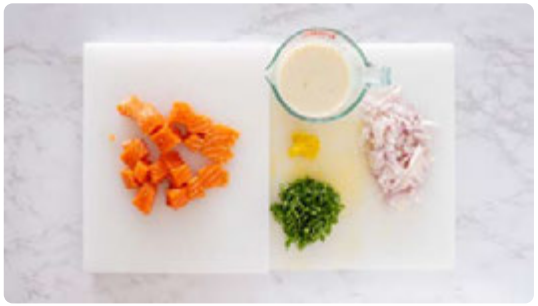
Allergens: *3 Sesame Seeds, *13 Mustard, *6 Fish, *7 Crustaceans, *15 Celery, *4 Milk, *10 Wheat, *11 Gluten, *12 Lupin

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1. Make mash

- Bring a large pot of salted water to a boil.
- Peel and chop the **sweet potatoes** and **carrots** into small bite-sized pieces.
- Add them to a pan of water. Boil for 15-20 min.
- Once soft, drain. Return the **veg** to the pan.
- Add a drizzle of **oil** and mash until smooth.
- Stir through the **Nigella seeds**. Season with a pinch of **salt** and **pepper**.
- Set **mash**aside.



2. Prep

- Preheat the oven to 200°C/180°C fan.
- Bring the **measured water** to a boil.
- Cut the **salmon** into bite-sized pieces.
- Peel and finely chop the **onion**.
- Finely chop the **coriander** (stems too).
- Zest the **lemon** and cut it into wedges.
- In a jug, dissolve the 1 **stock cube** in the **measured boiled water**.
- Add the **milk** and **corn starch** to the **stock**.
- Mix well.
- Set the **stock mix** aside.



3. Make sauce

- Heat a pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion**.
- Fry for 5-7 min until softened.
- Add the **ginger garlic paste**, **curry powder**, **garam masala**, **turmeric**, **mustard seeds**.
- Cook for a further 1 min.
- Add the **stock mix**.
- Heat the mix up slowly for 2-3 min until the **sauce** has thickened (stirring constantly).

Tip! If the sauce gets too thick, add more water a tablespoon at a time.



4. Make filling

- Once the **sauce** has thickened, mix through the **prawns**, **salmon**, **peas**, **lemon zest** and the **coriander**.
- Cook for a further 1-2 min.



5. Bake pie

- Transfer the **sauce mix** to an oven proof baking dish.
- Top with the **mash**.
- Score the **mash** with a fork.
- Sprinkle the **bread crumbs**, a pinch of **black pepper** and drizzle with a small amount of **olive oil**.
- Bake the **pie** in the oven for 15 min, or until the **fish** is fully cooked and the top is crispy.
- Once cooked, leave to rest out of the oven for 5 min.



6. Serve

- Serve the **Indian Spiced Salmon and Prawn Fish Pie with Carrot and Sweet Potato mash**.
- Squeeze over the the **lemon** juice to taste.

French Onion Chicken Bake

with Cauli Puree and Green Beans

This one takes inspiration from French onion soup!

635 calories | 68 protein | 36 carbs | 24 fat

Low Carb

cook: 40 min

R2772-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2655 / 635
Fats (g)	23.9
of which saturated (g)	14.6
Carbohydrates (g)	36
of which sugars (g)	18.5
Fibers (g)	10.2
Proteins (g)	68
Salt (g)	4.3

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

- Oven
- Food processor

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Water	300 ML
Chicken stock cube 4*,5*,9*,15*	1 Piece
Chilli flakes	4 Grams
Dried oregano	4 Grams
Garlic powder	4 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Parmesan 4*	60 Grams
Grated mozzarella 4*	120 Grams

Caramelised onion	
Brown onion	4 Piece
Olive oil	2 Tbsp
Salt	1 Tsp

Sides	
Cauliflower	800 Grams
Cream cheese 4*	160 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Green beans	375 Grams

Allergens: *4 Milk, *5 Eggs, *9 Soya, *15 Celery

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1. Caramelise onions

- Preheat the oven to 200°C/180°C fan.
- Peel and slice the **onions** finely.
- Heat a drizzle of **oil** in a pan over a high heat.
- Once hot, add the **onions** with a pinch of **salt**.
- Fry for 3-4 min or until lightly browned.
- Reduce the heat to medium.
- Cook, stirring occasionally, for 10 min further or until the **onions** have fully softened and caramelised.

Tip! Taking your time in browning the onions will ensure they are soft, brown and naturally sweet.



2. Prep chicken

- Meanwhile, boil the **measured water** and dissolve the 1 **chicken stock cube** in it.
- Place the **chicken breast** in a baking dish and sprinkle with the **chilli flakes (spicy!)**, **oregano**, **garlic powder**, **salt** and **pepper**.
- Grate the **Parmesan**.

Tip! Sensitive to spice? go easy on the chilli flakes.



3. Bake chicken

- Once ready, divide the **caramelised onions** among the **chicken breasts**.
- Pour the **stock** into the baking dish.
- Top the **chicken** with the **grated Parmesan** and **mozzarella**.
- Bake for 20 min or until the **chicken** is cooked through and the **cheese** is golden.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready!



4. Make puree

- Meanwhile, roughly chop the **cauliflower**.
- Bring a large pot of salted water to a boil.
- Add the **cauliflower**.
- Cook, covered, for 10-12 min until soft.
- Drain.
- Add to a food processor with the **cream cheese**.
- Blitz for 1-2 min until smooth.
- Season well with **salt** and **pepper**.
- Reserve the pot.



5. Boil green beans

- Trim the **green beans**.
- Return the pot with salted water and bring it to a boil.
- Cook the **green beans** for 3-4 min or until tender.
- Drain once cooked.



6. Serve

- Serve the **French Onion Chicken Bake** with **Cauli Puree** and **Green Beans**.
- Drizzle the **chicken** over with any **chicken stock** from the baking dish.

Tip! Serve with crusty bread - perfect for sauce mopping!

Cheat's Hollandaise

-

609 calories 7 protein 9 carbs 62 fat

Family Friendly

cook: 30 min

R4445-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2534 / 609
Fats (g)	62.3
of which saturated (g)	20.1
Carbohydrates (g)	9
of which sugars (g)	2.7
Fibers (g)	2.4
Proteins (g)	6.6
Salt (g)	1.9

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Hollandaise	
Mayonnaise 5*,9*,13*	100 Grams
Dijon mustard 13*	24 Grams
Lemon	1 Piece
Cayenne powder	2 Grams
Butter 4*	50 Grams
Organic Eggs 5*	1 Piece
Black pepper	0.5 Tsp

Allergens: *5 Eggs, *9 Soya, *13 Mustard, *4 Milk

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1. Melt butter

Slice the **lemon** into wedges. Crack the **egg** into a small bowl and discard the **egg white**. In separate small bowl, using a microwavable bowl, melt the **butter**.

Tip! Using clean and dry hands, gently scoop the egg with your four fingers (index to pinky) and in a rocking motion, sway the egg between your left and right hand - leaving slight gaps between your fingers so that the egg white falls through and separates from the egg yolk.



2. Make hollandaise

In a large bowl, using a whisk, combine the **mayonnaise**, **dijon mustard**, pinch of **cayenne pepper (spicy!)** with a squeeze of **lemon** juice. Add the **egg yolk** with a tablespoon of **melted butter** and whisk vigorously until well combined and emulsified. Slowly add a tablespoon of **melted butter** at a time, ensuring that it is well combined with each addition. Season with **pepper** to taste.

Tip! Emulsification in cooking terms, means to combine ingredients very well so that the end result doesn't become curdled.

Parmesan Chicken Schnitzel

with Green Salad and Caper Dressing

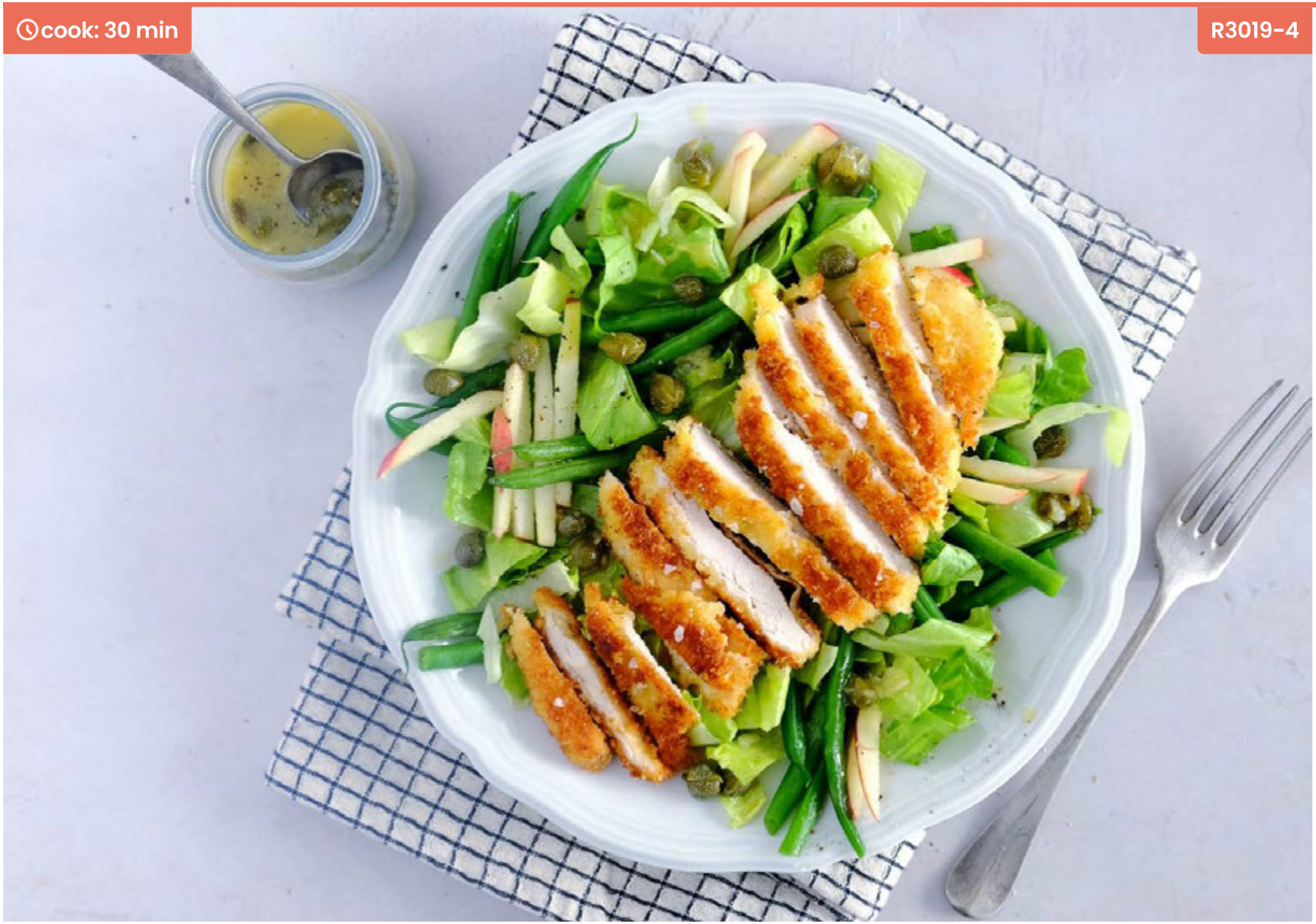
Schnitzel, a German classic, is traditionally made from a chicken, veal or pork cutlet which is pounded and breaded before frying.

614 calories | 69 protein | 43 carbs | 18 fat

Global Eats

cook: 30 min

R3019-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2567 / 614
Fats (g)	18.1
of which saturated (g)	2.5
Carbohydrates (g)	43
of which sugars (g)	17.9
Fibers (g)	7
Proteins (g)	69.2
Salt (g)	2.1

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What You'll Need

- Rolling pin

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Schnitzel	
Chicken breast	800 Grams
Panko bread crumbs 10*,11*,12*	90 Grams
Grated Parmesan 4*,5*	120 Grams
Plain flour 10*,11*	30 Grams
Organic Eggs 5*	2 Piece
Salt	1 Tsp
Vegetable oil	2 Tbsp

Dressing	
Garlic cloves	1 Piece
Capers	40 Grams
Olive oil	2 Tbsp
White balsamic vinegar 14*	30 ML
Honey	30 Grams
Dijon mustard 13*	12 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Salad	
Romaine lettuce	400 Grams
Green apple	2 Piece
Green beans	300 Grams

Allergens: *10 Wheat, *11 Gluten, *12 Lupin, *4 Milk, *5 Eggs, *14 Sulphur Dioxide, *13 Mustard

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1. Prep chicken

Wrap each **chicken breast** in cling film. Using a rolling pin, bash the **chicken breasts** until approx 1 cm thick.



2. Bread chicken

In a bowl, mix the **panko bread crumbs** with the **grated Parmesan**. Add the **flour** and **eggs** to two more, separate bowls. Beat the **eggs**. Season the **flour** with **salt**. Pat the **chicken breasts** dry and turn them in the seasoned **flour**, then dip them in the beaten **eggs** and finally coat them in the cheesy **panko bread crumbs**. Refrigerate.



3. Make dressing

Peel and mince the **garlic**. Add the **garlic**, **capers**, **olive oil**, **vinegar**, **honey**, **Dijon**, **salt** and **black pepper** to a jar or bowl. Whisk or shake until smooth - this is your **dressing**.

Tip! Sensitive to raw garlic? Go easy.



4. Prep salad

Shred the **lettuce**. Slice the **apple** into thin sticks. Trim the **green beans** and chop them in half. Cook the **green beans** in a pot of salted boiling water for 3-4 min or until tender. Drain once cooked.



5. Fry schnitzel

Heat a non-stick pan over a medium heat with a generous drizzle of **vegetable oil**. Once hot, add the breaded **chicken breasts** and cook for 5 min on each side until golden. If the surface starts to brown too quickly, reduce the heat to low.

Tip! Don't skimp on the oil when frying the chicken. Ample vegetable oil helps them to crisp up nicely.



6. Toss salad

Meanwhile, toss the **lettuce**, **beans** and **apple** in the **dressing**. Divide among plates. Slice the **chicken** and serve it over the **salad**.

Japanese Chicken Thighs

with Sushi Rice and Cucumber Salad

In this recipe, you'll roast marinated chicken thighs and serve them alongside seasoned sushi rice and fresh cucumber.

hello chef

759 calories | 69 protein | 84 carbs | 16 fat

Global Eats

cook: 45 min

R3468-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3176 / 759
Fats (g)	15.5
of which saturated (g)	3.7
Carbohydrates (g)	84
of which sugars (g)	10.2
Fibers (g)	4
Proteins (g)	69.3
Salt (g)	3.6

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Japanese chicken	
Skin-on, bone-in chicken thighs	1200 Grams
Ginger	60 Grams
Garlic cloves	6 Piece
Corn starch	20 Grams
Soy sauce 9*,10*,11*	60 ML
White vinegar	30 ML
Brown sugar	20 Grams
Chilli powder	2 Grams

Sushi rice	
Sushi rice	300 Grams
Salt	1 Tsp
Water	600 ML
Rice vinegar	30 ML
White sugar	10 Grams

Sides	
Cucumber	4 Piece
Sushi ginger	80 Grams
Fresh mint	10 Grams
Salt	2 Tsp
Black sesame seeds 3*	10 Grams

Allergens: *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

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1. Marinate chicken

Preheat the oven to 200°C/180°C fan. Peel and grate the **ginger** and **garlic** directly into a large bowl. Add the **corn starch**, **soy sauce**, **white vinegar**, **brown sugar**, a pinch of **chilli powder (spicy!)** and the **chicken thighs** to the bowl. Mix them until fully coated.

Tip! For a deeper flavour, marinate the chicken thighs overnight.



2. Bake chicken

Place the **chicken thighs** skin-side up in a baking dish and pour the **marinade** over the top. Bake for 30-35 min or until cooked through.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready.



3. Prep rice

Meanwhile, rinse the **sushi rice** in a sieve under cold water until the water runs clear.



4. Boil rice

Add the **sushi rice**, a pinch of **salt** and the **measured water** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 15 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pan from the heat and let cool slightly.

Tip! Leaving the rice in the pan, covered, after cooking allows it to steam dry. Wait until you're ready to serve before adding the sugar and vinegar.



5. Prep

Meanwhile, roughly chop the **cucumber**, **sushi ginger** and **mint** leaves. Mix in a bowl with a sprinkle of **salt**.



6. Serve

Once the **rice** has cooled, fold in the **rice vinegar** and **sugar** and season with **salt**. Brush the **chicken** with any leftover cooked **marinade** from the baking tray. Serve the **chicken thighs** alongside the **sushi rice** and **cucumber** salad. Garnish with the **black sesame seeds**.

Caribbean Seabream with Tropical Mango Salsa

and Coconut Jasmine Rice

This dish will wake your taste buds up! Full of colour and refreshing citrus flavours while mangoes are in season!

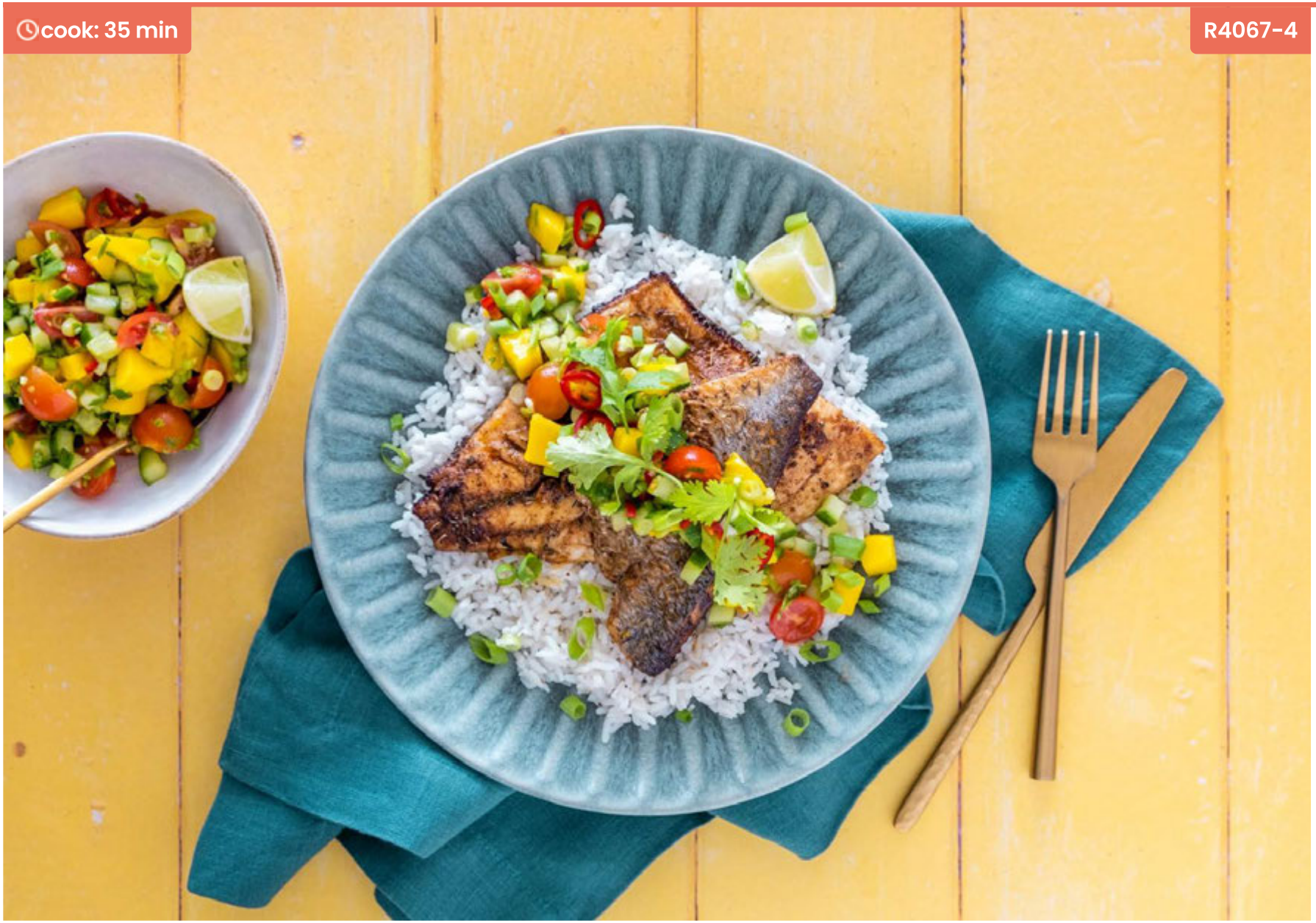
hello chef

684 calories | 50 protein | 113 carbs | 11 fat

Tips for Kids | Global Eats

cook: 35 min

R4067-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2861 / 684
Fats (g)	11.1
of which saturated (g)	5.9
Carbohydrates (g)	113
of which sugars (g)	26.7
Fibers (g)	10
Proteins (g)	50
Salt (g)	0.4

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What You'll Need

- Box grater

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04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Caribbean Fish	
Seabream 6*	660 Grams
Smoked paprika powder	4 Grams
Garlic onion powder	8 Grams
Dried thyme	4 Grams
Cajun spice	6 Grams
Coriander powder	4 Grams
Cinnamon powder	2 Grams
Coconut sugar	15 Grams
Salt	1 Tsp
Black pepper	1 Tsp
Vegetable oil	4 Tbsp

Salsa	
Lime	3 Piece
Apple cider vinegar	30 ML
Fresh coriander	15 Grams
Spring onion	80 Grams
Cherry tomatoes	250 Grams
Cucumber	2 Piece
Mango	2 Piece
Small red chilli	2 Piece
Salt	1 Tsp

Rice	
Jasmine rice	300 Grams
Coconut oil	20 ML
Desiccated coconut	20 Grams
Salt	1 Tsp
Water	600 ML

Allergens: *6 Fish

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1. Make coconut rice

Rinse and drain the **rice**. Bring a pot with a lid to a medium heat. Add the **coconut oil** and the **desiccated coconut**. Fry for 15 sec until lightly toasted and fragrant. Add the **rice**, a pinch of **salt** and the **measured water** and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pot from the heat and keep covered until serving.



2. Marinate fish

In a small bowl, combine the **cajun spice (spicy!)**, **smoked paprika**, **garlic onion powder**, **dried thyme**, **coriander powder**, **cinnamon powder**, **coconut sugar**, a pinch of **salt** and **pepper** and a generous drizzle of **oil**. Mix into a thick **paste**. Pat the **seabream fillets** dry with kitchen paper, transfer to a plate skin side down, and spread the **spice paste** on the **fillets**. Set aside.

Tip! If cooking for kids, you can reserve a plain portion of the fish without the marinade.



3. Make mango salsa

Using a grater, zest one **lime**, cut in half, and squeeze the juice into a mixing bowl and add the **apple cider vinegar**. Finely chop the **coriander** (stems included). Trim and chop the **spring onions**. Cut the **cherry tomatoes** in half. Finely chop the **cucumber**. Cut the **mango**, scoop out the flesh with a spoon and finely chop. Thinly slice the **red chilli (spicy!)**. Mix everything in the bowl, and season with a pinch of **salt** to taste.

Tip! If cooking for kids, reserve a portion of mango, cucumbers, and cherry tomatoes to the side.



4. Fry fish

Heat a large non-stick pan with a drizzle of **oil** over a medium-high heat. Once hot, add the **seabream**, flesh-side down and fry for 1-2 min. Flip over to the skin-side down and fry for 2-3 min further until crispy and the **fish** is cooked through and flakey. Alternatively, you can bake the fish in the oven at 200°C/180°C fan for 12-15 min until cooked through and flakey.

Tip! Due to the sugar content in the spice mix, It's normal for the fish to caramelise and develop a crust. Keep an eye on the cooking time.



5. Serve

Cut the remaining **limes** into wedges. Divide the **seabream** and **jasmine rice** amongst plates, and top with the **mango salsa**. Garnish with the extra **lime**.



6. Tips for kids

If cooking for kids, serve the plain cooked **seabream**, **rice**, **mango**, **cucumber**, and **cherry tomatoes** separately.

Roasted Pepper Pasta with Wholewheat Spaghetti

and a Garlicky Crumb

Trying to eat healthily, but still craving comfort food? Look no further! In this recipe, we've replaced white pasta with whole-wheat.

helló chef

612 calories | 30 protein | 96 carbs | 13 fat

Family Friendly

cook: 45 min

R3485-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2573 / 612
Fats (g)	12.7
of which saturated (g)	3.1
Carbohydrates (g)	96
of which sugars (g)	20.6
Fibers (g)	16.1
Proteins (g)	29.6
Salt (g)	0.8

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven | Blender

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04-825-44-00
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pasta and sauce	
Red pepper	4 Piece
Vegetable oil	2 Tbsp
Whole-wheat spaghetti **5*,9*,10*,11***	400 Grams
Chilli flakes	4 Grams
Cream cheese **4***	40 Grams
Olive oil	2 Tbsp
Whole milk **4***	200 ML
Vegetable stock cube **15***	2 Piece
Brown sugar	10 Grams
Garlic onion powder	8 Grams
Tomato paste	70 Grams
Smoked paprika powder	4 Grams
Lemon	2 Piece

Crumb	
Garlic cloves	2 Piece
Grated Parmesan **4***	60 Grams
Olive oil	2 Tbsp
Panko bread crumbs **10*,11*,12***	20 Grams
Salt	1 Tsp
Black pepper	1 Tsp

Toppings	
Cherry tomatoes	300 Grams
Fresh basil	15 Grams

Allergens: *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten, *4 Milk, *15 Celery, *12 Lupin

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1. Roast peppers

- Preheat the oven to 220°C/200°C fan.
- Halve and deseed the **red peppers**.
- Place them on a baking tray, skin-side up.
- Drizzle with **vegetable oil** and roast for 30 min or until the skins are charred.
- Set aside and allow to cool.
- Once cool enough to handle, remove the skins.

Tip! Cover the peppers with foil as soon as they come out of the oven. This will steam them, which will make peeling easier. Roast the tomatoes in the oven with the peppers.



2. Crumb

- Meanwhile, peel and mince the **garlic**.
- Heat a large pan over medium-high heat with a drizzle of **olive oil**.
- Add the **garlic** and **panko bread crumbs**.
- Cook for 3 min, stirring, until the **bread crumbs** are toasted.
- Transfer to a bowl and add half of the **grated Parmesan**.
- Season with **salt** and **pepper**.
- Chop the **tomatoes** into quarters.



3. Pasta

- When the **peppers** are almost ready, bring a large pot of salted water to the boil.
- Once boiling, add the **whole-wheat pasta** and cook for 10-12 min until 'al dente' or cooked to your liking. Drain.



4. Blitz

- Meanwhile, once ready, add the roasted **red peppers**, a pinch of **chilli flakes** (spicy!), **cream cheese**, **olive oil**, remaining **grated Parmesan**, **200 ml milk**, **vegetable stock cube**, **brown sugar**, **garlic onion powder**, **tomato paste**, **smoked paprika** and a squeeze of **lemon juice** to a blender.
- Blend for 2 min until smooth.



5. Assemble

- Return the drained **pasta** to its pan with the blitzed **pepper sauce**.
- Warm over medium heat for 3 min.



6. Serve

- Serve the **Roasted Pepper [b]Pasta** topped with **cherry tomatoes**.
- Garnish with the **garlicky bread crumbs** and torn **fresh basil**.
- Serve immediately.

Caprese Panini Sandwich with Mixed Salad

A classic caprese salad in a sandwich!

helló chef

750 calories | 32 protein | 80 carbs | 33 fat

Family Friendly

cook: 20 min

R3464-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3148 / 750
Fats (g)	32.9
of which saturated (g)	13.8
Carbohydrates (g)	80
of which sugars (g)	10.4
Fibers (g)	5.7
Proteins (g)	31.8
Salt (g)	2.8

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

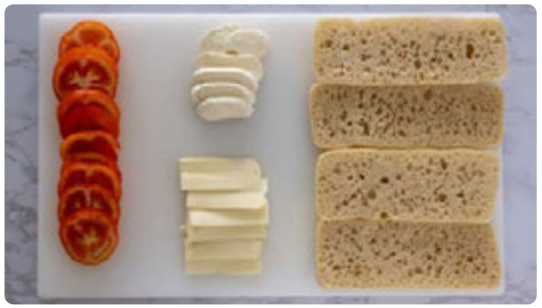
for 4 servings

Caprese	
Ciabatta 10*,11*	4 Piece
Mozzarella ball 4*	250 Grams
Grated mozzarella 4*	120 Grams
Tomatoes	4 Piece
Green pesto 2*,4*	100 Grams
Flaky sea salt	4 Grams
Black pepper	1 Tsp

Mixed salad	
Lollo salad mix	200 Grams
Olive oil	4 Tbsp
Balsamic vinegar glaze 14*	40 ML
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *10 Wheat, *11 Gluten, *4 Milk, *2 Tree Nuts, *14 Sulphur Dioxide

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1. Prep

Slice the **ciabattas** open. Drain and squeeze the excess water out of the **fresh mozzarella** and slice. Slice the firm **mozzarella** into strips. Slice the **tomatoes**.



2. Fill paninis

Spread the **pesto** evenly on the bottom slice. Load it up with the sliced **tomatoes** followed by the **fresh** and firm **mozzarella**. Season with a generous pinch of **flaky salt** and a crack of **black pepper**. Close the sandwich.



3. Toast paninis

Heat a large pan over a medium-high heat (see pro tip!). Add the **ciabattas** and place a smaller pan directly on top of them. Place a heavy weight (e.g. several cans) onto the smaller pan and fry for 3 min per side or until golden and crispy. Flip them carefully!



4. Toss salad

Meanwhile, combine the mixed **salad** with the **olive oil**, **balsamic glaze**, **salt** and **pepper** in large salad bowl. Toss.



5. Serve

Slice the **paninis** in half and serve the mixed **salad** alongside.

Prawn Salad

with Mango and Peanuts

Prawn and mango are a match made in heaven in this tropical summer salad.

hellochef

636 calories | 36 protein | 64 carbs | 31 fat

Low Carb

cook: 20 min

R2548-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2658 / 636
Fats (g)	31
of which saturated (g)	4.2
Carbohydrates (g)	64
of which sugars (g)	37.1
Fibers (g)	19.6
Proteins (g)	36.1
Salt (g)	5.3

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

Ingredients

for 4 servings

Salad	
Prawns [7*]	700 Grams
Avocado	2 Piece
Romaine lettuce	600 Grams
Mango	2 Piece
Carrot	2 Piece
Spring onion	80 Grams
Large red chilli	2 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Fresh coriander	15 Grams
Salted peanuts [1*]	80 Grams

Dressing	
Lime	2 Piece
Fish sauce [6*,10*]	20 ML
Sweet chilli sauce	60 ML

Allergens: *7 Crustaceans, *1 Peanuts, *6 Fish, *10 Wheat

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1. Prep vegetables

Halve, de-stone and chop the **avocado** into cubes. Shred the **romaine lettuce**. Peel and slice the **mango** into cubes. Peel and chop the **carrot** into matchsticks. Trim and finely slice the **spring onion**. Finely chop the **red chilli**.



2. Fry prawns

Heat a non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **prawns** with a pinch of **salt** and cook for 2-3 min until pink and cooked through. Once cooked, remove the pan from the heat and set aside.



3. Make dressing

Juice the **lime** into a bowl or jar. Add the **fish sauce** and **sweet chilli sauce** and whisk or shake until fully combined - this is your **dressing**.



4. Prep garnishes

Roughly chop the **coriander** leaves and **peanuts**.



5. Assemble

In a serving bowl, gently tumble the **carrot**, **lettuce**, **spring onion**, **red chilli** (spicy!), **avocado**, **prawns** and **mango** with the **dressing**. Garnish with the **coriander**, **peanuts** and any remaining **lime** wedges.

Baked Lemon and Garlic Cod

with Crushed Caper Potatoes and Kale

Tender and flavourful cod smothered in garlicky goodness!

426 calories | 43 protein | 47 carbs | 11 fat

Calorie Smart

cook: 35 min

R4155-4



Nutritional information

	per serving*
Energy (kJ/kcal)	1779 / 426
Fats (g)	10.5
of which saturated (g)	6.2
Carbohydrates (g)	47
of which sugars (g)	5.2
Fibers (g)	12.2
Proteins (g)	43.1
Salt (g)	1.6

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What You'll Need

Oven

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Lemon garlic cod	
Cod fillet **6***	700 Grams
Garlic cloves	4 Piece
Fresh parsley	30 Grams
Lemon	2 Piece
Lemon pepper seasoning **13*,15***	8 Grams
Olive oil	2 Tbsp
Black pepper	1 Tsp
Butter **4***	40 Grams
Salt	0.5 Tsp

Caper potatoes	
Potatoes	1000 Grams
Capers	40 Grams
Garlic onion powder	8 Grams
Vegetable seasoning **2*,10*,11*,13***	10 Grams
Olive oil	2 Tbsp
Black pepper	0.5 Tsp

Kale	
Kale	300 Grams
Olive oil	1 Tbsp
Salt	0.5 Tsp
Black pepper	0.5 Tsp

Allergens: *6 Fish, *13 Mustard, *15 Celery, *4 Milk, *2 Tree Nuts, *10 Wheat, *11 Gluten

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1. Boil potatoes

- Preheat oven to 200°C/180°C fan.
- Bring a large pot of salted water to the boil.
- Chop the **potatoes**, skin-on, into bite-sized pieces.
- Add the **potatoes** to the boiling water.
- Cook for 15-18 min over a medium-high heat until fork tender.
- Once cooked, drain.
- Return the **potatoes** to the same pan.



2. Marinate cod

- Peel and mince the **garlic**.
- Pick and finely chop the **parsley** leaves.
- Zest the **lemons**.
- Slice the **lemons** in half and slice one half into slices.
- Juice the remaining half into a large bowl and combine with the **lemon** zest, **garlic**, **parsley** (reserve some for garnish), **lemon pepper seasoning**, a generous drizzle of **oil** and season with **pepper** to taste.
- Add the **cod** and coat in the **marinade**.



3. Bake cod

- Add the **cod** to an oven-proof baking dish with the **butter** and **lemon** slices.
- Bake for 12-15 min or until fully cooked.
- Retain the cooking juices. It makes a delicious **sauce**!

Tip! You can tell when white fish is cooked by checking if the flesh flakes easily.



4. Cook kale

- Meanwhile, trim the **kale** leaves.
- Discard the woody stalks.
- Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **kale** with a pinch of **salt**.
- Cook for 2-4 min or until wilted and tender.
- Season with a pinch of **salt** and **pepper** to taste.
- Keep warm until serving.

Tip! Add a splash of water to help the kale cook faster.



5. Crush potatoes

- Meanwhile, roughly chop the **capers**.
- Once the **potatoes** are cooked, using a fork or masher, partly crush the **potatoes**.
- Add the **capers**, **garlic onion powder**, **vegetable seasoning** and a drizzle of **olive oil**.
- Mix well.
- Season with **pepper** to taste.



6. Serve

- Serve the **Baked Lemon and Garlic Cod** on **Crushed Caper Potatoes and Kale**
- Spoon over the reserved cooking **sauce**.
- Garnish with the remaining **parsley**.

Greek Crumbed Seabream

with Roasted Vegetables and Chunky Salsa

Fresh, bright and packed with goodness!

hello chef

499 calories | 50 protein | 57 carbs | 11 fat

Tips for Kids | Calorie Smart | Family Friendly

cook: 45 min

R4108-4



Nutritional information

	per serving*
Energy (kJ/kcal)	2088 / 499
Fats (g)	10.7
of which saturated (g)	2
Carbohydrates (g)	57
of which sugars (g)	11.3
Fibers (g)	13.1
Proteins (g)	49.7
Salt (g)	0.8

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What You'll Need

Oven

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hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Sea bream	
Seabream 6*	660 Grams
Small red chilli	2 Piece
Lemon	1 Piece
Crispy onions	40 Grams
Dried oregano	4 Grams
Garlic onion powder	8 Grams
Salt	1 Tsp
Panko bread crumbs 10*,11*,12*	40 Grams
Olive oil	2 Tbsp

Salsa	
Cherry tomatoes	300 Grams
Fresh parsley	15 Grams
Cucumber	2 Piece
Kalamata olives	80 Grams
Olive oil	1 Tbsp
Salt	1 Tsp

Roasted Veg	
Potatoes	900 Grams
Red pepper	2 Piece
Small zucchini	2 Piece
Olive oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Allergens: *6 Fish, *10 Wheat, *11 Gluten, *12 Lupin

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1. Prep

- Preheat the oven to 200°C/180°C fan.
- Cut the **potatoes** (skin on) into bite-sized pieces.
- Deseed and chop the **red pepper** into bite-sized pieces.
- Chop the **zucchini** into half circle pieces.
- Remove the seeds from the **red chilli** (spicy!) and finely slice.
- Zest the **lemon** (saving the juice for the salsa).

Tip! If cooking for kids, keep some of the raw red pepper and zucchini for serving.



2. Roast vegetables

- Place **potatoes**, **red pepper** and **zucchini** onto a lined baking tray.
- Drizzle with **olive oil** and sprinkle with **salt** and **pepper**.
- Roast for 18-20 min.

Tip! If the red peppers and zucchini are cooking too fast, remove them from the oven and leave the potatoes to cook for the remaining time.



3. Make crumb

- To a bowl, add the **crispy onions** and slightly crush to form a rough crumb.
- Mix the **crispy onions** with **lemon zest**, **chilli** (spicy!), **dried oregano**, **garlic onion powder** and **salt**.
- Add the **bread crumbs** and slowly drizzle in the **olive oil**, mixing well to form a wet **crumb**.



4. Bake seabream

- Drain the **seabream** fillets over a sink.
- Sprinkle generously with **salt** and a squeeze of **lemon** juice.
- Leave for 1-2 min, then rinse under cold water and pat dry with kitchen paper.
- Place the **seabream** on the same tray as the **veg** and spoon topping evenly over the **fish**.
- Return the tray to the oven.
- Bake for a further 8-10 min.

Tip! If cooking for kids, keep some of the fish plain.



5. Make salsa

- Meanwhile, cut the **cherry tomatoes** into quarters.
- Finely chop the **parsley**.
- Chop **cucumber** into quarter circle pieces.
- Slice the **olives** into rounds.
- Cut the **lemon** into wedges.
- To a bowl, squeeze in the juice of the **lemon** and add the **olive oil**.
- Add the **tomatoes**, **parsley**, **cucumber** and **olives**.
- Mix well and season with **salt** to taste.

Tip! If cooking for kids, keep some of the tomato and cucumber separate for serving.



6. Serve

- Serve the **Greek Crumbed Seabream** with **Roasted Vegetables** with **Chunky Salsa** spooned over the fish.
- Serve with any remaining **lemon** on the side.

Tip! If cooking for kids, serve the plain fish, raw zucchini, peppers, tomatoes and cucumber. Serve with the potatoes on the side.

Pan Fried Chicken Breast

with Blue Cheese and Green Bean Couscous

Quick and packed with flavour!

hello chef

736 calories | 64 protein | 67 carbs | 23 fat

Speedy

cook: 25 min

R4349-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3080 / 736
Fats (g)	23.3
of which saturated (g)	8.4
Carbohydrates (g)	67
of which sugars (g)	19.4
Fibers (g)	7.7
Proteins (g)	63.7
Salt (g)	6.4

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Chicken	
Chicken breast	800 Grams
Chicken seasoning	4 Grams
Black pepper	0.5 Tsp
Olive oil	1 Tbsp

Salad	
Green beans	375 Grams
Green peas	200 Grams
Walnuts 2*	60 Grams
Spring onion	80 Grams
Dried cranberries	60 Grams
Red vinegar	60 ML
Dijon mustard 13*	24 Grams
Honey	30 Grams
Olive oil	5 Tbsp
Salt	0.5 Tsp
Black pepper	0.5 Tsp
Blue cheese 4*	120 Grams

Couscous	
Water	400 ML
Couscous 10*,11*	225 Grams
Chicken stock cube 4*,5*,9*,15*	1 Piece

Allergens: *2 Tree Nuts, *13 Mustard, *4 Milk, *10 Wheat, *11 Gluten, *5 Eggs, *9 Soya, *15 Celery

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1. Steam couscous

- Boil the measured **water**.
- Add the **couscous** and 1 **stock cube** to a bowl and pour over the boiling **water**.
- Cover and leave to steam for 10-12 min until tender.
- Once cooked use a fork to fluff up the **couscous**.
- Keep covered until step 5.



2. Boil veg

- Meanwhile, trim and chop the **green beans** in half.
- Bring a pan of slightly salted water to boil.
- Add the **green beans**.
- Cook for 3-4 mins.
- Add the **peas** in the last minute of cooking.
- Once cooked, drain and set aside.
- Dry and retain the pan for step 4.



3. Fry chicken

- Meanwhile, drizzle a small amount of **oil** over the **chicken breasts** and sprinkle with **chicken seasoning** and **black pepper**.
- Heat a large frying pan over a medium-high heat with a drizzle of **oil**.
- Fry the **chicken breasts** for 6-7 min each side until fully cooked.
- Once cooked, remove from the pan.
- Set aside on a plate to rest until serving.



4. Prep salad

- Heat the reserved pan over a medium heat.
- Dry toast the **walnuts** for 1-2 min or until slightly golden.
- Finely chop half of the toasted **walnuts** (leaving the other half whole for garnish).
- Trim and finely chop the **spring onions**.
- Roughly chop the **cranberries**.
- In a small bowl, combine the finely chopped **walnuts**, **red vinegar**, **dijon mustard**, **honey**, **olive oil** and a pinch of **salt** and **pepper**.
- Keep the **dressing** aside.



5. Mix couscous salad

- To the cooked **couscous**, add the **spring onions**, **cranberries** and cooked **green beans** and **peas**.
- Mix well.
- Season with **salt** and **pepper** to taste.



6. Serve

- Slice the **chicken breasts**.
- Serve the **Pan Fried Chicken Breast** with **Blue Cheese** and **Green Bean Couscous**.
- Crumble the **blue cheese** and remaining **walnuts** over the top.
- Drizzle with the **dressing**.

Chicken and Potato Massaman Curry

with Jasmine Rice

Massaman is a relatively mild Thai curry which marries local flavors with Middle Eastern spices like cardamom, cumin and cinnamon.

1068 calories | 60 protein | 135 carbs | 39 fat

Family Friendly

cook: 30 min

R3123-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4464 / 1068
Fats (g)	38.6
of which saturated (g)	13.7
Carbohydrates (g)	135
of which sugars (g)	14
Fibers (g)	15.7
Proteins (g)	59.7
Salt (g)	8.5

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Before you start

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From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Curry	
Chicken breast	600 Grams
New potatoes	500 Grams
Shallots	2 Piece
Carrot	2 Piece
Lemongrass	1 Piece
Ginger garlic paste	20 Grams
Red curry paste 7*	20 Grams
Turmeric powder	4 Grams
Cardamom powder	4 Grams
Cinnamon powder	4 Grams
Cumin powder	4 Grams
Peanut butter 1*,9*	60 Grams
Coconut sugar	20 Grams
Lime leaves	6 Piece
Tamarind paste	30 Grams
Fish sauce 6*,10*	20 ML
Dried bay leaves	2 Piece
Coconut milk	400 ML
Water	200 ML
Tamari 9*	30 ML
Salted peanuts 1*	80 Grams

To serve	
Jasmine rice	300 Grams
Water	600 ML
Lime	2 Piece
Fresh coriander	15 Grams

Allergens: *7 Crustaceans, *1 Peanuts, *9 Soya, *6 Fish, *10 Wheat

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1. Boil potatoes

- Wash the **potatoes** and chop them into small pieces.
- Cook in salted boiling water for 12 min.
- Drain.



2. Prep

- Meanwhile, peel and chop the **shallots**.
- Peel the **carrots** and chop into small batons.
- Finely slice 10 cm of the **lemongrass**.
- Keep the rest whole.
- Chop the **chicken** into bite-sized pieces.



3. Boil rice

- Rinse the **jasmine rice**.
- Add the **rice**, **measured water** and a pinch of salt to a pan with a lid.
- Bring to a boil.
- Once boiling, reduce the heat to low and cover.
- Cook for 10-12 min or until the water is absorbed and the **rice** is cooked.
- Once cooked, remove the pan from heat.
- Keep covered until serving.



4. Start curry

- Meanwhile, heat a pan over a medium heat with a drizzle of oil.
- Once hot, add the **shallots**.
- Cook for 3 min.
- Add the **ginger garlic paste**, sliced **lemongrass**, **red curry paste** (spicy!), **turmeric**, **cardamom**, **cinnamon** and **cumin**.
- Cook for 2 min further until fragrant.



5. Simmer

- Add the **chicken**, **carrots** and **potatoes**.
- Cook for 2 min.
- Add the **peanut butter**, **coconut sugar**, **lime leaves** **tamarind paste**, **fish sauce**, **bay leaf**, **coconut milk**, **measured water** and the big piece of **lemongrass**.
- Cover and simmer for 10 min.



6. Serve

- Slice the **lime** into wedges and chop the **coriander leaves**.
- Season the **curry** with a squeeze of **lime** juice and the **tamari** if needed.
- Serve the **Chicken and Potato Massaman Curry** with **Jasmine Rice**.
- Garnish with the **peanuts**, **coriander** and any remaining **lime** wedges.

Fillet Steak with Crushed Potatoes

and Caprese Salad

Your favourite trinity? You can't go wrong with a tasty steak, crusted potatoes and parsley butter!

hellochef

990 calories | 72 protein | 68 carbs | 49 fat

Gourmet | Family Friendly

cook: 45 min

R3543-4



Nutritional information

	per serving*
Energy (kJ/kcal)	4125 / 990
Fats (g)	49
of which saturated (g)	26.8
Carbohydrates (g)	68
of which sugars (g)	13
Fibers (g)	7.9
Proteins (g)	71.8
Salt (g)	0.8

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

What You'll Need

Oven

hello@hellochef.com
04-383-93-99
hellochef.com

Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Steak	
Fillet steak	1000 Grams
Vegetable oil	2 Tbsp
Salt	1 Tsp
Black pepper	1 Tsp

Crushed potatoes	
New potatoes	1000 Grams
Vegetable oil	2 Tbsp
Flaky sea salt	4 Grams

Caprese	
Cherry tomatoes	500 Grams
Mozzarella ball 4*	250 Grams
Fresh basil	30 Grams
Balsamic vinegar glaze 14*	40 ML

Butter	
Fresh parsley	15 Grams
Garlic cloves	2 Piece
Butter 4*	100 Grams

Allergens: *4 Milk, *14 Sulphur Dioxide

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1. Boil potatoes

Preheat the oven to 220°C/200°C fan. Wash the **potatoes** and chop them in half. Cook them in a pot of salted boiling water for 15-20 min or until tender. Once cooked, drain and leave them to steam dry in a colander.



2. Make butter

Meanwhile, finely chop the **parsley**. Peel and mince the **garlic**. Mash the **parsley** and **garlic** into the **butter** (use a fork). This is your **garlic butter**.

Tip! Warm the butter for 20 sec in the microwave if too hard.



3. Bake potatoes

Place the drained **potatoes** on a lined baking tray. Drizzle generously with **oil**, crush with a fork and season with **salt**. Bake, on the top shelf of the oven for 20 min until crisp.



4. Fry steak

Meanwhile, pat the **steaks** dry with kitchen paper. Heat a large pan with a drizzle of **oil** over a high heat. Once hot, add the **steaks** and fry them for 2-4 min on each side. Place on a baking tray and finish them in the oven for 4-6 min or until cooked to your liking. Transfer the **steaks** to a plate and leave them to rest for 10 min. Once rested, season generously with **salt** and **pepper**.



5. Prep salad

Meanwhile, halve the **tomatoes**. Drain and finely slice the **mozzarella**. Pick the **basil** leaves.



6. Serve

Once done, divide the **potatoes** among plates. Top the **potatoes** with the **parsley garlic butter**. On a plate, alternately layer the **tomatoes** and **mozzarella** slices with the **fresh basil** leaves. Drizzle with the **balsamic glaze**. Serve the **steak** alongside and sprinkle with the **flaky sea salt**.

Creamy Mushroom Linguine Alfredo

with Broccoli

Probably more American than Italian - but definitely delicious!

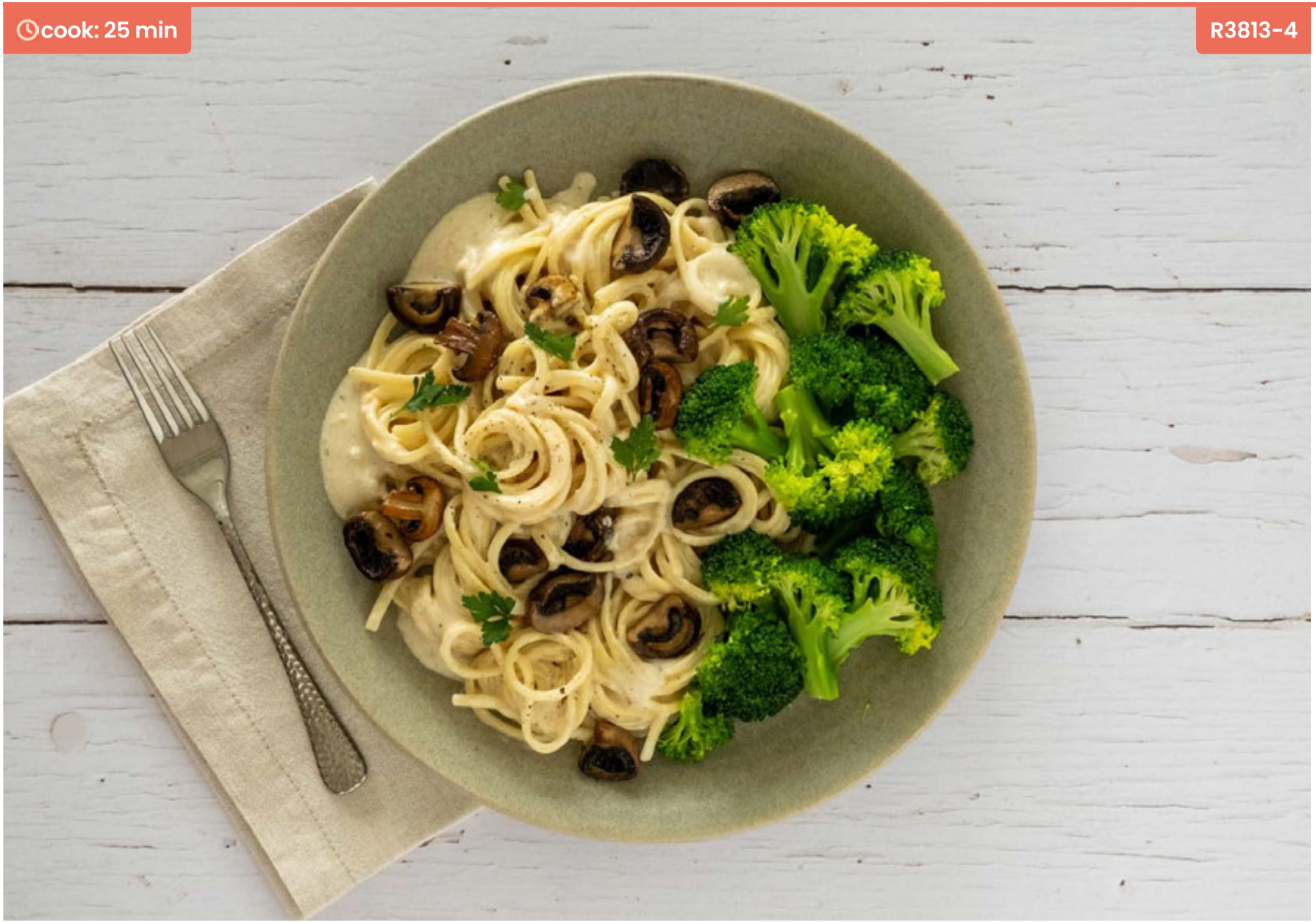
hello chef

831 calories | 37 protein | 109 carbs | 30 fat

Family Friendly | Speedy

cook: 25 min

R3813-4



Nutritional information

	per serving*
Energy (kJ/kcal)	3460 / 831
Fats (g)	29.5
of which saturated (g)	11.4
Carbohydrates (g)	109
of which sugars (g)	6.3
Fibers (g)	10.5
Proteins (g)	37.2
Salt (g)	0.8

*The nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

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Before you start

Please wash your hands and rinse all fruits & vegetables before cooking.

From your pantry

Vegetable oil, Olive oil, Salt & Black Pepper

Ingredients

for 4 servings

Pasta & sauce	
Linguine 10*,11*	500 Grams
Chestnut mushrooms	500 Grams
Garlic cloves	4 Piece
Fresh parsley	15 Grams
Olive oil	2 Tbsp
Salt	1 Tsp
Butter 4*	20 Grams
Cooking cream 4*	200 ML
Mushroom stock cube	2 Piece
Water	400 ML
Black pepper	1 Tsp
Grated Parmesan 4*	120 Grams

To serve	
Broccoli	400 Grams

Allergens: *10 Wheat, *11 Gluten, *4 Milk

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1. Cook pasta

- Bring a large pot of salted water to the boil.
- Once boiling, add the **linguine**.
- Cook for 8-10 min until 'al dente' or cooked to your liking.
- Reserve a cup of **pasta water**.
- Drain.



2. Prep

- Meanwhile, clean the **mushrooms** with a cloth, knife or brush (don't wash them with water).
- Roughly chop or tear the **mushrooms**.
- Peel and mince (or grate!) the **garlic**.
- Finely chop the **parsley** leaves.



3. Fry mushrooms

- Heat a pan over a medium-high heat with a drizzle of **oil**.
- Add the **mushrooms** with a pinch of **salt**.
- Fry for 6-7 min or until browned.
- Add the **butter** and **garlic**.
- Fry for 1 min further.



4. Make sauce

- Add the **cream**, **mushroom stock cube** and **measured water**.
- Simmer for 3-4 min until thickened.
- Season with **salt** and **pepper**.



5. Cook broccoli

- Meanwhile, bring a pot of water to the boil.
- Separate the **broccoli** into small florets.
- Cook it in lightly salted boiling water for 3-4 min or until tender.
- Drain once cooked.



6. Serve

- Add the **grated Parmesan**, **parsley** and the drained **linguine** to the pasta sauce with a splash of reserved **pasta water** as needed.
- Toss.
- Cook for 1 final min.
- Serve the **Creamy Mushroom Linguine Alfredo** with **Broccoli** to the side.